

Students with Disabilities:

- Parents and educators of students with disabilities often require special resources and support to ensure their children receive what they need to learn and succeed.
- If you believe your child has a disability, contact your school district's Committee on Special Education (CSE) to have your child evaluated. If approved, services and accommodations are provided at no cost to parents.



- An Individualized Education Program (IEP) ensures that a child with a disability receives specialized instruction and related services. A 504 Plan ensures a child who has a disability receives accommodations to provide academic success and access to the learning environment.
- Learn all you can about your child's disability and how it impacts his or her learning. Actively participate in meetings to develop and revise your child's 504 or IEP.
- Create a home environment that supports the goals in your child's plan. (For example, a child with Asperger's Syndrome may respond to a well-organized room, with storage containers readily available.)



- Volunteer in your child's classroom or the school library.
- Explore Extended School Year Services options. Provided during July and August, these services are intended to prevent substantial regression of skills acquired during the school year.
- Join a support group tailored to your child's needs. Whether local or online, connecting with parents and children who share your experience can be empowering.

For more information and resources, visit www.nysut.org

Through a representative democratic structure, NYSUT improves the professional, economic and personal lives of our members and their families, strengthens the institutions in which they work, and furthers the cause of social justice through the trade union movement.



Representing more than 600,000 professionals in education, human services and health care.

www.nysut.org

800 Troy-Schenectady Road, Latham, NY 12110-2455
518-213-6000 • 800-342-9810 • Affiliated with AFT / NEA / AFL-CIO



SCAN QR CODE WITH YOUR SMART PHONE



Partnership for success

Tips for parents of school-age children

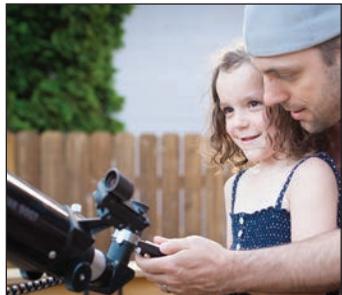


This information brought to you by



Kindergarten through grade 4:

- Join the PTA/PTO.
- Develop good communication with your child's teacher by visiting school and getting involved in planned activities. Volunteer to help in the classroom or on field trips.
- Read to or with your child every day, even if it is only for 15 minutes.
- Monitor computer and Internet access.
- Limit television time and encourage programming that fosters thinking skills.
- Cook with your child. Allowing kids to measure ingredients will strengthen math skills.
- A healthy body supports a healthy mind. Serve nutritious snacks and balanced meals and limit fast foods.
- Ride bikes, play games, basketball or another activity with your child.
- Send a letter. Encourage your child to write to an older relative and ask about his or her childhood. Read the response letter together.
- Teach your child to be ecologically responsible by recycling, learning about nature and advocating for environmental issues.
- Find your child's learning style and tailor the way you help your child study. **Auditory** learners learn best by listening. **Visual** learners learn best with charts, maps and illustrations. **Kinesthetic/Tactile** learners are hands-on. They learn by doing and often need movement to concentrate.



- Star gaze. On a night that is clear, dark and preferably moonless, let your eyes adjust to the darkness and help your child identify the constellations.
- Bridge the summer hiatus by encouraging activities like reading and journal writing.

Middle School:

- Get to know your child's teachers, coaches and counselors. Many teachers have websites where they post homework and project assignments.
- Keep yourself informed about school. Volunteer in the main office, library or for after-school activities.
- Join the PTA/PTO. Attend school events such as plays, concerts and fundraisers.
- Many hormonal changes take place during the middle-school years. Discuss the importance of grooming and personal hygiene with your child.
- Is your child a night owl? An early bird? Find the optimum time for studying with your child and watch his or her grades improve.
- Talk to your child about bullying — what it is, how it hurts (physically and emotionally) — and what to do if he or she experiences or witnesses it. If you suspect your child is being bullied, contact the school immediately.
- Help your child get organized. Managing an increased workload and dealing with multiple teaching styles requires extra organization. Discuss time management strategies and encourage your child to use a calendar to manage deadlines.
- Put yourself at your child's disposal at a set time everyday, even if it is just for 15 minutes. You can help with homework, social entanglements or just listen.
- Monitor and limit your child's phone and computer use. Talk to them about staying safe online.
- Praise your child's successes and be supportive of his or her struggles.
- Middle school represents a lot of change. Keeping familiar routines in place and maintaining a stable home environment will help your child adjust.
- Sit down and read. Your child is more likely to read if you do.



High School:

- Get to know your teen's friends and their friend's parents.
- Districts offer several ways to access information, including online. Many teachers have email addresses, allowing them to respond to your questions and concerns quickly.
- Keep talking to your child about the dangers of drug and alcohol abuse.
- Monitor Internet usage, paying special attention to sites and smartphone messaging apps such as Instagram, Snapchat, Twitter, Tumblr and Facebook. Make sure you approve any photos your teen posts and remind him or her not to post personal information. Keep in mind: technology is ever changing.
- Talk to your teen about the dangers of cyberbullying — causing threat or harm through emails, text messaging or social networking sites.
- Reinforce successful work habits — listening, comprehension, time management, problem-solving, cooperation, etc.
- Keep the lines of communication open, but don't nag. If teens know you are there for them in a nonjudgemental way, they will be more receptive to you.
- Join the PTSA/PTSO.
- Encourage excellence. Praise your teen's successes and support his or her struggles.
- Lay the foundation to higher education. Start searching for colleges and financial aid early and involve your teen.
- Take a jog (or a walk) with your teen. It's a chance to talk to you in a casual setting.
- Peer pressure can be a real problem. Encourage your teen to keep his or her individuality.
- Keep your teen moving! Dancing, swimming and other sports are fun and can boost self-esteem, foster social interaction and strengthen bodies.

