



# Kids Korner Connection

A newsletter from the Children's Division of ARC

Welcome to the 2009 - 2010 School Year

By Shawn Preston, Director of Children's Services

Volume 2 Issue 1

August 2009

Welcome to our 2009/10 edition of Kids Korner Connection, a newsletter that we will be providing to you and hope that you will find valuable and enjoyable! Although I have the honor of having met and worked with many of you over the years, I look forward to the opportunity to meet those of you who I have not yet met. Please feel free to stop by or call or email me ([spreston@arcbroward.com](mailto:spreston@arcbroward.com)) to say "hi" or to discuss specific issues you would like to. As the Director of our Children's Division, I am privileged to support our eight wonderful programs, which include Preschool, ABLE, Rehabilitation Therapy, Behavior Analysis Services, Respite Care, Parents as Teachers (PAT), Kamp Krayola, and Outpatient Mental Health Services. I have been working with children and adults with Developmental Disabilities since 1986 and am proud to have spent the past nineteen years of my career at ARC Broward. Often I hear such wonderful praise and parent appreciation about our staff! We are so fortunate to have such a phenomenal team of professionals who truly give their all to the children. All of us are thrilled to partner with you in your child's growth and development. We value and recognize you as your child's best and most significant other! Our goal is simply to provide you with support and services to accomplish your goals! Please help us by sharing your needs and goals openly and frequently. We all believe that no matter how well we do our jobs, we always have room to learn, grow and improve. Please help us to do that by sharing your input, feedback and recommendations with us throughout the year. We value that input and use it to improve our services and supports. Communication is vital to our success. We will be asking for your email addresses soon in an effort to improve our communication and access. Please contact us by phone, in person or by email! (All of our email addresses are our first initial then last name followed by @arcbroward.com). Also visit our website at [www.arcbroward.com](http://www.arcbroward.com)! The newsletter issues will feature a "Parent Corner" section where we will include letters we receive from parents (with their permission) and we hope also will include articles submitted by parents to celebrate their children's successes, discuss parenting issues of significance, describe how ARC has impacted you and your children, and other topics of interest to you. Additionally, if you have topics you would like for us to include, please share your ideas and we will make every effort to accommodate them. In this issue, I have included many wonderful and very needed parent volunteer opportunities, including many that allow for you to get involved and contribute at very flexible times and locations (as a working parent, I know how challenging it often is to be able to volunteer at my child's school during school hours). Please get involved and help us make terrific things happen (and have the opportunity to meet other parents and develop wonderful friendships with them!) Thank you for the opportunity to work with your children! Together, I know that we are going to have a fabulous year!

## Articles

- ☉ Preschool Welcome pg 2
- ☉ Parent Involvement pg 2
- ☉ Self Esteem pg 3
- ☉ SIBNet Listserv pg 3
- ☉ Aquatics Therapy pg 4
- ☉ Students of Month pg 5
- ☉ Congratulations and Welcome Aboard pg 5

## Upcoming Special Events

- ◀ 9/10/09 @ 9:15 am— Preschool Parent Leadership Committee (PLC) Meeting
- ◀ 9/16/09 5 pm ABLE PLC Meeting
- ◀ 9/29/09 10am—2 pm Special Needs Resource Fair at Signature Grand

