



The Special Times

A Newsletter for Parents and Caregivers
Of Children with Special Needs




Family, Infant & Toddler
Program of Franklin &
Grand Isle Counties

Vermont
Family Network

September/October 2008

Community Resources

Support Groups

	Date	Time	Location	Contact & More Details
Mom's Night Out!	<i>First Thursday of Every Month</i> Sept. 4 & Oct. 2	6:00 to 8:00 pm	The Family Center, St. Albans	Betty Morse #524-6574-ext. 212 (See pages 5 & 7.)
FACT Fathers & Children Together	<i>Every Wed.</i> Sept. 3, 10, 17, 24 Oct. 1, 8, 15, 22, 29	5:30 to 7:30 pm	The Family Center, St. Albans	Steve Mojica # 1-800-427-1908 (See page 5)
Shadows of the Moon Autism Spectrum Disorders	<i>Last Tuesday of Every Month</i> Sept. 30 & Oct. 28	6:30 to 8:30 pm	The Family Center, St. Albans	Cheryl #868-3658 or Laura #849-2817 (See page 7)
F/GI Chapter National Alliance for the Mentally Ill (NAMI)	<i>1st and 3rd Wednesday of the Month</i> Sept. 3 & 10 Oct. 1 & 15	6:00 to 8:00 pm	Church of the Rock Route 104, St. Albans	Nancy Riley #933-5169 (See page 5)
Supporting Parents Team	<i>3rd Thurs. of Every Month</i> Sept. 18 & Oct. 16	6:00 to 8:00 pm	The Family Center, St. Albans	Betty Morse #524-6574-ext. 212 (See page 6)
Kinship Care Support Group	<i>3rd Wed. of Every Month</i> Sept. 17 & Oct. 15	6:30 to 7:30 p.m.	Holy Trinity Episcopal Church Parish Hall Grand Avenue, Swanton	Kathleen Hazen #796-3013 or Starr at #285-2102 (See page 6)

Networking with other parents can help you:

- Learn more about your child's diagnosis
- Identify community/state services and resources
- Learn more about special needs parenting
- Stay informed
- Find support and feel less isolated
- Find or keep hope
- Learn to become a strong voice for your child and family

Special Events!

Ever had one of those days?

Join us for a workshop especially for parents on learning to deal with the stress in our everyday lives.



"Coping with Stress"

Thursday, September 4, 2008

6:00 to 8:00 p.m.

The Family Center

27 Lower Newton Street, St. Albans

- What causes stress?
- Understanding stress
- How stress effects you and your family
- Tips for coping with stress
- How to lower your stress level
- A component of this workshop will be for parents of children with special needs



For more information and to register, please contact Betty Morse, Family Support Consultant at 524-6574-ext. 212

Sponsored by Mom's Night Out! Support Group, The Vermont Family Network & Northwestern Medical Center

Navigate Your Way

A Series of Advocacy Workshops

Presented by the Franklin/Grand Isle Supporting Parents Team

We can help you approach obstacles and learn the skills you need to be an effective advocate for your child:

- **Navigate your way** through your child's educational system
- **Build a team** for your child
- Become **confident and knowledgeable**
- Know about **resources**
- Find **support**



Workshop 1: Learning About Advocacy
September 25, 2008

Workshop 2: The Parent as a Project Manager
October 23, 2008

Workshop 3: Obstacles to Success
November 13, 2008

6:30 to 8:30 pm.

The Family Center

27 Lower Newton Street, St. Albans

The first part of each workshop will be a presentation with handouts.

The second part of each workshop will include a panel of parents and professionals to:

- ✓ Answer questions you may have about advocating for your child
- ✓ Offer suggestions for next steps
- ✓ Suggest helpful resources and services
- ✓ Pair you with an experienced parent who can offer support between workshops



Receive the book, *From Emotions to Advocacy*, by Pam and Pete Wright, FREE when you attend 6 workshops.

