

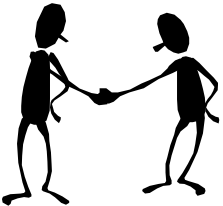


# Supporting the Parent



## Listening Sessions

North Carolina's leading disability agencies want to listen to you. Please join the North Carolina Council on Developmental Disabilities, the Governor's Advocacy Council for People with Disabilities and the UNC Center for Development and Learning at a free listening session on Thursday, March 30 at 6:30 pm at Broyhill Inn and Conference Center in Boone. People with developmental and other disabilities, their families, service providers, and the general public are invited to provide feedback and ideas for the latest plan to support people with disabilities and their families. You can network with other members of the disability community and preview a new film featuring North Carolina residents. There will also be a session in Ashe County in Jefferson at the Senior Center on March 30th from 2:30-4:30. Contact person is Mary Whittington. For more information, call us or go to [www.nc-ddc.org](http://www.nc-ddc.org).



## Meet the Staff

We'd like to welcome our new Outreach Coordinator, Norma Bouchard! Here is more about Norma in her own words.

*I am privileged to be the Outreach Coordinator for FSN-HC. More importantly I am honored to serve families with children with special abilities. I am a mother of 3—Holly, 28, Abbie, 26 and Caleb, 10. Caleb was born with Cerebral Palsy and uses a wheelchair. He has an incredible sense of humor and a profound memory. He also loves and enjoys music, reading, playing games and snuggling. My husband Jim and I have been married 20+ years.*

*Originally from Belmont, NH and I now live in Jefferson. The beauty of the mountains amazes me everyday. It's incredible to know that we are accepted here with the warmth of southern hospitality.*

*My background is in Early Childhood Education with the credentials for directing other daycares in New Hampshire. I've taught and directed for 21 years. I have also been a part of Family support back in New Hampshire and have been involved for 8 years being part of the Advisory Council.*

*Should you have any needs, problems or concerns, please feel free to contact me so that we may work together to provide a better life for all of us.*



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## UPCOMING EVENTS

March 3, 10: 10am-12pm Express Yourself—End of Special Six-Week Drawing Session: Larger than Life, Boone, Turchin Center

March 10: 6pm Children with Challenging Behaviors Share Group, Boone Unitarian Universalist (located beside the Playhouse)

March 10: 6pm Families with Medically Fragile Children Share Group, Boone Unitarian Universalist

March 30: 6:30pm Listening Sessions, Broyhill Inn, Boone & 2:30pm, Senior Center, Jefferson



## Sibling Study

There is a Sibling Resilience Study that are looking for families with children receiving services who also have siblings between the ages of 5-10. What it would involve for families as far as time commitments is filling out a set of measures for their child receiving services for which they reimburse \$10. Then you will also fill out a set of measures for each sibling between the ages of 5 and 10 and they reimburse \$25 dollars for those. They can either send the measures to you to do on their own time or they can do them over the phone with families. They will follow up with families in 6 months time and they are also hoping to do a more in-depth phone interview with parents, for which we will reimburse as well.

For more information, call Samantha Kane, Project Coordinator at (704) 687-3230.



## Making Music: Literacy Tips for Parents

Music is a great way to introduce children to sounds and words! Research indicates that exposure to music has numerous benefits for a child's development.

Music promotes language acquisition, listening skills, memory, and motor skills. Songs introduce new words, often ones that rhyme or repeat, which makes them easy to learn. Singing also facilitates bonds between adult and child.

The following are suggestions on how to make music a part of your child's every day life:

- Sing to your child any chance you get. Smile while you are singing. Sing any song you know.
- Encourage your child to join in. Singing introduces words, nonsense sounds, rhymes and rhythms, all in an enjoyable package.
- Play music CDs or audiotapes to inspire your child to listen, move, dance, and sing along. Play them in the car or at home.

Singing to your child even while dressing is a wonderful way to communicate and bond with him or her. Here's a song to try, sung to the tune of "This is the way we..."(which can be used at any time of day by changing the lyrics to fit the activity): *This is the way we dress ourselves dress ourselves dress ourselves This is the way we dress ourselves And now we're ready for the day - hey!*

- Fit songs into your daily routine, before and during mealtimes, and at bedtime.
- Encourage your child to feel the rhythm of the music. Dance, clap, and sway to the sounds. Join your toddler while watching quality children's videos - *A Young Children's Concert with Raffi* is great fun.
- Look at songbooks together. If you play guitar or piano, get one with musical notations so you can play while you and your child sing.
- Look at illustrated versions of songs. Toddlers and preschoolers can open flaps, for example, while singing along.

By Lee Pesky Learning Center (2004), [www.readingrockets.org/article/81](http://www.readingrockets.org/article/81)

*Continued from page 1...Meet the Staff*

You can contact Norma by calling our office or through email at [bouchardnj@appstate.edu](mailto:bouchardnj@appstate.edu).

Help us save money!! If you have an email address that we can use for this newsletter, please email to [powelljb@appstate.edu](mailto:powelljb@appstate.edu) or call (828) 262-6089. This newsletter is also available on-line at [www.parent2parenthighcountry.org](http://www.parent2parenthighcountry.org).