



SPIN NEWS

The Newsletter for Parents of Children with Special Needs

SPECIAL
PARENT
INFORMATION
NETWORK

2018-19 School Year Special Edition

SPIN is co-sponsored by the Disability & Communication Access Board and the Department of Education. Services include a phone line for information referral and support, a quarterly newsletter, an annual conference and community workshops. SPIN is guided by an Advisory Committee made up of parents, professionals and people with disabilities.

SPIN

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Expanding your Marathon Skills and Family Resiliency

Parenting a child with a disability is no easy task. We face challenges every day, from melt-downs to ordering supplies, IEP meetings to childcare. Sometimes we face those challenges as if we are training for a sprint: "Just get over with it as fast as we can and things will go back to normal." But SPIN's longtime friend, Ann Turnbull, formally of the Beach Center on Disability, advised us that instead of planning for a sprint, we should grow our skills as a marathon runner. These endurance skills help us to be more resilient - able to bounce back from challenges - and we can use these skills over and over again, in any situation. When we model resiliency tactics in our own homes, our keiki

learn valuable skills on how to overcome obstacles, how to trust in themselves and others and to use these skills throughout their lives. Inside, you will find a list of these marathon skills that Ann and other parents have shared that are really helpful. Some of them you may already know and use, some of them may seem silly or strange, but all of them are worth trying. Resilience can be learned and developed, it is not a static trait. Families who struggle and see parenting a child with a disability as a crisis-causing stressor, leads them to be overwhelmed and demoralized. Families who are able to frame the stress of having a child with a disability as a challenge that provides opportunities for coming together, finding optimism, joy and meaning, face those challenges together and are a stronger ohana for it. We hope you will enjoy this special summer edition and practice these marathon skills with your own family.

Why Is Resilience Important?



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Building Your Resiliency

A Family Guide to Marathon Skills

Step 1: Love your Child Unconditionally



Unconditional love means to appreciate and value your child in the moment and not get hung up waiting for improvements. Meet them where they are and let them know you love them, regardless of their behavior, talent, success or abilities.

Step 2: Take Time for Yourself



As a primary caregiver, it's important to find ways to de-stress and regroup in order to keep giving to your child and family. You are important and have interests and abilities that are outside your role as a parent. If you can enjoy yourself more, you can enjoy your family more.

Step 3: Develop Your Sense of Humor



Laughing feels a lot better than crying. It changes our thoughts, emotions and behaviors and allows us to handle stress better. Laughter really is the best medicine, so give yourself permission to laugh and joke around.

Step 4: Build a Network of Supports



It's easy to feel isolated and alone, raising a child that is unique among your friends and family. Discover the value of a Facebook group or monthly parent-to-parent meeting to find others out there walking in shoes like yours. Much of the info that you find helpful is in the hearts and minds of other parents like yourself.



Step 5: Know Yourself & Your Family



Finding out what your family needs, values and enjoys is important for getting through stressful situations. Family members deal with stress in different ways. Allow them to deal with it in their own way while offering support and encouragement in ways they will each find helpful.

Step 6: Allow Your Child to Take (Small) Risks



We want to protect our kids from hurt, but we must allow them to take some small risks to learn from their mistakes. Often resilient behavior requires us to take action in the face of fear. Overcoming fear and taking small risks safely helps build confidence and competence and allows for growth.

Step 7: Balance Family Needs



Often the temptation, when you have a child with a disability, is to focus all your time, energy and resources on that child. Instead, consider how to balance your special child's needs with your other children, your spouse and your work life (and don't forget Step #2 and add some me-time in there too).

Step 8: Learn to be Flexible



One of the first lessons a parent learns (sometimes the hard way), is that life is about compromise. We need to be realistic and flexible and accept that not all solutions will be perfect. Remember, in a storm, the palm tree bends in the wind and is still standing, strong and tall, after the storm passes.

Step 9: Be An Involved Parent



Get involved in your child's school, attend a PTA meeting, take a class to help you grow your confidence and knowledge. Practice re-framing a problem situation into a positive solution to gain a sense of control over your life. Be an example of resiliency to your children and family and reap the rewards of a calmer, happier life at home.



MARK YOUR CALENDARS...



7/9 “Creating Safe Environments for Our LGBT Youth” \$30 - \$45
 10:00 am - 1:00 pm, Airport Honolulu Hotel
 For more info, call Hawaii Youth Network 489-9549 or email jlark@hysn.org. For tix, visit the SPIN website calendar of events.

7/13 “IDEA Marathon Workshop” FREE
 8:00 am - 2:00 pm, sponsored by LDAH
 Learn about IDEA, the evaluation process and how to develop your child’s IEP.
 Inspire Church, 94-877 Luminaia St. Waipahu
 To Register, call 536-9684.



7/23 “Executive Functions Challenges”
8/27 “Functional Behavior Assessments”
 6:30 - 8:30 pm Inspire Church
 94-877 Luminaia St. Waipahu
 RSVP for childcare by emailing in advance sidebyside@inspirechurch.tv.

Honolulu District Families Embracing Autism Support Group FREE
8/21 “Bullying”
9/18 “Components of Behavior by PBS”
 Sponsored by the Leadership in Disability & Achievement Hawaii 6:00 - 7:00 pm
 245 N. Kukui Street, Honolulu
 RSVP for childcare: 536-9684.



12th Annual Traveling Mini-Conference 2019
 Presented by Leadership in Disabilities and Achievement Hawaii. Call for info 536-9684.

- 8/8** Molokai 3:00 -7:00 pm
Hale Mahaolu, Kaunakakai
- 8/22** Lanai 2:30 - 5:00 pm
Lanai High & Elementary
- 9/7** Hilo 10:00 am - 2:00 pm
- 9/12** Maui 4:30 - 9:00 pm
- 9/21** Oahu #1 8:00 am - 1:00 pm
BYUH, Hauula
- 9/28** Kauai 9:00 am - 2:30 pm
- 10/5** Oahu #2 8:30 am - 2:00 pm



8/10 “The Reading Brain” \$25-35
 9:00 am - 3:00 pm Learn why some kids struggle to read and how to help them.
 Sponsored by HIDA. For a registration link, visit the SPIN website calendar of events.

8/14 Epilepsy Talk Story FREE
 5:30 - 7:30 pm, 200 Vineyard Blvd.
 5th floor Conference Room, RSVP 528-3058 or email efh@epilepsyhawaii.org

Save the Date!

To get your FREE copy of our new **Parent Guide** give a call 586-8126 or email us at spin@doh.hawaii.gov or visit our website.




Like us on **facebook** 

Firststeps to Transition Fair
 Saturday, November 2, 2019
 Kapolei Middle School

- Take the first step in developing a transition plan.
- Meet with adult service organizations and agencies.
- Hear stories from students on their path to success.
- Network with other families walking in your shoes.



8:30 am Visit exhibits, talk story, door prizes
 9:30 am Student panel
 Keynote - Leolinda Parlin
 *Exhibits will be closed during panel and keynote
 10:30 am Visit exhibits, talk story, door prizes
 11:00 pm Closing

Registration and aCCess aCCommodations:
<http://firststepstransitionfair.hawaii.gov>
 or Call 586 8126 by October 6, 2019 to ensure aCCommodations are available.