To register and for more information, contact: Betty Morse, Family Support Consultant at 524-6574-ext. 212 or betty.morse@vfn.org

Sponsored by the F/GI Supporting Parent Team, Vermont Family Network & The Family Center of Northwestern Vermont/NCSS



Building Blocks

Developmental Milestones

The course of children's development is mapped using a chart of developmental milestones. These milestones are behaviors that emerge over time, forming the building blocks for growth and continued learning. Some of the categories within which these behaviors are seen include:

- Cognition (thinking, reasoning, problem-solving, understanding)
- Language (expressive and receptive abilities)
- Motor coordination (gross/fine motor, jumping, hopping, throwing/catching, drawing, stacking)
- Social interaction (initiating peer contact, group play)
- Self-help (dressing, eating, washing)

Those Terrible Two's

They're curious, cunning, inspiring and exuberant, but they're also stubborn, selfish, mischievous and exasperating. Perhaps that's why the year between two and three is considered both the best and the worst of times.

At some point during the next year, your child probably will be ready to give up diapers. In fact, the average age for toilet training is two and a half. However, keep in mind that some kids don't train until well after their third birthdays. Trying to toilet-train a child before he is physically and mentally ready may actually prolong the process.

Temper tantrums will continue to be a problem. In fact, they probably will occur with greater frequency than in the previous year. Your child is also more verbal and stronger, which means the outbursts could be louder and explosive. If his anger has risen out of frustration - for example, a playmate doesn't understand what he is saying - help him articulate himself. If his wants are unreasonable - he demands dessert before dinner - explain

that eating sweets before dinner will spoil his appetite. He still may choose to throw a tantrum but, unlike a one-year-old, does have the capacity to understand basic logic.

Your child may begin to resist sleep. With so much to do and see, resting is just plain boring. He may also be experiencing lingering separation anxiety. Left alone in a bed or crib, your two-year-old may protest by howling or possibly even climbing out of the bed/crib to come and find you. The solution: walk him back to his room, put him in bed and tell him to go back to sleep. If you reward his behavior by giving him something to eat, or staying with him until he falls back asleep, he'll be more likely to repeat the behavior night after night.

As your child's knowledge of the world increases, so may his fears. A growing imagination, expanding memory and a lack of life experience can make even the mundane seem terrifying. Common fears among two-year-olds include toilets, the dark, people in costume (particularly clowns), closets at night, imaginary creatures, baths and, of course, strangers. Most of these fears will diminish as your toddler matures.

Two-year-olds have boundless energy. You can burn some off - and teach them a thing or two about the outdoors - by planning regular walks. Get them outdoors and moving! Take different routes and point out different types of flowers, trees and wildlife along the way. Pack a little picnic lunch and walk to a pleasant place to spread out a blanket (Sitting on a large log or stone works just as well). Singing songs, count frogs or birds and collecting stones are fun activities to do along the way.

Keeping your two year old busy is a good way to keep them out of trouble. Simple activities are great fun. You can line up half a dozen plastic soft drink bottles or other similarly weighted objects and show your toddler how to knock them down using a large ball. Count the bottles as they are knocked down and put back in place. Try to do activities that encourage creativity! Supply your toddler with chalk, play-dough and bright paints and let them show you their artistic side. Set aside time each day for them to explore with color and form.

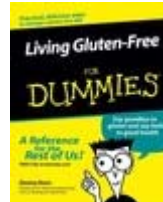
This may be a frustrating age for both parents and their toddler, but it can also be an amazing and fun time too.

If you have questions or concerns regarding the development of your child, birth to three years of age, contact the Family, Infant and Toddler Program of Franklin and Grand Isle Counties at 524-6574-ext. 150.



The Book Corner

Recommended books from the Vermont Food Allergy Organization:



Living Gluten-Free for Dummies
This book from gluten experts offers 150 recipes plus very helpful tips for living gluten-free.
By Danna Korn and Connie Sarros

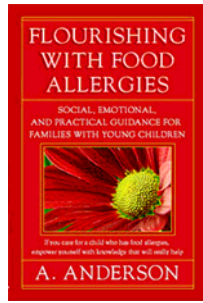
Flourishing with Food Allergies

Written by A. Anderson, a Vermont Rice High School graduate. She went on to receive a B.A. in philosophy from the University of Vermont in 1990. This book is an empowering guide for those who are coping with a food allergy into day's world.

Visit

www.flourishingwithfoodallergies.com

--These books can be ordered from a book website, a bookstore or found at your local library. Be sure to ask your librarian about VILS.



Web Sites of The Month

www.nps.gov/pub_aff/access/

National Parks: Accessible to Everyone."

The National Park Service has launched a web site for visitors with disabilities and other special needs to help them find accessible trails, programs and activities at national parks.

