



Enriching the Parent

Information & Support

November 2007

for Families of Children with Special Needs
Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, & Yancey

Family Support Network
of the High Country
150 Den-Mac Drive
Boone, NC 28607

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WITH SUPPORT FROM

Appalachian State University

Children's Development Services
Agency-Blue Ridge

Family Support Network of North
Carolina

High Country United Way

Avery & Mitchell-Yancey
Partnerships for Children -
Smart Start

Friends of Parent-to-Parent
FSN-HC

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“Much of the next millennium can be seen in how we care for our children today. Tomorrow’s world may be influenced by science and technology, but more than anything, it is already taking

Excerpts from “Early Signs of a Reading Difficulty” by Susan Hall of Schwab Learning



A parent may be the first person in a child’s life to recognize a reading problem. A parent’s observation is critical because some of the earliest signs that foreshadow a reading difficulty can be seen during preschool and kindergarten years.

Difficulty manipulating sounds in words is one of the hallmark characteristics of reading difficulties and can be seen at a young age. Your child might struggle with rhyming, word games, or recognizing words that start with the same sound.

Often children who had repeated ear infections or speech delays during their early years eventually have trouble learning to read. Children who have articulation problems or are late to talk, as compared to peers, should not only receive speech and hearing screening during the preschool years but should be monitored for possible reading difficulty.

Sometimes parents notice difficulties during first grade because a child may have trouble making associations between sounds and letters. Problems to watch for: Pronouncing new words and remembering them, breaking words apart into sounds, blending sounds together to make words, or remembering the names and sounds of the letters. A child with weak phonological skills often prefers to guess at unknown words while reading because he is not very good at figuring out the sounds or blending them together. Being able to sound out unknown words is an important skill you child needs in order to read text.

By the middle of first grade your child should be able to read at least 100 common words, such as the, and is, and know the letter-sound associations well enough to read words in simple books. Watch for these warning signs as you listen to your child read aloud: Doesn’t know the sounds associated with all of the letter, skips words and doesn’t stop to self-correct, can’t remember words; sounds out the same word every time it occurs on the page, and frequently guesses at unknown words rather than sounding them out!

You can also look at your child’s writing for clues about reading difficulty. By the end of Kindergarten a child should be writing words that contain most of the consonant sounds in a word, even though the vowel will often be missing or inaccurate until later.

These warning signs can be helpful to parents who suspect learning to read isn’t progressing smoothly. However, just because your child is struggling doesn’t necessarily mean there is a serious problem;. Learning to read is a complex process that doesn’t occur overnight for most children; it takes time and plenty of direct, systematic instruction. Just remember not to panic. Each child is unique and has different learning styles. Knowing what to look for can help you decide whether you need to investigate further. Happy Reading!

Thanksgiving Recipes for a Happy, Healthy Thanksgiving



Most of us will probably over-indulge this holiday season, but there are plenty of traditional holiday foods that won’t spell doom for your healthy diet. Try this dessert guilt-free this Thanksgiving:

Sweet Potato Pudding (Dessert)

- Makes 4 servings (2/3 cup per serving)
- 1 1/3 cups mashed, cooked sweet potato
- 1/2 cup sugar
- 2 teaspoons ground cinnamon
- 2 teaspoons grated orange rind
- 1 teaspoon salt (omit if on a low-sodium diet)
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1/3 cup egg substitute
- 16 ounces evaporated skim milk
- Cooking spray

Combine sweet potato and the next 7 ingredients in a large bowl. Beat at medium speed with a mixer until smooth. Add milk; mix well. Pour mixture into a 2-quart casserole coated with cooking spray. Bake at 375° F for 1 hour or until a knife inserted near the center comes out clean. (For individual servings, pour 2/3 cup potato mixture into each of 4 custard cups. Bake at 375° F for 40 minutes or until a knife inserted near the center comes out clean.) Let pudding cool. Cover and chill for 2 hours.

Parent to Parent FSN-HC Presents: Pearls of Love and Logic

Special Thoughts on Raising Kids ©Love and Logic Press, Inc. www.loveandlogic.com 1-800-338-4065

Self Concept

I'm not held back because of what I can't do. I'm held back because of what I'm afraid I can't do. More often, I am held back because of my fear that I might fail, and as a result, I might not like myself. That's called lack of self-esteem.

Our self-concept rules our lives. It sometimes works a wonderful encourager and sometimes as a tyrannical dictator, controlling almost every move we make, it talks to us constantly, "You can do it. Go for it" or, "Not me. I could never do that."

Our self-concept lives at the subconscious level of thinking, over which we have little control. It grew there when we were little children and continues to grow and change with the every new experience. The subconscious mind stores every experience just like a computer.

However, computers have no ability to decide right from wrong, fact from fiction. Everything stored in the computer later comes out as fact. In computer land this is known as "garbage in, garbage out."

Our subconscious mind does the same thing. It cannot tell the difference between things we vividly imagine and things that really happen. As a result, everything that is stored comes out as fact, even when the original source is imagination or misunderstanding.

A youngster's mind is especially receptive to what is going on in his or her world. The self-concept computer is not firmly set. Therefore, children are easily influenced by the messages they think they hear from their parents and teachers. We can help children store positive or negative messages. We do the best job of this, not through our words but through our action.

