**FAMILY MATTERS**

# **ACADEMY OF EDUCATIONAL EXCELLENCE** 728 Parkside Boulevard, Toledo, Ohio 43607

# ***A monthly newsletter from the Department of Special Services***

# VOL. 1 Issue 3 *WORKING TOGETHER FOR FAMILY SUCCESS* SEPTEMBER, 2020

*Family Matters* is an outreach effort from the Academy of Educational Excellence– Department of Special Services and its Special Education Program. *Family Matters* will provide parents with information about special education and other resources available to assist them to help their children.

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|  | **MESSAGE FROM THE DIRECTOR OF SPECIAL SERVICES**  **Dr. Israel I. Koppisch**  [iikoppisch@aeetoledo.org](mailto:iikoppisch@aeetoledo.org)  Tel: 419-382-2280 |
| Dear Parents:  School success begins at home!  A schedule is the planning of a day by time, activity, etc. Children understand it as a routine; it is the way in which they learn what will or will not happen next. Schedules are made by adults (child care providers), while routines are the physical execution of the schedule that children, over a period of time, get used to.  Schedules and routines are important for children because they need to know what’s coming next. If the schedule is consistent, children learn the pattern. Once a pattern is set children can infer, for instance, that lunch comes after music time. This way, there aren’t too many unknowns.  Schedules help build trust between child care providers and children. Young children begin to understand that adults will take care of their needs on a regular basis.  When children have too many unknowns, anxiety builds up and they start showing emotional reactions to the inconsistency. For instance, they may cry or become irritable and take it out on other people. If they don’t have regular routines it starts showing in different ways.  Let’s say that a child is used to having lunch at 11:30 am every day. And for some reason, lunch is late and the child doesn’t get to eat until 1:00 pm. You may see the child crying and being irritable. You can try to talk to them, but they will no longer enjoy the things that they normally do. Breaking a schedule throws a child completely off. It’s especially important for child care providers to maintain consistent schedules when caring for young children.  Parents should continue the consistency of the weekday schedules and routines when kids are at home. Parents will find that if the schedules are unpredictable on the weekends and evenings, children will exhibit inappropriate behavior. When this inconsistency happens at home, it is reflected in the behavior displayed at school next Monday, when they return to school.  Parents these days are extremely busy. But I recommend you all to be consistent with two things – meals and naps. If these two areas are kept in schedule, their level of anxiety will drop; children will not be tired or hungry, two things that can be a great challenge for parents and children.  Other strategies to keep in mind are to have snacks with you at all times so that if you know meal time is coming and you can’t eat exactly at 11:30, you can give your child a snack to diffuse the situation until you can get them to eat.  The best thing that a child care provider can do to bring kids back to a routine is to resume their own consistent schedules. This is especially important for kids after a three-day weekend or an extended family vacation because the kids are completely off their normal routine.  Some flexibility is important though. For example, if your schedule says your music time goes for 30 minutes and you’re done in only 10 minutes because the children are telling you they are finished, then move on to the next activity on your schedule. Flexibility in that respect is fine. This applies to other things like play time, story time and quiet time. So if kids need more sleep during nap time, allow them to rest.  Dear parents—in short--:  ***Consistency gives kids security.***  ***Schedules helps build trust between kids & child care providers.***  ***Inconsistency creates emotional anxiety.***  ***Allow for flexibility within the day.***  ***Parents should be consistent when children are at home and supportive of school routines.***  ***Schedules can make a positive difference in a child’s behavior in class or at home. When a schedule is in place, children know what is coming next and what is expected of them. Knowing what is coming next lessens anxiety because there is no uncertainty about what they are going to be doing.***  https://www.scholastic.com/content/dam/teachers/articles/migrated-featured-images/issp15classmanage-01.jpg  Cordially,  Dr. Israel I. Koppisch | |

  

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| **MESSAGE**  **FROM THE INTERVENTION SPECIALIST**  **Margaret Hallett**  [mhallett@aeetoledo.org](mailto:mhallett@aeetoledo.org) | C:\Users\AEE Principal\Desktop\SPED- 2020-2021\MARGARET HALLET.jpg |
| Greetings Families!  Sincerely,  Mrs. Margaret Hallett | |

**Department of Specials Services - SPED Programs and Support Staff**

**Dr. Israel I. Koppisch**

**Director, Department of Special Services**

**Margaret Hallett, Intervention Specialist**

**Hannah Jeffers, Paraprofessional**

**Perris Loggins, Paraprofessional**

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**Roye Durden, Licensed Social Worker / Behavior Specialist**

# **HOW DO ROUTINES FOR SPECIAL NEEDS CHILDREN HELP?**

# **CREATING STABILITY**

The most important thing about routines for special needs children is that it helps them to build confidence in themselves.

When a child has an established schedule to follow and knows what is expected from them, and how long they have to get the job done, it will help them to manage their time and behavior better. Your child thrives on pleasing you, and will hard to do so.

You can break your child’s daily schedule into smaller, more manageable "mini-routines" such as - morning, after school, dinner, and before bed time. In between these times you can schedule family time, house work, sports events etc. Plan your week ahead of time and include appointments and other activities that don't interfere with your day. When you have a schedule that works, it not only benefits the child, but the family as a whole, for there is less stress and everyone is prepared.

## DAILY ROUTINES AND THE BENEFITS

Here is a list of some daily routines and how your special needs child can benefit from them:

**Morning Time**

Mornings can be very hectic for everyone, but if you are organized, it can be a lot easier on everyone, and you can get the day off to a good start. How your morning starts off usually lays the foundation for the rest of your day.

If you wake up and have to rush around finding things, or getting some breakfast before you are pushed out the door, you are going to feel unhappy, aggravated and totally stressed for the rest of the day.  **NOT** a good way to start your day!

**After school Time**

Let your child know what time he will be arriving home and your expectations on how to manage his time. Include a snack time, time to relax, chores and homework time. After school schedules will help your child understand how to manage their time.

**Dinner Time**

Dinner time is very important. This is the time of the day that families come together and discuss their day. Here you help your child to understand the importance of interacting with others and some table manners.

**Bedtime Time**

The time before bed should be considered quiet time. Your child should be brushing their teeth, laying out their clothes and packing their school bag for the next day. You can then spend some time cuddling with your child and reading them a bed time story. Integrating a solid bedtime routine for your special needs child, will allow them to learn the importance of a good night’s rest. Don’t allow them to watch TV or play games once you are out of their rooms.

**CHORES**  It is also extremely important for **children to do chores** around the house, even children with special needs.

***Every family is different and should build schedules that work for them.***

***Although they may all be different, they will still teach your child the same thing - confidence and stability.***