National parks have been set aside for all to experience and appreciate, and National Park System units are moving forward to provide trails, campgrounds, museum exhibits, ranger programs, and other opportunities for visitors with disabilities.

The National Park Service has developed and made available this website, which showcases trails, activities, and other features that are accessible at units of the National Park System nationwide. The information presented here is a sampling of the accessible facilities and programs available to visitors throughout the National Park System.

Please note that a location's not being highlighted here does not mean it does not have accessible features. To obtain information about places not included in this website, please call them or visit their websites, which can be reached via www.nps.gov and "Find A Park." A unit may have a section on its website about accessibility. Try looking under "Plan Your Visit;" "Things To Know Before You Come" or checking a website's index.

--Julie Arel, Co-Director of the Vermont Family Network



Resource Of The Month

Need health insurance?

Green Mountain Care can help.

Green Mountain Care is Vermont's family of low-cost and free health coverage programs, including Catamount Health.

Green Mountain Care provides uninsured Vermonters with quality, comprehensive health insurance at a reasonable cost, no matter how much they earn. Benefits include checkups, doctor appointments, emergency care, hospital stays, immunizations, prescription medicines and more!

ACT NOW! Sign up for Catamount Health before **November 1** and all pre-existing conditions are covered.

To learn more or to enroll: Call 1-800-250-8427 or visit GreenMountainCare.org

Community Health Club

Are you tired of your current fitness regime? Have you wanted to try something new, but haven't known where or how to access other options? The Center for Health and Wellness, in a continuing partnership with local fitness clubs, is providing **free** fitness offerings. Program size may be limited.

Call us at 524-1234 to sign up for one class or all of them!

Fall Program **Schedule may be subject to change

Walking - Wednesdays, Sept.17, Oct. 15, Nov. 19

6:00 to 7:00 a.m. @ Collins-Perley

Wallyball - Wednesdays, Sept.17, Oct. 15, Nov. 19

6:00 to 7:00 p.m. @ Collins-Perley

Open Gym - Mon. & Wed., Sept 8, 10, 22 &24, Oct.13,

15, 27 & 29, Nov.10, 12, 24 & 26

6:30 to 8:00 p.m. @ East Moon A&F with

Coletta Greenbaum (372-5750)

Rail Trail Jogging with Rhonda (by Duke's) -Sat., Sept.

13th at 10:00 to 11:00 a.m. - Sun., Sept 28 at

10:00 to 11:00 a.m. -Tues., Oct 7 & 21 4:30 to

5:30 p.m. meet @ Duke's, downstairs gym

Group strength - Sat., Oct. 11 at 1:30 a.m. to 12:30 p.m.

@ Dukes with Cindy

Spinning-(Bring water, sweat towel, shorts &

Sneakers) Sundays, Sept 14, Oct 19 & Nov 16

11:00 a.m. to Noon at Dukes with Amanda

Sunday, Oct 5 10:00 to 11:00 a.m. @ Dukes

with Rhonda

Cycle - Thursdays, Sept 18 & November 13 at 5:00 to

6:00 p.m. @ Fitness Zone

Pilates with Michelle - Saturday, Sept 20 at 11:30 a.m. to

12:30 p.m. & Thursday, Oct 16 at 9:00 to 10:00

a.m. @ Dukes

Pilates - Monday, Nov. 17 at 5:00 to 6 p.m. @ Fitness

Zone

Yogalates with Jessica - Saturday, Sept 27 at 11:30 a.m.

to 12:30 p.m. @ Duke's

Yoga - Mondays, Oct. 13 & Nov. 3 at 5:00 to 6:00 p.m.

@ Fitness Zone

Beginner Boot Camp - Monday, Sept. 22 at 5:00 to

6:00 p.m. @ Fitness Zone

Women's Self Defense - Monday, Oct. 27 at 5:00 to

6:00 p.m. @ Fitness Zone

Beginner Kettle Bell Thursday, Oct. 2 at 5:00 to 6 p.m.

@ Fitness Zone

Functional Training core work - Monday, Nov. 24 at

5:00 to 6:00 p.m. @ Fitness Zone

Beginner Boxing - Monday, Nov. 10 at 5:00 to 6:00 p.m.

