Effectiveness of Parent to Parent Support

A Support Parent is a trained parent or other family member who has received training in offering assistance to another parent and has experience parenting a child with special needs. Support Parents volunteer their time to share their own experiences and their knowledge of service delivery systems. They may offer strategies for successfully working with service providers and serve as models for positive adaptation to living with a child who has special needs.

Effectiveness of Parent-to-Parent Support

- Research conducted by the Beach Center on Disability shows that more than 80 percent of parents find Parent-to-Parent Support helpful.
- Interviews with parents suggest that the kind of support Parent-to-Parent offers is unique and probably cannot come from any other source.
- It is recommended that Parent-to-Parent programs monitor whether a first contact is made, when the contact occurs, and the referral parent’s level of satisfaction with the contact.
- A strong relationship exists between the number of contacts a Referral parent has with a Support Parent and how helpful the Referral Parent finds Parent-to-Parent to be.
- Parent-to Parent Support offers a unique form of help and should be an essential component of a comprehensive family support system as an adjunct to traditional professional services.

-Adapted from the Support Parent Training Manual, Family Connection of South Carolina, Inc.

Benefits of Being a Support Parent

- Developing a sense of satisfaction in reaching out to help others.
- Having an opportunity to learn from others and to see one’s own personal growth.
- Experiencing a sense of belonging to the local FSN and the larger Parent-to-Parent Network.
- Taking advantage of opportunities to develop friendships with other parents and to participate in social events with them.
- Realizing strength and encouragement to continue one’s own challenges as parents.
- Increasing one’s knowledge of local, state, and national resources.
- Gaining a sense of closure and having come full circle.

WITH SUPPORT FROM

Appalachian State University
Children’s Developmental 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

Upcoming Events

Check out page 2 for Information on:

Support Groups in Watauga, Wilkes & Ashe
Love and Logic classes
Dine and Discover
Brain Gym 101
May 4-6
FamilyFun.com - Felt Board

CRAFT MATERIALS:
- Scraps of colorful felt or flannel material
- Old shoe box or boot box
- Scissors
- Craft glue
- Sandpaper
- Photos, optional

Time needed: Under 1 Hour
1. Cut one piece of felt or flannel to fit on the inside of the box lid and glue it in place (sky blue is a good, neutral color for this background).
2. Cut the scraps of felt into figures, which will naturally stick to the storyboard. Try making trees, fish, birds, flowers, stars and even letters.
3. People and animals can be made up of several shapes, so be sure to cut out circles for faces and eyes, as well as rectangles for arms and legs. (You can also clip magazine pictures, coloring book characters and real photos for the storytelling board.) 3. Glue the cutouts to cardboard and glue a strip of sandpaper to the back so they will adhere to the fabric.
4. Once you have a variety of characters and props, let the storytelling begin. Make up an imaginary story, retell a traditional fairy tale, or use real photos for true-to-life stories.

About Brain Gym®

Brain Gym® 101 is a 24-hour minimum course designed for those who are ready to experience the unlimited potential possible by learning through movement. Participants discover how to set goals and discover the ease and joy of visual and auditory integration (and whole body coordination) for reading, writing, listening, memory and other life skills, which can be applied with their students and for themselves. It is a powerful personal development course for anyone. This course emphasizes Dennison Laterality Repatterning and 26 Brain Gym activities that bring about rapid and often dramatic improvements in concentration, memory, reading, writing, organizing, listening, physical coordination, confidence, self-esteem and personal growth. The effects of cerebral, midbrain and brainstem integration as they relate to posture, movement, relaxation, motivation and thinking skills are identified and experienced. No pre-requisites. CEU's may be arranged through your school system. See website for licensure process: www.braingym.org.

Brain Gym® develops the brain's neural pathways the way nature does: through movement. Brain Gym® is built upon 80 years of research by specialists in physical movement, education, and child development. The specific research that lead to Brain Gym® was started in 1969 by Paul Dennison, Ph.D. Dr. Dennison, who was then Director of California’s 8 Valley Remedial Group Learning Centers, was looking for ways to help children and adults who had been identified as "learning disabled." His research led him to the study of kinesiology, the science of body movement and its relationship to brain function. At the time, it was already well established that coordinated physical movement is necessary to brain development. Babies and young children naturally perform what experts in early childhood education call developmental movements.
Parent/Teacher Conferences

Parent/Teacher conferences can be an emotional time for both parties. It’s not unusual for either parents or teachers to forget they are really on the same team - the child’s team!

When both parties put forth their best communication and listening skills, these emotional battles can be replaced by the opportunity to share ideas that are in the student’s best interest.

Conferences that are Guaranteed to Fail

When teachers and parents come to a meeting with a set notion of the child’s problem and how to deal with it the result is often a contest of words. Both parent and teacher waste a lot of time trying to persuade the other to understand and adopt their point of view.

The following are proven techniques that can end any progress during a conference:

Non-negotiable demands - A parent who demands, “I want Rachel transferred to a different reading group by Monday!”, has effectively put an end to communication.

Threats - A teacher who threatens, “If Danny disrupts my class one more time, I’ll send him to the principal’s office every day for the rest of the month!”, has not learned the art of either negotiation or communication.

Accusations - The statement, “If you would give Johnny more personal attention at home, his reading skills would be up to speed,” is guaranteed to put a parent on the defensive.

Words that Work Wonders

Parents and teachers alike must remember the reason for meeting is to share ideas that will help the child overcome his or her school problems. People who get the best results during these conferences remember the magic words of good communication.

About Brain Gym® (con’t from page 1)

These movements develop the neural connections in the brain and help to intergrate reflexes, essential to effective learning. Dr. Dennison discovered ways to adapt and sequence these movements so they could be effective for older children and adults. The result is a system of targeted activities that enhance performance in all areas - intellectual, creative, athletic, and interpersonal.

The facilitator in this area is Sylvia Sue Greene, BS, MA. Sylvia is an Educational Kinesiology International Faculty Member for the Brain Gym Teacher Practicum and a licensed Brain Gym 101®, Brain Organization Profiles®, Brain Gym for Educators and Visoncircles.

Remember! Parents and Teachers are on the Same Team - the Child’s Team!
If you would like:
To talk with another parent who understands
Information about a specific disability or health condition
To be a Supporting Family
More information about FSN-HC
To make a tax deductible donation

Please call: 828-262-6089 or Toll free family line: 866-812-3122
Or hayeskil@appstate.edu

All services are FREE and CONFIDENTIAL