

ProActive Caring e-News



May 2021

Get tips for stress-free navigation of kids' education plan reviews

As parents of children with special needs know, every child who receives special education and related services in a public school must have an Individualized Education Program (IEP) that is reviewed at least once each year. The IEP is designed by a team including teachers, parents, school administrators and other staff, and sometimes the student for whom the program is being developed. Parents may agree or disagree with the goals set out by the IEP. They may also agree or disagree with their child's placement and may suggest changes.

Lisa Nathan, one of the facilitators of the *ProActive Caring School & Home Transition Exchange*, spoke during one of the Exchange webcasts about two “Aha!” moments she had during an IEP meeting for her younger son. First, she realized that the Special Education Committee at her son's school saw her child through a different lens than she did, and second, she became aware that her voice as a parent was as important as all the other voices in the room. It was then that she understood that she as a parent had to learn to fight for what was important and for what was in the best interest of her child.



The **May 6** program will have a guest presenter, **Jeffrey Kahana, Ph.D., J.D.** Dr. Kahana is associate professor of History at Mount Saint Mary College and Director of the Center on Aging and Disability Policy. He is currently writing a history of special education in public schools in the United States. He is also author of the ProActive Caring Program's *Guide for Facilitators* and parent of a son on the autism spectrum. Details of the **May 20** program are forthcoming.

May School & Home Transition Exchange topics

May 6: “Managing the IEP process in a stress-free way: The early years”

The IEP process can be especially challenging for parents new to the experience. In May, the *School & Home Transition Exchange* will focus on mindful techniques that parents can utilize to make the process less daunting.

During the webcasts, held from 7-7:45 p.m., techniques and experiences will be discussed from a parental perspective. All are welcome, and the programs are free of charge.

May 20: “Managing the IEP process in a stress-free way: The later years”

To participate, please register in advance by clicking the button below. You only need to register once. Those who have registered for previous programs will receive a reminder and link for all future events in the series.

[Click here to register](#)

Alternating programs provide support

The *Mindful Family Stress Reduction* series offered by the Parent Network of Western New York (PNWNY) is held from 7-7:45 p.m. Thursdays on weeks alternating with the *ProActive Caring School & Home Transition Exchange*. The series provides opportunities for parents, caregivers and youth with disabilities to meet virtually with other families to learn about mindfulness strategies and other techniques to reduce stress. Again, all are welcome, and there are no fees to participate.

Got Stress? We Can Help!

May 13: *Got Stress? We Can Help!* Optimism towards Transitions

May 27: *Got Stress? We Can Help!* Mindsets toward Stressful Events and Transitions — Part 1.

To register for *Mindful Family Stress Reduction* sessions or to obtain more information, [click here](#). Or if you prefer, you may call PNWNY at 716.332.4170 or email info@parentnetworkwny.org.

Virtual conference May 7-8 to offer family fun and strategies for parents

ProActive Caring team members have been invited to facilitate a workshop during the final weekend of a conference sponsored by the New York State Council on Children and Families and Prevent Child Abuse New York — and you're invited to join us!

Designed by parents for parents, this interactive, virtual event is about building connections and growing together as families! The event kicks off at **6:30 p.m. Friday, May 7**, with music, dancing, family activities, and a chance to connect with parents from all around the state. The event will offer stress-free, ready-made fun for you and your kids!



And then on **Saturday, May 8**, there's a chance for parents and caregivers to rejuvenate themselves with fresh information and ideas about meeting the challenges of parenting. Following a welcome and introductions at **10 a.m.**, there will be concurrent workshops at **10:30 a.m.**, including one led by the ProActive Caring team on "How Mindfulness Techniques Can Help You Find Your Calm."

Lastly, after a break, the conference will end with keynote speaker Elaine Zimmerman. Zimmerman is the Region I Administrator for the Administration of Children and Families, representing the six states of New England. Her agency oversees work in child support, child care, refugee resettlement, child welfare, Temporary Assistance for Needy Families (TANF), youth homelessness and runways, family economic stability, early childhood development, and other human service innovations.

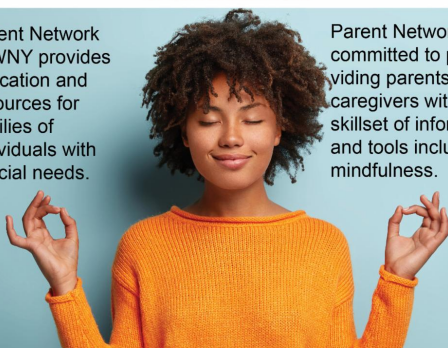
The conference is free, but registration is necessary to receive all of the information needed to participate. Users with Chromebooks or Chrome operating systems are unable to join breakout rooms, so please plan to join the conference with a desktop or tablet.

With questions please email nysplc@preventchildabuseny.org or click the button below to register. Registration will close at 11:59 p.m. on Thursday, May 6.

[Click to register](#)



Parent Network of WNY provides education and resources for families of individuals with special needs.



Parent Network is committed to providing parents and caregivers with a rich skillset of information and tools including mindfulness.



**HUDSON VALLEY
HEALING CENTER**
SALT CAVE • YOGA • LIFESTYLE

51 Springside Ave, Poughkeepsie NY 12603
845-849-0838
www.HudsonValleyHealingCenter.com

716-332-4170 | www.parentnetworkwny.org
info@parentnetworkwny.org

Working to provide individuals with disabilities a full range of options & opportunities.

Make an impact on public policy – Support ACCSES TODAY!



To learn more about our mission and how to become a Champion of support visit [ACCSES.ORG](https://www.accses.org).



Developmental Disabilities Planning Council

The ProActive Caring Program is funded by a grant from the New York State Developmental Disabilities Planning Council.



[Proactive Caring Digital Resource Center](#)