@ Fitness Zone

Step Aerobics -Thursdays, Sept. 11, Nov. 6 & 20 at 5:00

to 6:00 p.m. @ Fitness Zone

Hip Hop Dance - Thursday, Oct. 30 5:00 to 6:00 p.m. @

Fitness Zone



Recipe Of The Month

Pumpkin Chili

- 3 pounds lean ground beef
- 2 cups solid pack pumpkin
- 2 cans red kidney beans
- 2 medium onions, chopped
- 3 (15-ounce) cans chopped tomatoes
- 2 tablespoons chili powder (less if serving children)
- 1/4 teaspoon red pepper flakes (omit if serving children)
- 2 tablespoons sugar
- 1 teaspoon salt
- 2 bay leaves

In a large casserole, brown ground beef and drain off excess fat. Add the rest of the ingredients, stir well, and simmer over low heat for 1 to 2 hours. Serve with crackers or garlic bread.

--You can find these ingredients at your local supermarket or health food store.



Thoughts to Share

According to the American Academy of Child and Adolescent Psychiatry, 50% of children are bullied and 10% are victims of bullying on a regular basis.

Kids who have learning disabilities are especially vulnerable to bullying problems.

What is school bullying?

Bullying is a form of violence that hurts others. School bullying happens at school or during school-sponsored activities when a student or group of students intentionally and repeatedly uses their power to hurt other individuals or groups. Bullies' power can come from their physical strength, age, financial status, popularity, social status, technology skills, or by association (the people they know, who they hang out with, who their family is).

What do bullies do?

They can bully in direct ways, such as:

- hitting, tripping, shoving, pinching, excessive tickling;
- verbal threats, name calling, racial slurs, insults;
- demanding money, property, service; and
- stabbing, choking, burning and shooting.

They can also bully in indirect ways, such as:

- rejecting, excluding, isolating;
- ranking or rating, humiliating;
- manipulating friends and relationships;
- writing hurtful or threatening e-mails and postings on web sites; and
- blackmailing, terrorizing, and proposing dangerous dares.

Do boys and girls bully in different ways?

Traditionally, boys tended to bully in direct and physical ways, and girls tended to bully in emotional or indirect ways. However, influences, such as media, technology and new forms of social power, are beginning to blur the gender lines.

Other things to know about bullying:

- Some students are bullies; others are targets of bullying.

- A student can be both a target and a bully at the same time.
- Some students are bystanders; bystanders can be either passive or active.
- Some acts of bullying at school can result in suspension and/or expulsion.
- Bullying breaks the law when it becomes stealing, assault and battery, extortion, sexual harassment, hate crimes and other criminal acts.
- Administrators, teachers, school staff, students and parents must accept the responsibility to recognize, report and/or intervene with bullying when it occurs.
- Bullying that goes unchecked tends to escalate into more serious forms of bullying or even criminal behavior.

National School Safety Center
141 Duesenberg Drive, Suite 11
Westlake Village, California 91362
805 373 9977

www.schoolsafety.us

Carpooling Opportunity!

There are some parents that would like to go to the Special Education Law & Advocacy Training on October 23rd in Bedford, New Hampshire. We are willing to ride-share. Please spread the word.

Thanks, Laura Weber mlaweber@surfglobal.net



The Vermont Family Network Fact Sheets

How Parents Can Communicate Effectively with Professionals

Parents and professionals must team up to meet the needs of kids and their families. Good communication is an important step toward this kind of effective collaboration.

As parents, you know your children better than anyone and remain a constant influence in your child's education and development. The guidelines below suggest ways you can use your knowledge and skills as a member of any team working with your child.

- Attend all meetings having to do with your child.
- Stay in frequent contact with your child's teachers, doctors, therapists, tutors, coaches, or other professionals, either by phone, in writing, or in person. For instance, a home-school notebook that is sent back and forth to school each day is a good way for parents and teachers to stay in touch.
- Share with professionals your ideas about your child, and ask them questions about things you don't understand.
- Encourage professionals to contact you regularly to discuss your child's progress. They can be a valuable source of information.

When parents and professionals communicate well, children win.

