

You've Got This

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Background and a little history

What we do for family

REMEMBER: Everybody's got their "something....."

Lots to tell you – but I want to stay focused.

QUICK BACKGROUND:

I have some degrees that help me to get people to listen, even though the degrees are science related – and not psychological/medical/educational.

Had many friends with different super powers over the years. Didn't realize the trouble individuals with differences went through....

Had two wonderful kids (and a wonderful husband-kid). First has super powers of Cerebral palsy and dyslexia. Finishing a master's degree in Library and Information Science with a graduate certificate in archives and special collections. EXTREMELY dyslexic – reading and math, but a whiz with auditory and geometry... Yes – dyslexic librarian.

2nd child – a scary genius who could escape anything and fix anything electronic by the age of 2. Behavior started to deteriorate after 2 and by 4 – we were STRESSED! Here are all the names: PDD-NOS, Asperger's Syndrome, ASD, ADHD, ASD Class I (formerly called Asperger's) NOTE: IF YOU HAVE A CHILD/ADULT WITH ASPERGER'S – YOU CANNOT START CALLING IT AUTISM. Here is what the term Autism is doing to the kids. Parents considering repitching DSM to revise nomenclature – detrimental to our children.

Dad with Parkinson's, mother-in-law with dementia, dog with diabetes, other disabilities and disorders – take a number....



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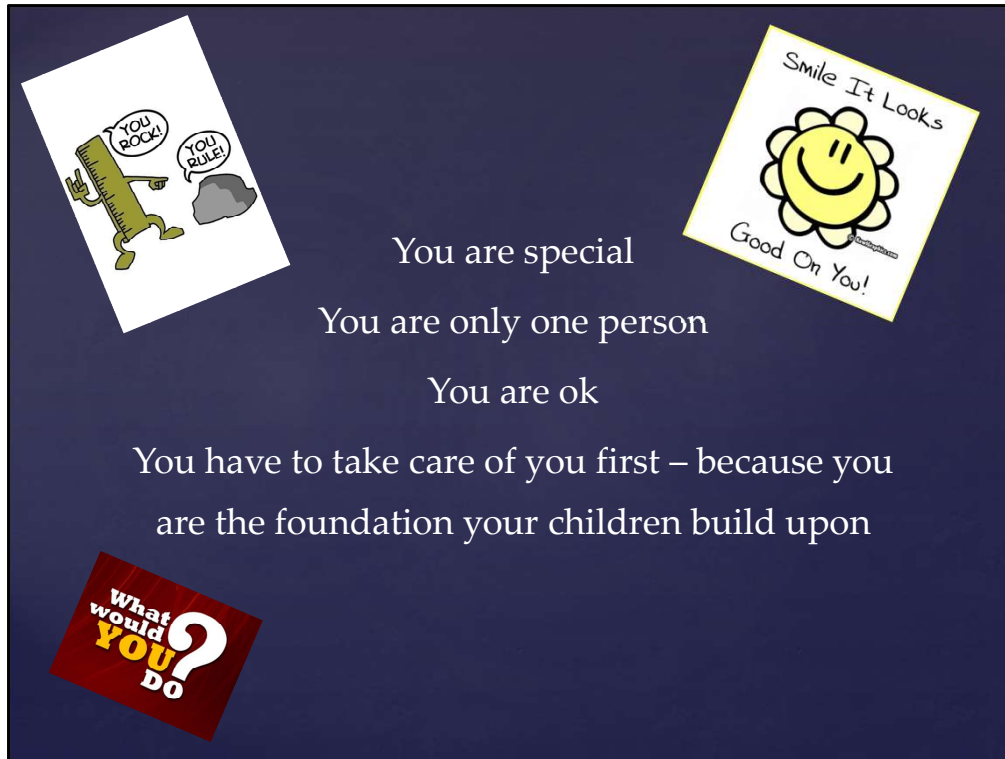
What are we going to talk about?

- ⌘ You
- ⌘ Your child(ren)
- ⌘ Your child(ren)'s special ability (different ability a.k.a. Super Power)
- ⌘ How you help your child(ren) learn
- ⌘ How you help your child(ren) calm themselves AND FOCUS
- ⌘ Tips and Tricks



I have references and references and references. I have colleagues, friends, fellow advocates and contacts throughout the world.

You have a responsibility to you and then to those around you.



