



Supporting the Parent



Kidstock

Please make sure to attend this Spring Festival for Families

Saturday, May 20

11am—5pm

Watauga High School, Boone

Fundraiser for Parent to Parent FSN-HC and Western Youth Network

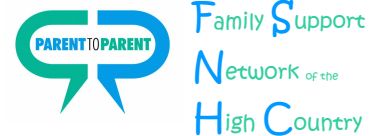
- Battle of the Bands
- Activities and Games for toddlers to middle and high school youth
- Craft and Carnival Activities
- JUMP of Boone! (big air filled activities)
- Climbing Wall
- Food!

Tickets \$3 for adults, \$2 kids and youth \$10 family Children under 2 free Rain or Shine

Volunteers are also needed:

- Help us with your creative side: face painting, floating ducks, nail polish & hair decorating, marble art, ring toss balloons, bead stringing, scoop & pour, or art & craft.
- Help man a food booth.
- Help with set-up or clean-up.
- Have fun watching the kids play while helping with the Jump activities.

For more information, call Kaaren at (828) 262-6089.



150 Den-Mac Drive
Boone, NC 28607

(828) 262-6089

Toll Free Parent Line:

(866) 812-3122

Fax: (828) 265-5394

www.parent2parenthighcountry.org

Volume 3, Issue 5

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UPCOMING EVENTS

May 20: 11am-5pm KIDSTOCK,
Watauga High School, Boone

June 9: 6pm Children with
Challenging Behaviors Share Group,
Boone Unitarian Universalist (located
beside the Playhouse)

June 9: 6pm Families with Medically
Fragile Children Share Group, Boone
Unitarian Universalist

Call us for more information
about these events.



New Online IDEA Parent Guide

The National Center for Learning Disabilities (NCLD) has created a Parent Guide to the Individuals with Disabilities Education Act (IDEA) so you can become an informed and effective partner with school personnel in supporting your child's special learning and behavioral needs. They hope you will be able to use this IDEA Parent Guide to understand:

- How the federal law generally works in most states
- What the law requires to determine whether your child has a learning disability
- What is new to IDEA since Congress last updated the law in 2004
- What questions you should ask and what information you should prepare in order to be a full and active advocate for your child
- What resources are available to you.

In developing the IDEA Parent Guide, they have worked with parents of students with learning disabilities from around the country. Together, they have tried to address the questions, challenges and barriers parents face as you navigate their way through the special education process. Parents have also contributed their own personal stories so that you can hear firsthand that you are not alone in this journey.

For more information or to view the Parent Guide, check out NCLD's website at www.nclد.org.



Apple Dip

Enjoy with slices of apples for a healthy snack! You can add peanut butter, nuts or chocolate sauce, or try using strawberry flavored cream cheese. Have fun and enjoy!

Prep Time: 5 Minutes

Ready In: 5 Minutes

Servings: 4

INGREDIENTS:

- 1 (8 ounce) package cream cheese
- 1/2 cup brown sugar
- 1 tablespoon vanilla extract

DIRECTIONS:

1. In a medium-sized mixing bowl, combine cream cheese, brown sugar and vanilla. Mix well until all of the brown sugar has been blended into the cream cheese and vanilla. If the mixture is too runny for your taste, add a small amount of brown sugar to the mixture. If the mixture is too thick for your taste, add a small amount of vanilla extract.

From www.allrecipes.com

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