- Let professionals know how you feel. Be sure to tell them when they are doing a good job as well as when things aren't going well.
 - Keeping in mind your child's needs, try to work out disagreements through discussion and compromise.
 - Help your child develop a positive attitude toward the programs and professionals with whom he or she is involved.
 - Get to know the people who work with your child. If you can, become involved in parent-teacher organizations and other activities that will help to support your child's development.
 - Recognize that you are an equal member of any team with important information to share.
 - During meetings and personal contacts, look directly at the person who is speaking and listen carefully to what they say.
 - Make comments in a clear and positive manner.
 - Be sure to talk about your child's strengths, interests, and abilities.
 - Offer facts to support your point of view.
 - If you don't understand something someone has said or something you have read, ask for an explanation.
 - If you don't agree with something that has been said or written, speak up and say so. You are a member of your child's team and your input counts.
 - Understand your rights, particularly as they pertain to your child's education, health care, or other services.
- Used by permission from the Vermont Family Network

In July 2008, **Vermont Family Network** became the merged organization of Vermont Parent Information Center (VPIC) and Parent to Parent of Vermont. The purpose of the Vermont Family Network shall be to empower parents, families, children and adults who have or are at risk for special needs to be effective advocates for their health, education and well-being. The organization will provide information, support, advocacy, and promote family-centered policies and practices. Phone numbers: 1-802-876-5315 or 1-800-800-4005 **On October 14, from 2:00 to 7:00 pm, we plan to hold an OPEN HOUSE in the renovated offices of Vermont Family Network!**

Coming Up!



NAMI F/GI Chapter Family Support Group
 1st and 3rd Wednesday of the Month
September 3 & 17 – October 1 & 15, 2008
6:00 to 8:00 P.M.
Church of the Rock
Route 104, St. Albans

Our support group is for family members and close friends of mental health consumers. If you have a loved one with a serious mental illness and you need some support, give us a call. If you have any questions please feel free to contact: Nancy Riley, Support Group Leader at 933-5169 or The NAMI Vermont Office at 1-800-639-6480.

Ever had one of those days?
 Join us for a workshop **especially for parents** on learning to deal with the stress in our everyday lives.
“Coping with Stress”
Thursday, September 4, 2008
6:00 to 8:00 p.m.
The Family Center
27 Lower Newton Street, St. Albans



- What causes stress?
- Understanding stress
- How stress effects you and your family
- Tips for coping with stress
- How to lower your stress level
- A component of this workshop will be for parents of children with special needs

For more information and to register, please contact Betty Morse, Family Support Consultant at 524-6574-ext. 212
Sponsored by Mom's Night Out! Support Group, the F/GI Supporting Parent Team & Northwestern Medical Center



Join us for the VNA Fathers and Children Together (FACT) Groups

*Bring your child for a fun night with dad!
 Give your child's mom a night off!*

FACT brings dads and children together in groups. FACT is a fun place for dads to 'tune up' their parenting skills and connect with their kids through play and learning. All expectant dads and dads with children ages birth to 6 are welcome. VNA FACT has been supporting dads and kids since 1993.

Find a VNA FACT group in your area:

Town	Location	Day and Time
Winooski	Winooski Family Center	Mondays 5:30-7:30
Burlington	VNA Family Room 20 Allen Street	Tuesdays 5:00-7:30
St. Albans	St. Albans Family Center	Wed. 5:30-7:30
Milton	Milton Family and Community Center	Thurs. 5:30-7:30

- Free!
- Don't cook – eat dinner at FACT
- Learn more ways to be a great dad
- For dads and kids, or just dad:
- Activities
- Playgroup
- Fieldtrips

For more information about FACT and other programs for dads, call the VNA at (800) 427-1908 or 860-4420, check out www.vnacares.org or email Steve Mojica at mojica@vnacares.org.

Parents and Providers - Save the Date!

State House Open House
Saturday, September 13, 2008
9:30 a.m. to 2:30 p.m.

Learn what happens under Montpelier's golden dome at these family-friendly and interactive events!

- How the state's budget and laws are crafted to support families and young children
- How parents can effectively share their story
- Children's activities for all ages, including kids tour of the State House

To register or for more information, contact: Kids Are Priority One Coalition: Kelly Ault (kault1@earthlink.net) 272-

0795 or Building Bright Futures: Cynthia Greene
cgreene@buildingbrightfutures.org; 527-5426)

Walk for Wishes Vermont September 13 -14, 2008

The Make-A-Wish Walk for Wishes is a two-day walk. The walk will begin at Oakledge Park in Burlington and follow the Burlington bike path to Camp Tara-Holy Cross in Colchester. The route will be approximately 10 miles each day. Walkers will arrive at the camp, where food and relaxing activities will be waiting. In the evening, there will be an awards presentation followed by a special candlelit ceremony. All walkers will spend the night at camp. The following day walkers will follow the same route back to Oakledge Park, where lunch and medals will be provided.