Anxiety and depression are two of the biggest hurdles for mom's of children who are differently abled.

PTSD type disorder for moms of children with ASDs

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VIDEO – if possible – if not:

🔗 <https://www.youtube.com/watch?v=dqTTojTija8>



Your child(ren)

- ↳ Each is special – not the best, not the worst – but all unique
- ↳ Different not less
- ↳ Ask for help – practice handling different situations
- ↳ Encourage them to disregard other’s bad opinion and attitudes (stay out of social media as much as possible)



Nothing wrong with competitions, but comparisons for degradation is **WRONG**. Not everyone develops their wizard powers at the same time. Other people’s opinions are just that – other people’s. They can hurt and if used as gossip they can cause damage. If you act like (yes, sometimes just pretending helps) it doesn’t affect you – and they don’t get a reaction – they can stop. If they don’t, try polite confrontation “please stop, I find that unacceptable.” If they continue, report,

Super Powers



- ⌘ Dyslexia (and all it entails) is a super power
- ⌘ How do you LIKE to learn?
- ⌘ WHAT do you like to learn
- ⌘ Identify when you are going off task 1st goal
- ⌘ Identify what gets you back on task



- Attention to different types of detail depending upon what area/degree/type of dyslexia
- If you like it, you will do more with it. Refocus your other areas around your likes. i.e. Math problems? Use baseball, Pinterest, Marvel Comics to restate the problem.
- You may not even know how you like to learn. Try to see when you stay on target of something: visual, auditory, video visual, interactive.
- You have a computer/smart phone/tablet – in your head. Practice memorizing stuff you like. A video/movie/song/picture/smells/
- What do you do when you go off-task? Stare in space, bounce, click pens, “go to the restroom”
- What gets you back on? Moving, bouncing, sitting on your hands, face exercises/body exercises
- You will become your advocate, know your client!

How do YOU help your child to learn?

⌘ Ask questions, constantly!

⌘ You overhear something about a program, someone's experience - ASK

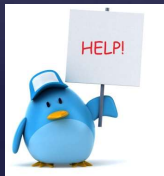
⌘ Be kind first – our educators are overworked, underpaid, and ridiculed, no matter what

⌘ Make friends and influence people

⌘ Take a break – try not to take your frustration out on your child – they are frustrated enough also....

⌘ ASK FOR HELP!!!!

⌘ When in doubt – go around, not through



- People will insinuate you are either stupid or a noodge – yup – accept both and keep asking!

Stay calm and focused

- ⌘ This is SOOOOOOO hard(for you too)!
- ⌘ Proprio-reception – pushing/pulling, weighted blankets, vests etc. and Multisensory
- ⌘ Blow and suck. Yoga isn't wrong.
- ⌘ Yoga – seriously.
- ⌘ Medications are NOT evil – BUT you and your child have a responsibility to track in a journal – behavior, feelings, measurements. You are part of your solution.
- ⌘ ASK FOR HELP!!!!

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TIPS & TRICKS

- ↳ Simple one first – BREATHE, close your eyes, 20 seconds
- ↳ Convert things to PDF – most computers will read it TO you.
 - ↳ Request assistance, but have your “documents” ready.
 - ↳ Work with someone to learn organizing and schedules.
 - ↳ In a hurry? Hold the book upside down or to a mirror.
- ↳ Ask someone in your class to read items to you and discuss (helps them too).



↳ ASK FOR HELP!!!!



Partners in Policymaking One week left to Apply No fees – response to ADA

Go to this website to gain more information and apply:

<https://www.tn.gov/cdd/training-and-news/leadership-training-and-development/partners-in-policymaking.html>

REFERENCES:

- ⌘ Books and articles by Temple Grandin are SUPERB for application to dyslexia also.
- ⌘ Wright's Law – www.wrightslaw.com
- ⌘ Math problems? www.mathusee.com
- ⌘ Exceptional Parent Magazine www.eparent.com
- ⌘ The Out of Sync Child by Carol Stock Kranowitz, M.A.

REFERENCES:

↳ Blink by Malcolm Gladwell

↳ <https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/dyslexia/great-quotes-about-dyslexia#slide-1>

↳ Patti Lehigh – patti.lehigh@gmail.com or 901-568-3918.

↳ YOU – Don't believe everything you hear, even if you are desperate. There are people ready to take your money and leave you with nothing

Questions?



THANK YOU!