Parents and teachers who constantly encourage children to decide between two alternatives teach child to think for themselves. They send powerful messages that imply, "You are so smart that I can allow you to think for yourself." This action also implies, "I can trust you to know what is good for you."

Some parents give orders, such as "you wear your coat or else!" This sends a "you're dumb" message. After a period of time these parents discover using too many orders has caused their child's low self-concept.

A child's self-concept is the sum total of all the "you're smart" messages he or she hears minus all the "you're dumb" messages. Hopefully, our actions send more positive messages than negative ones.



"Kids look at our actions to learn who they are."

GENERATION REWIND DANCE MARATHON 2007



IT'S DANCE MARATHON TIME AGAIN!!!

Appalachian State University's ACT program is holding a Dance Marathon on November 17th to raise money for Parent to Parent FSN-HC and Western Youth Network.

BELIEVE IT OR NOT...ASU students will sign up as dancers, get pledges and then dance for 24 hours!

COME BE A MORALE BOOSTER

Please join us and show your support for these dancers. The students raise thousands of dollars and the funds are desperately needed for our program.

HOW YOU CAN HELP NOW

We need families (AND children if the stimulation is not too much for them) to attend. 1:30-3:00 is Karaoke Time.

Come, mill around, speak to the dancers and thank them. You could use the mike or just speak one on one. Whatever you are comfortable with. Just let the dancers know how much you appreciate the thousands of dollars they raise!

We need PICTURES for our slide show!

Send us pictures of your child and/or your family so that the dancers can put a "face" to Parent to Parent FSN-HC. Let us know if we can add your name/s. Please send pictures to hayeskl@appstate.edu by Monday, November 13th, to give us time to get them into the slideshow.

The Dance will be at Legends, located on Hardin Street across from Red Onion Restaurant. Let us know if you can come and we will tell you where you can park.

THANK YOU!!!

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

Group Opportunities for Information & Support

Area Workshops



"Being the Parent That You Want to Be"

Presented by Carlene Cox, LCSW

Date: November 14, 2007
Time: 6-9PM
Place: Large Conference Room upstairs at Watauga County DSS, Boone NC
Register: Call Roberta Yates at 828-265-8100 or e-mail at roberta.yates@ncmail.net

Autism and Young Children: Treatment Options and Strategies for Parents and Professionals

Presented by Dr. Laureen Vilas
Sponsored by Watauga Co. LICC

Date: Thursday November 15, 2007
Time: 6:00-8:00 PM Presentation. Join us early for food and refreshments at 5:30
Place: First Baptist Church of Boone
375 West King St. Boone (Permission to park in Church lot)
RSVP: By November 12th at the Children's Council 262-5424
Childcare space is limited and must be requested upon reservations



"Understanding and Managing ADHD in Children"

Presented by Russell Barkley, PhD

Date: Monday, November 12, 2007
Time: 6:30-8:00 PM
Place: The Grove Park Inn, Asheville NC 28801
For more information: www.wncsymp.com/07parentsem.html

Kids Night Out

Children aged 4 and up (children in diapers or pull-ups are not eligible)

Drop off children at Sports Complex 15 6:15 and ride the shuttle over to the Vanderbilt Wing, 8th floor.

\$5 fee payable at the door for Kids Night Out. \$5 donation appreciated for conference.

Area Support Groups

Are you feeling a little stressed because you are a parent or guardian of a child or family member with disabilities, significant health concerns, need resources, or just need another adult to talk to that knows what you are going through? Come join one of our local groups, meet new families and make some friends!

Alleghany County Parent Support Group

Date: Thursday, November 15, 2007
Time: 6:00 p.m.
Location: The Family Resource Center, Sparta
Contact: Norma Bouchard at 336-246-3222 or 1-866-812-3122 to RSVP. For child care call 372-6583

Ashe County Parent Support Group

Date: Monday, November 27, 2007
Time: 6:30 p.m.
Location: Midway Baptist Church Fellowship Hall
Mt. Jefferson Rd., West Jefferson
Contact: Norma Bouchard at 336-246-3222 or 1-866-812-3122 to RSVP.

Watauga County Parent Support Groups

Challenging Behaviors and Medically Fragile

Date: Friday, November 9, 2007
Time: 6:00-8:00 p.m.
Location: Boone Unitarian Universalist Church (381 E. King St, beside the Playhouse)
Contact: Kaaren Hayes at 828-262-6089 or 1-866-812-3122 or e-mail hayeskl@appstate.edu. RSVP for childcare and supper by November 7th!

Wilkes County Parent Support Group

Date: Thursday, November 29th, 2007
Time: 6:15 p.m.
Location: United Way, 910 C Street, Wilkesboro
Contact: Norma Bouchard at 336-246-3222 or 1-866-812-3122. Dessert and drinks will be served!



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



Information and Location for
ALL Support groups enclosed!
See page 3

Parent to Parent FSN-HC
150 Den-Mac Drive
Boone, NC 28607



If you would like:

*To talk with another parent who understands
Information about a specific disability or health condition*

To be a Supporting Family

Or

To make a tax deductible donation please contact:



FSN-HC

828-262-6089 or Toll-free family line: 866-812-3122

Or hayeskl@appstate.edu