Walkers must raise a minimum of \$1000.

To register online as a walker or crew member, go to www.firstgiving.com/walkforwishesvermont

6th Annual St. Albans, VT Buddy Walk Saturday, September 13, 2008 Registration 9:30 a.m. - Walk 11:00 a.m. Collins-Perley Sports Complex Route 104, St. Albans

The *Buddy Walk*TM was developed by the National Down Syndrome Society in 1995 to bring together a wide range of concerned individuals to reach out to friends, family and co-workers to promote awareness and inclusion for people with Down syndrome and to raise funds for local and national education, research and advocacy programs. This is the 6th annual walk for the ARC of Northwestern Vermont!

The Buddy WalkTM is an approximately one-mile walk in which anyone can participate without special training. After the walk, you and your family will enjoy entertainment for everyone, including clowns, face painting, balloon animals, music, dancing and more.

Children, young adults and adults with Down syndrome, family members, friends, healthcare professionals, corporate teams and members of the community are encouraged to participate – bring a wagon, a stroller and your dog. All are welcome!

For more information and registration forms or to volunteer contact Marcy Cullen at (802)309-2313 or e-mail at marycullen@hotmail.com.

Parent Partner/Family Centered Services Committee Monday, September 15 & October 20, 2008 6:30 to 8:30 P.M. The Family Center 27 Lower Newton Street, St. Albans

A light supper is provided.

This advisory workgroup has a mission to be dedicated to listening to family voices and encouraging family participation. We act as the Advisory for The Family Center, FITP's Regional Team and the Children's Standing Committee for the Children, Youth & Family Services at NCSS. For more information, call Todd Bauman at 524-6554.

Oral Allergy Syndrome

With Dr. Edward Kent of Timberlane Allergy and Asthma Associates

Monday, September 15, 2008
 6:00 to 7:30 pm

Temple Sinai Religious School
 500 Swift Street, So. Burlington

Have you experienced tingling or itching of the mouth and throat after eating raw fruit such as melons or bananas? How

about after eating raw carrots? If so, chances are you have Oral Allergy Syndrome (OAS) and seasonal allergies to such things as ragweed, birch or grass pollens. This is called cross-reactivity between foods and pollen. Unlike other food allergies (i.e. peanuts, tree nuts, milk, etc.), OAS rarely turns into life-threatening anaphylaxis, the symptoms rarely spread to major organs but its common symptoms can be annoying.

Come learn more about OAS and the food/pollen connection.

Registrations appreciated, free and open to the public. Call Vermont Food Allergy Organization at (802) 985-5050 or email: vtallergy@verizon.net to register or for more information.

Vermont Food Allergy Organization
 Shelburne, Vermont
 office - (802) 985-5050
www.vermontfoodallergy.org

Franklin -Grand Isle County Kinship Support Group

For grandparents, relatives and friends
 supporting children of family members
 3rd Wednesday of Every Month

September 17 & October 15, 2008
 6:30 to 7:30 p.m.

Swanton Holy Trinity Episcopal Church Parish Hall
 Grand Avenue, (Across from the park), Swanton

Free Childcare Provided

For more information and directions call Starr at 285-2102 or Kathleen Hazen (facilitator) at 796-3013.

Quilt Raffle for Franklin County Hospice Program

Please support our Hospice Program by making a donation for the chance to win a king-size quilt!

Hospice provides expert care, comfort, compassion, and dignity at the end of life.

\$1.00 per ticket or 6 tickets for \$5.00 Donations benefit the Hospice Program of Franklin County Home Health Agency, Inc.

Drawing will be held on September 17, 2008.

The winner will be notified by phone or mail.

The king size quilt donated to FCHHA in memory of Hubert Rheume.

Call 527-7531 to request tickets or stop by our office in St. Albans or Enosburg.

Vermont Family Network

F/GI Supporting Parents Team Thursday, September 18 & October 16, 2008 6:00 to 8:00 p.m. The Family Center 27 Lower Newton Street St. Albans, Vermont

We are a group of parents of children with special needs that would like to support other parents of children with special needs with the knowledge and skills we have gained through our experiences.

Our mission is to nurture and support families whose children have a chronic illness or disability, and/or have been born prematurely; to encourage the implementation of family-centered policies and practices at all levels.

