



Parent Connection



Beth Guggenbiller, Parent Mentor
Mercer County ESC
441 East Market Street
Celina OH 45822
(419) 586-6628 ext. 250

Email: beth.guggenbiller@mercercountyesc.org

Website: www.mercercountyesc.org

www.facebook.com/parent.mentor.mercercounty

What is a Parent Mentor?

A parent mentor is a parent of a special needs child who works to support the relationship between the family of a child with a disability and the school. Parent mentors provide information and support to families about educational issues, provides social opportunities for students, attends IEP meetings (if requested) organizes workshops and trainings and builds relationships between family, student, school and community. All parent mentor services are free of charge.

Inside this Issue:

- Lending Library
-Growing Up with a Special Needs Sibling
- Social Opportunities
- SALT schedule
- Signs of Anxiety in Young Children
- Books for siblings

Lending Library

Did you know the Lending Library has books just for siblings of special needs children? Growing up with a special needs brother or sister brings its own set of challenges. The lending library has several books to help families walk the journey together. See the last page of the newsletter for a picture and brief description of each book. To borrow a book, contact either myself or Nancy Davis at 419-586-6628 or nancy.davis@mercercountyesc.org.

To see all the items available in the Lending Library visit the Mercer County ESC website, www.mercercountyesc.org or visit the Mercer County Educational Service Center. You may borrow the items for two weeks. For more expensive items, you may be required to show a driver's license.



Upcoming Events



The parent mentor program of Mercer County would like to invite you to several events throughout the year. Some of these events are designed to provide information and support to parents and some are to promote socialization and information sharing between families. Some events are free of charge while other events require a fee. When a fee is involved, the Parent Mentor Program will pay for the special needs person's cost for the event. The student may not be left without supervision. Please plan to stay, participate, watch and socialize with other parents

during the activity.

Please RSVP one week in advance to beth.guggenbiller@mercercountyesc.org or 419-586-6628 ext. 250.

Winter Events

Date	Time	Event	Audience	Location
Thursday, December 19th, 2019	6:00-7:00 PM	Christmas Music Therapy	Families	Coldwater Public Library Community Room
January 2020 To Be Determined	Evening	Open Swim	Families	The Auglaize Mercer YMCA
Thursday February 13th 2020	6:00-7:00 PM	Drumming Circle	Families	Wellness to the Core

*Look for more information on these events, dates and times are subject to change.

School to Adult Life Transitions (S.A.L.T.)

The S.A.L.T. program was developed for parents, families and anyone working with youth (ages 14-22) with disabilities. Our goal is to connect you with information, resources, services and agencies that will be helpful as the young adult in your life moves through their "transition" years. .

SALT-Teens Students are also encouraged to attend their own series, which takes place at the same time as the parents' series. Students will participate in activities that will help them prepare for the transition from school to adult life as well as enjoy social time with their peers.

*All sessions are held at St. John Lutheran Church (Purple Door Church) 1100 N. Main St.
Celina OH*

S.A.L.T. sessions are FREE and ALL are welcome



Date	Time	Topic
December 2019	-	No Meeting
Tuesday, January 21, 2020	6:00-7:30 PM	Understanding Waivers and other Support Options What is available and how do we apply?
Tuesday, February 18, 2020	6:00-7:30 PM	The Journey to Adulthood, What Parents Need to Know Community and Personal Safety Training

Questions? Contact Karen Leugers, Transition/SALT Coordinator 567-890-0264
Trainings are brought to you by the Mercer County Board of Developmental Disabilities and
Mercer County Educational Service Center Parent Mentor Grant

Signs of Anxiety in Young Children

Understood.org

It's not unusual for kids, even young ones, to sometimes feel anxious. But how do you know if anxiety is a problem for your child? It can be confusing.

You might see some anxious behaviors even when kids don't have an anxiety problem. So they may not jump out as signs, unless they happen a lot or interfere with everyday life. For example, not wanting to eat lunch at school or being grouchy for no reason could be caused by all kinds of things, or by nothing at all.

If you're wondering if your preschooler or grade-schooler may be struggling with anxiety, here are signs you might see, according to John Piacentini, PhD, and Lindsey Bergman, PhD, experts from the UCLA Child Anxiety Resilience Education and Supports (CARES) Center.

