

FDLRS & FIN TIMES

December 2020

Coping Exercises For Parents and Children

Happy, Calm, Content

Sit back and enjoy the peace. If you can, take 10 minutes for yourself and do something for YOU!

Sad, Negative, Lonely

Give a "20-second hug". If your child is feeling down, announce a "20-second hug!" and scoop them in and do a count down together.

Anxious, Worried, Unsettled

For younger kids, pretend fingers are birthday candles, taking a deep breath and blowing them out can get the breath moving in a calming direction.

For older kids, try 'mountain breathing.' Hold your hand out in front of you. With a finger from the opposite hand, trace your thumb and each finger. Breathe in as you trace up the finger and out as you trace down. Once completed, your child has taken 5 deep and calming breaths.

Frustrated, Annoyed, Irritable

Movement is our go-to for this one. A 10-minute break outside just to get some air or run around can shift emotions. If you need to move indoors, putting on a favorite song and dancing can ease tension, too. For little kids, a wiggle break is a Ready4K favorite. Add silly sounds and you can't go wrong.

<https://blog.ready4k.com/2020/11/18/self-care-for-kids-and-grown-ups>



Mental Health Boosters

- *Focus on one thing
- *Exercise
- *Do something kind
- *Get enough rest

Parent's Corner: What it means to be an advocate

How Can I Work with Others to Include My Child?

Including children with disabilities in general education classes with children their own age is not just the law. It works! Research has shown over and over during the past 30 years that inclusion benefits children with disabilities. Some educators and families believe that inclusion is not an option for students with moderate or severe disabilities but there is much evidence that inclusion can - and does - work for children with all types of disabilities. Inclusion also benefits children without disabilities as well as the whole school environment.

Three decades of research have shown that family involvement significantly contributes to improved student outcomes related to learning and school success. Your participation and leadership are needed if your child is to be successfully included. You will need to work in partnership with teachers, administrators, support staff, and others to make inclusive education a reality for your child.

The word "advocate" means to give voice. It is the job of family members to speak up on behalf of their children. But if your child has special needs, the responsibility is even more important.



Encouraging Words for Kids That Ignite Self-Discovery and Growth

by Marilyn Price-Mitchell, PhD
COMPASS-INSPIRED



Your encouraging words for kids can help them thrive in school and life!

How do your words matter?

Positive words from parents, teachers, and mentors are a rich source of internal motivation and guidance to children and teens. Often, kids recall your words of encouragement for years to come.

Encouraging words for kids, when focused in these eight areas of development, help children understand themselves and how each ability drives their success. Of course, there are many positive things to say to kids, like “I believe in you,” “You are important,” and “I’m proud of you.” But imagine how much more powerful words of encouragement can be if what we said *connected* with a child’s sense of self and emerging identity!

Encouraging Kids Boosts Positive Development

When parents and teachers use the types of encouraging words and phrases that are listed above, they boost kid’s development in all eight core areas. They also improve children’s belief in themselves, an attribute that is associated with happier, healthier children and teens. Encouraging words for kids increases their internal motivation to achieve and has a positive impact on developing characteristics like perseverance, self-confidence, determination, and imagination.

Find the complete article at the link below:

<https://www.rootsofaction.com/encouraging-words-for-kids/>



New website link:
<https://www.floridainclusionnetwork.com/families/>

What it means to be an Advocate

<https://fin.wptallahassee.com/wp-content/uploads/2018/11/FINAL-FFvol2-11.02.18.pdf>

Tips for Families in Supporting their Children with Disabilities

<https://www.floridainclusionnetwork.com/wp-content/uploads/2020/03/Parent-Virtual-Tips-SWD-Final-03.24.20.pdf>

All Abilities Holiday Sing-Along, Dec. 12th, 11:00am-12:00pm. You must register via Eventbrite to receive Zoom Link to join the session: <http://allabilities-singalong.eventbrite.com>

For questions please contact Silvia Gil at s.gil@miami.edu

Fridays with FDLRS

Parent Webinars on select Fridays

11:30am-1:00PM

<https://www.fdlrs.org/free-parent-webinars-fridays-fdlrs>

Exceptional Parent University
Next Session January 21, 2021
Topic-Autism 101
Registration Information
Coming Soon!!