- Grow a network of supporting and supported parents
- Community Events & Workshops
- Promote Family Leadership in our Community
- F/GI Region Child Development Clinic Family Advisory Group

A light supper will be provided.



For more information, contact Betty Morse, Family Support Consultant at 524-6574-ext. 212.



Navigate Your Way

A Series of Advocacy Workshops

Presented by the Franklin/Grand Isle Supporting Parents Team

We can **help you** approach obstacles and **learn the skills** you need to be an **effective advocate** for your child:

- **Navigate your way** through your child's educational system
- **Build a team** for your child
- Become **confident and knowledgeable**
- Know about **resources**
- Find **support**



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September 25, 2008

Workshop 2: The Parent as a Project Manager
October 23, 2008

Workshop 3: Obstacles to Success
November 13, 2008

6:30 to 8:30 pm.
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27 Lower Newton Street, St. Albans

The first part of each workshop will be a presentation with handouts.

The second part of each workshop will include a panel of parents and professionals to:

- ✓ **Answer questions** you may have about advocating for your child
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- ✓ Suggest helpful **resources and services**
- ✓ **Pair you with an experienced parent** who can offer support between workshops



Receive the book, *From Emotions to Advocacy*, by Pam and Pete Wright, **FREE** when you attend 6 workshops.

To register and for more information, contact:
Betty Morse, Family Support Consultant at 524-6574-ext. 212 or betty.morse@vfn.org

Sponsored by the F/GI Supporting Parent Team, Vermont Family Network & The Family Center of Northwestern Vermont/NCSS

Franklin/Grand Isle

Early Childhood Advisory Council

(Building Bright Futures)

Monday, September 29 & October 27, 2008
Noon to 2:00 p.m.

The Family Center
27 Lower Newton Street, St. Albans

For information, contact Cynthia Greene at 527-5426.

Shadows of the Moon



A support group for families and individuals living with Autism Spectrum Disorder (ASD)

Please come and join us to talk, learn and even teach each other.

Tuesday, September 30 & October 28, 2008
6:30 to 8:30 p.m.

The Family Center
27 Lower Newton Street, St. Albans

Free and open to all. For more information, please call: Cheryl at (802) 868-3658 or Laura at (802) 849-2817.



Mom's Night Out!

Thursday, October 2, 2008

6:00 to 8:00 p.m.

The Family Center

27 Lower Newton Street, St. Albans

Are you the mother of a child with special needs?

- Is your life just too busy?
- Too stressful?
- Too many things to do?
- Too many issues to deal with?
- Do you wish you had someone to have conversations with.....?
- That understands because they are the mother of a child with special needs too?
- Take some time once a month for you. You deserve a break.

October 2

Relaxing with LW

Free and open to all!

Contact Betty Morse, Family Resource Coordinator, at 524-6574-ext. 212 for more information.

Come on! Get out!

Vermont's 3rd Annual Walk for Autism

Saturday, October 11, 2008

Battery Park, Burlington

Check-in begins at 12:00

Walk begins at 1:00 pm

Proceeds from the Walk will benefit *Autism Support Daily*, a Vermont 501-C3 non-profit, charitable organization to help sustain many of the programs currently offered to children and young adults with Autism, as well as their families. Autism currently affects 1 of every 150 children.

Registration is now open! We hope you will join us by creating or joining a team or walking as an individual or virtual walker. We have new software this year for the Walk, check it out....Ctrl + click on the link below to get started:

<http://autismsupportdaily.com/wsn/page10.html>

Proceeds to benefit Autism Support Daily.

Vermont Family Network Open House

Tuesday, October 14, 2008

2:00 to 7:00 pm

600 Blair Park Road, Suite 240

Williston, VT

- Please join us as we celebrate our merger
- See our newly renovated offices
- Talk with staff
- Connect with other parents and families
- Call 1-800-800-4005 for more information

6th Annual Collaboration Conference on Children, Youth and Families

Featuring Keynote Address by Jane Middleton-Moz

Friday, October 17, 2008

Killington Grand Hotel, Killington, Vermont

- Exciting Workshops to offer you knowledge, skills & strategies that can have an impact on the collaborative work that we do to support children, youth & families
- Music & Artwork throughout the day.
- Presentation of the 2008 John D. Burchard "Spirit of Collaboration" Award
- Bookseller and Resource Tables

Scholarships: A limited number of full and partial scholarships are available. Priority given to family members.

