

*We worry about what a child will become tomorrow, yet we forget that he is someone today. ~Stacia Tauscher*

# COWETA SPOTLIGHT

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## WELCOME!

Welcome to the Coweta Spotlight! My name is Jennifer Williams and I am the Parent Mentor for Coweta County.

I am a parent of a child with a disability and I work for the school system as a liaison to provide additional support and information to other parents of children with disabilities who are receiving services in school.

As the Parent Mentor, some of the ways I can assist you include:

- Understanding the Special Education process & provide you with information to assist in IEP planning & preparation.
- Provide a parent's perspective to educators.

- Direct you to resources available within & outside the school system.
- Provide training programs on topics parents have requested.

I am excited about the first issue of Coweta Spotlight! Our community offers so much and I hope to share these resources with you through our newsletter.

Each issue will include special points of interest. There will be a calendar of events detailing seminars, support groups and classes local to our area.

I will also put the spotlight on a therapy program, again, close to home. This month, I talk about Lekotek of Georgia.

I have a section on recommended reading and other media. If you have a book you would like to share, please forward me the information and I will gladly include it in my next newsletter.

I ask that you share this with your family and friends. If they would like to sign up for the newsletter, have them email me or call me.



If you have any questions or would like to add something to the newsletter, please do not hesitate to email or call me.

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Down Syndrome, Cerebral Palsy, ADD, Spina Bifida, hearing and/or vision loss and much more!

With locations in Fayetteville & Atlanta, there is one near you. For more information, call 770.289.3276 or visit their website at [www.lekotekga.org](http://www.lekotekga.org).

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### Calendar of Events

- Coweta Supporters will meet Monday November 10. For more information, please call Linda Wilson at 770-463-1658
- "Team Parent" is a support group here in Newnan for families of children with disabilities. For more information, please email Shannon Hopkins at [Hopkins@numail.org](mailto:Hopkins@numail.org).

## LEKOTEK OF GEORGIA

Lekotek comes from the Swedish work "Lek" meaning play and "tek" meaning library. Lekotek is just that—a play library for your child! You are matched with a therapist who works with your child, assesses their needs and develops goals for them. From there, you are able to check out

goal appropriate toys for a minimal charge. Return the toys at your next appointment. Therapy tools & toys can be expensive, so a lending program is a real treasure! Since 1984, Lekotek has provided services to over 4,200 families. They serve a wide range of disabilities including: Autism,

# ACTIVITIES & STRATEGIES FOR DEVELOPMENT

## Physical Development

Cut strips about 6 inches wide from cardboard boxes. Tape them together to make a "balance beam" about 5 feet long. Help your child pretend to be an acrobat in the circus & walk with 1 foot in front of the other. Try walking backwards. Then try walking on tiptoes. Fold your balance beam up to use again & again!

## Emotional & Social Development

Pick a daily activity that you & your child can do together as a team such as feeding a pet, collecting items for recycling or drying the baby after a bath. Give your child a specific task that helps get the job done. Let your child know that



you appreciate his help with each task. Compliment your child when he offers to help with other tasks!

## Language & Literacy Development

Put several familiar items on a table or carpet. Have your child try & guess which of the items you are thinking about by giving clues such as color, shape, sound & how it is used. Make the clues easier until your child identifies the

correct item.

## Approaches to Learning

At bath time, give your child a toy to explore with. Ask questions such as "I wonder if it will sink or float" or "I wonder if it will hold water?".

## Cognitive Development

Cut out a large circle, square & triangle. Name each shape as you show it to your child. Walk around the house & look for items that are the same shape. See if you can find any shapes outside, too!



*A hundred years from now, it won't matter what your bank account was, the sort of house you lived in, or the kind of car you drove, but the world may be different because you were important in the life of a child ~ Author Unknown*

## SUGGESTED BOOKS & OTHER MEDIA

The Out-Of-Sync Child by Carol Kranowitz

The Out-Of-Sync Child Has fun by Carol Kranowitz

The Mozart Effect for Children: Awakening Your Child's Mind, Health and Creativity with Music by Don Cambell

Brain Gym: Simple Activities for Whole Brain Learning by Paul E. Dennison Ph.D. and Gail E. Dennison

Socially ADDept: A Manual for Parents of Children with ADHD and/or Learning Disabilities by Janet Z. Giler, Ph.D.

[www.parenttoparentofga.org](http://www.parenttoparentofga.org)—click on Roadmap to Services

[www.focus-ga.org](http://www.focus-ga.org)—Families of Children Under Stress

*There are no 7 wonders of the world in the eyes of a child. There are 7 million!*

~ Walk Streightiff

## PARENT RIGHTS

Parents of children with disabilities from 3 years of age to 21 have specific rights under the Individuals with Disabilities Education Act.

The following is a list of your rights as a parent or legal guardian:

1. View your child's school records.
2. Confidentiality of Information.
3. Independent Educational Evaluation.

4. Receive Written Notice when the school initiates a change in the identification, assessment or educational placement in Special Education.

5. Consent and refuse consent.

6. Dispute resolution.

If you would like a further explanation of any of these rights, you may email me at [jenn.williams@cowetaschools.net](mailto:jenn.williams@cowetaschools.net)

or call me at 770.254.2771.

And it is still true, no matter how old you are—when you go out into the world, it is best to hold hands and stick together. ~ Robert Fulgham