



Parent to Parent

News for parents of special needs students in Granite District!

ISSUE # 4

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everychild.one voice.

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Preparing for The Transition to Middle/Senior High



Your child is entering middle or high school. This is a transition for both you and your child. You can look at it as a joint venture.

1. Get all the information you can. Meet the teachers, principal and vice principal. Visit the school and locate classrooms, lunch room, gym, auditorium, and office. Sometimes teens are reluctant to have family members tag along on a school visit. Approach it as if your child is giving you a guided tour, so he or she is in control. If your child doesn't know the way around, you'll both learn.

2. Keep daily life the same. Keep routines around meal times, study time, and recreation. This gives your child a solid base and sense of security. It can also be helpful for your son or daughter in a new situation to bring something familiar such as a favorite pen or picture.

3. Identify positive aspects of moving to middle or high school. It might be making new friends, being in a new school, or the varied classes.

4. Discuss in advance possible situations, involving peers, classroom behavior, or school work, where you would be concerned. Ask your child how he or she would deal with these situations. Tell your child your expectations of him or her given the situation.

5. If possible, pair up with another parent to talk over the changes. The support of

others going through a similar situation often helps relieve anxiety.

6. Celebrate the transition. Plan an event or special treat to mark the change. This might be a special meal, favorite video, or a card with a note.

7. Above all, talk with your child. What do you think it will be like? How do you think the students will act? Who do you think will be in your classes? Once your child starts asking about the highs and lows of the day.

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Upcoming Events!

Workshop: Assistive Technology

This special workshop taught by the Assistive Technology Center of Utah. Come learn all about assistive technology and how it may help your child be more successful at home and at school! Featuring live demos on how to utilize things like computers and I-Pads and turn them into Valuable learning tools.

Wednesday, March 12 6:30-8:30 PM
Granite Education Center, Room D-102
2500 South State Street, Salt Lake City

Register online at <http://conta.cc/1d5pnFN> or by calling Michelle Murphey 385-646-4190.

Workshop: SSI When Child Turns 18

A parent consultant from Utah Family Voices will present a workshop from a parent's perspective about the process for applying and maintaining Social Security eligibility for parents who have children transitioning from high school.

Thursday, March 20 6:30-8:30 p.m.
Utah Parent Center, Conference Room
230 West 200 South, Salt Lake City, UT, 84101

Register online at <http://conta.cc/1d5saPr> or by calling Amy Weyrich 801-856-1264.



Mark Your Calendar!

Check out these resources from the UPC!

These resources have been provided to you by the Utah Parent Center (UPC). The UPC does not represent or endorse any particular service or point of view. These resources are provided as an informational resource ONLY. We encourage readers to personally research each resource.

FUN NEW PROGRAMS FROM SLCO PARKS AND RECREATION!

Archery Program

This is a 6-week indoor archery program for all ages. Learn range safety and proper shooting techniques for all abilities. Students will learn how to shoot recurve and compound bows by a USA Archery certified instructor. All abilities welcomed... some Paralympic team members have no arms and shoot with their teeth; you can learn how too! Class size is limited so sign up now!

Age: For all ages.

Session 2 - February 25 - April 1, 2014

Tuesday: 5:30 p.m. - 6:30 p.m.

Holladay Lions Rec. Center

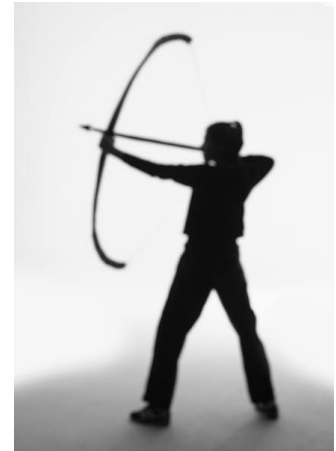
1661 East Murray-Holladay Rd (4800 S)

Holladay, UT 84124

(385) 468-1700

(Fee: \$15 per 6-week session)

Call Holladay Lions for registrations at (385) 468-1296 .Call Susie with the adaptive program at (385) 468-1296 for any questions and/or adaptive accommodations



Otters Swim Club



Salt Lake County Adaptive Recreation is proud to present the Otters Swim Club! This program is for youth with autism spectrum disorder or intellectual disabilities. We have advanced groups for individuals that already have swimming skills and beginning groups for those just learning how to swim. Our advanced club focuses on perfecting stroke technique and developing swim team and social skills using autism-friendly techniques. Our beginning club focuses on teaching independent swimming skills and water safety in a fun and sensory-based environment.

Age: Ages 5-18

Where: Fairmont Aquatic Center

When- Times Vary depending on group

Fee: \$20 for 8-week session individuals may join any time during a current session and the fee will be prorated to include just the classes participated in. (\$2.50 per hour class)

Registration:

Stop by or call Fairmont Aquatic Center (385.468.1540) to register for the advanced group. If you want to join the beginning group, email ahoth@slco.org and you will be contacted about dates and start times for January and March.