Scholarships must be pre-approved. To inquire, contact Diane Robie at 802-948-2435 or email collaboration@robie.info
 For questions, contact Diane Robie, drobie@shoreham.net or 802-948-2435 - Don Mandelkorn, don.mandelkorn@ahs.state.vt.us or 802-479-7594
 Register on line at <http://ddas.vermont.gov/ddas-training/training-vt-conferences/vt-collaboration-conference/>

Special Education Law & Advocacy Training

Presenter: Pete Wright of Wrightslaw

October 23, 2008
9:00 to 4:30 pm (lunch included)
SERESC Conference Center
29 Commerce Drive
Bedford, New Hampshire

This seminar will focus four areas:

- Special education law, rights and responsibilities;
- Tests and measurements to measure progress & regression;
- SMART IEPs; and
- Introduction to tactics & strategies for effective advocates

Cost: \$175

For questions, please contact Cheryl Woodbury at Parent Information Center 603-224-7005 or admin@parentinformationcenter.org

To register online:

http://www.parentinformationcenter.org/images/wright/wri_ghts%20flyer2.htm

Vermont's 20th Annual Traumatic Brain Injury Conference

Wednesday, October 29, 2008
9:00 a.m. to 4:00 p.m.


Hilton Hotel and Conference Center
60 Battery Street, Burlington

Keynote Speaker: Colonel Kenneth Lee, MD, Chief Spinal Cord Injury Division, Milwaukee, VAMC Contact

Information/Registration: Traumatic Brain Injury Program

Phone: 802-241-4593

Conference Brochure: 20th Annual TBI Conference Brochure

 **Around the Corner**

 **Navigate Your Way**

A Series of Advocacy Workshops

Presented by the F/GI Supporting Parents Team

We can **help you** approach obstacles and **learn the skills** you need to be an **effective advocate** for your child:

- **Navigate your way** through your child's educational system
- **Build a team** for your child
- Become **confident and knowledgeable**
- Know about **resources**
- Find **support**



Topic	Date	Location
The Parent as a Project Manager	Thursday, October 23, 2008	The Family Center, St. Albans
Obstacles to Success	Thursday, November 13, 2008	The Family Center, St. Albans

To register and for more information:

- Contact Betty Morse, Family Resource Coordinator at 524-6574-ext. 212 or bmorse@ncssinc.org.

Workshops coming in the spring of 2009

- Let's Get Organized!
- Resolving Parent School Conflict
- Emergency, Crisis, Help

Sponsored by the F/GI Supporting Parent Team, Vermont Family Network & The Family Center of Northwestern Vermont



Vermont Family Networks

Franklin & Grand Isle Counties SUPPORTING PARENT TRAINING

Saturday, November 1, 2008

9:00 a.m. to 2:00 p.m.

The Family Center
27 Lower Newton Street
St. Albans, VT

Would you like to share with other parents of children with special needs, the knowledge and skills you have gained through your experiences with medical, mental health or developmental services?

- ♥ Would you like to inspire hope and share resources to another family?
- ♥ **Can you share your knowledge and give support so that another family does not feel "alone" or isolated in raising a child with special needs?**
- ♥ Come and join us for this free interactive workshop!
- ♥ **Lunch is included.**
- ♥ If you have been through the training already, please join us for brunch and share your parenting journey and what it is like to support other parents!
- ♥ **Registration is required for the training and for attending the brunch.**
- ♥ Please call Betty Morse, Family Support Consultant at 524-6574-ext. 212 to register, and for more information.

The Special Times is compiled six times a year by Betty Morse, Family Resource Coordinator for the Family, Infant & Toddler Program & The Vermont Family Network. She can be reached at 524-6574-ext. 212 or bmorse@ncssinc.org. The Family Center, 27 Lower Newton Street, St. Albans, Vermont.

You are encouraged to contact Betty with questions, and/or if you wish to share your thoughts, articles, recipes, activities, etc., for this newsletter.

If you are interested in having a parent match or becoming a supporting parent – give Betty a call. She is waiting to hear from you!

If you need more information about support groups for families who have a child with special needs or are interested in starting your own support group, give Betty a call and ask how she can help you.

Please share this newsletter with other families and providers!

Learning is a treasure that will follow its owner everywhere. ~Chinese Proverb

The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires. ~William Arthur Ward