Physical Signs of Anxiety

- Often complains of headaches or stomachaches, even though there's no medical reason for them
- Refuses to eat snacks or lunch at daycare or school
- Won't use bathrooms except at home
- Is restless, fidgety, hyperactive, or distracted (even without having ADHD)
- Starts to shake or sweat in intimidating situations
- Constantly tenses muscles
- Has trouble falling or staying asleep

Emotional Signs of Anxiety

- Cries a lot
- Is very sensitive
- Becomes grouchy or angry without any clear reason
- Is afraid of making even minor mistakes
- Has panic attacks (or is afraid of having panic attacks)
- Worries about things that are far in the future, like worrying about starting middle school in third grade
- Is worried or afraid during drop-offs (at daycare, school, relatives' homes, etc.)
- Has frequent nightmares about losing a parent or loved one

Behavioral Signs of Anxiety

- Asks "what if?" constantly ("What if an earthquake happened?")
- Avoids joining in during class activities like circle time
- Remains silent or preoccupied when expected to work with others
- Refuses to go to school
- Stays inside alone at lunch or recess
- Avoids social situations with other kids, like birthday parties or extracurricular activities
- Constantly seeks approval from parents and caregivers, teachers, and friends
- Says "I can't do it!" without a real reason
- Has meltdowns or tantrums

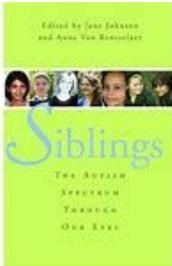
To find out what might be causing anxiety, observe your child and take notes on what you're seeing. You can download and fill out an anxiety log to track patterns in your child's behavior. Then share it with your child's teacher and doctor, and talk about next steps.

Keep in mind that anxiety is common in kids who struggle in school. Ask your child's teacher if your child is having any learning or behavior challenges. And find out from the doctor whether your child's anxiety is something you should look into. There are many types of emotional support for kids with anxiety

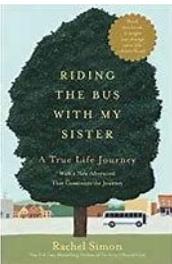
For more information and interactive links, please visit [understood.org](https://www.understood.org)

Lending Library

Books for Siblings with Special Needs

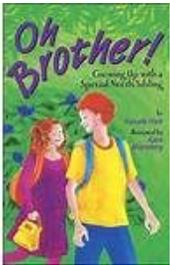


Growing up with a sibling on the autistic spectrum can be difficult, and the needs of a child with autism often overwhelm a family, leaving neurotypical children feeling overshadowed. For the first time, the 'neurotypical' siblings get to have their say. They recount the good, the bad, and the downright annoying in a way that all young people in a similar situation will immediately recognise. Young siblings of all ages candidly recount how being 'the neurotypical one' can be tiring, frustrating, and lonely, but equally rewarding, and every story is injected with wisdom gained by young people who often have to grow up a lot more quickly than their peers.

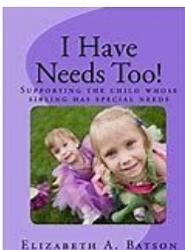


In the ten years since Rachel Simon first invited the world to board the bus with her and her sister, Cool Beth, readers across the globe have been moved by their story. Now, in an updated edition with fifty pages of new content, Rachel Simon reflects on changes in her life, Beth's life, and the lives of individuals with intellectual and developmental disabilities. The highlight is Beth's update, which is in her own words. A new Reader's Guide is also included. Join these two unforgettable sisters on their journey, this time in an even deeper and richer way.

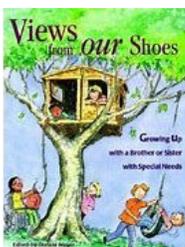
***Riding the Bus with My Sister* was made into a Hallmark Hall of Fame movie starring Rosie O'Donnell and Andie McDowell, and directed by Anjelica Huston**



Being the brother or sister of a child with special needs has special challenges. And Becca has some great ideas for dealing with them -- after she accepts that she can't send her brother Jonathan to another planet! In this helpful book based on the experiences of a real-life family, Becca discusses finding the right kind of friends, getting quality time with parents, caring about a special needs sibling without becoming another parent, and much more. Told with both humor and honesty, Becca's story -- and her kid-tested solutions -- are an inspiration to special families everywhere.



When a child has special needs, their brothers and sisters face unique challenges. With quotes and illustrations from kids and insight from the author's experience, "I Have Needs Too!" helps parents understand and support the siblings of a child with special needs. The book offers practical advice on how to help a child deal with issues such as embarrassment, the wish for understanding, the sense of responsibility, the importance of fairness, the need for protection, and the sense of love and joy that they share with their brother or sister



"I can't imagine having a plain old sister, " writes ten--year--old Ryan Clearwater. He is one of 45 siblings in View From Our Shoes who share their experiences as the brother or sister of someone with a disability. The kids whose essays are featured here range in age from four to eighteen and are the siblings of youngsters with a variety of special needs, including autism, cerebral palsy, development delays, ADD, hydrocephalus, visual and hearing impairments, Down and Tourette syndromes. Their personal tales introduce young siblings to others like them, perhaps for the first time, and allow them

to compare experiences. A glossary of disabilities provides easy--to--understand definitions of many of the conditions mentioned.