## Welcome Preschoolers and Your Mommies and Daddies

By Jane Moreno, Coordinator of Preschool Services

I want to take this opportunity to welcome you to the new school year at ARC Preschool. We are looking forward to another wonderful year of progress for your children. We started the year with a fun Open House on August 21 and were happy to see all the new faces of the children and parents who are starting this year as well as those of our returning children and parents. Together, we enjoyed doing all the fun cooking, art and sensory projects planned by our teaching staff. Everyone was able to visit the classrooms as well as the therapy gym. As I reflected on the afternoon, my hope was that all of our families make the commitment to participate in the events that the Preschool holds throughout the year and to remain a part of our Preschool family. This year, we are proud to announce that the children will be using a new literacy-based curriculum called Read It Once Again. Using a story that is read to the children daily, the children will work on individualized activities in the areas of cognitive skills, fine and gross motor skills, social skills, and communication. At the beginning of each story, you will receive a letter from the teacher telling you which story the children are working on that month and asking you to reinforce the story and activities at home. We truly want your child's education to be a partnership between home and school. The Read It Once Again curriculum was purchased for the children by our Parent Leadership Committee (PLC). Our PLC President, Amy Kilgore, is already busy planning fundraising activities to benefit our children. Please make every effort to support the PLC by attending Parent Leadership Committee meetings (details will be sent home in your child's bag) and to participate in the fundraisers and other activities sponsored by the PLC. This year, as you visit the preschool, you will see something else very new - the classroom and therapy team will be wearing blue aprons. The purpose of these aprons is to facilitate communication. More information about this new communication project will soon be sent to you by the therapists. We are very excited about our new way to help your children communicate their wants and needs!

## Parent Involvement is Essential to Your Child and His/Her School's Success

By Shawn Preston

Are you looking to improve your child's success? Are you interested in enhancing the activities in your child's classroom? Are you wanting to spend time with your child during his/her school or program time? Are you wanting to give something back to the people or agency who provide for your child? These are only a few of the ways volunteering can make a huge positive difference! Here are some examples of how you can get involved and make this difference:

- ◇ Join the Preschool or ABLE Parent Leadership Committee (PLC). This group of parents provide advisory input, conduct fundraisers and plan special events.
- ◇ Become a classroom mom or dad in preschool or ABLE program. Use your wonderful talents and ideas to plan fabulous activities and visit on a regular or periodic basis to lead the activities. Organize other classroom parents to plan classroom events/parties/etc. Provide support to your child's teacher.
- ◇ Help us complete tasks from home such as washing dress up clothing, cutting out shapes for art projects, typing, etc. (there is always something to do that is needed!)
- ◇ Volunteer to help us beautify our campus in any way (landscaping, painting, etc.)
- ◇ Conduct a parent meeting for PAT.
- ◇ Become a host family and welcome new families into ARC's program.

At ARC Broward we are always facing the question of how to stretch our resource so that our children and adults can have the very best! But as you all know, resources (of every kind) are often limited. We need all of the assistance that we can get to be able to accomplish more and more and better and better!!! If you can help in any way, it will make a tremendous difference! Following are some of the many volunteer needs and opportunities and who to contact for each (all can be reached at (954) 746-9400 or via email). Thank you all in advance for joining us and giving the gift of yourself! What a difference you are about to make!!!

## HEALTHY SELF-ESTEEM

A sense of self-worth is critical for developing resiliency, adaptability and an "I can do it!" attitude that helps us learn, grow, and cope with life's frustrations and inevitable problems. Strong parenting provides "roots" and "wings." Children need to feel safe, secure, loved, and part of a family. This foundation provides roots from which the child can develop wings to explore the world. The child's first adventures experiencing the world are safe, small steps. As children get older, their attempts become bolder, and they gain a sense of who they are in relationship to their environment.

Parents are an essential part of their child's environment. Children see themselves like a branch on a tree. The parents are the trunk that provides stability and security. If the child thinks something is wrong with the trunk, he or she will automatically think something is wrong with the branch. Therefore, in order to foster caring, responsible and strong children, adults need to have a positive view of themselves (self-concept) and serve as role models for their children. 1

You influence your children's behavior the most when you:

- Become aware of and change your own behavior first
- Understand your own core values, teach them by example, and assist your children in establishing their own values.
- Provide security (emotional and physical) with non-punitive, positive discipline (natural and logical consequences) and a sense of belonging.
- Enable and encourage children to establish and assume personal and social responsibility for their own actions.
- Promote mutual, caring communication with dignity and respect.
- Develop a passion, a sense of purpose and share that purpose with your children. Most of all, model this passion for your children. Assist your children in setting goals so they can establish a passion that they value. 2

Use affirmations to boost your self-esteem. On the back of a business card or small index card, write out a statement such as "I like and accept myself just the way I am", "I am the master of my destiny", "I am somebody, I love myself, I believe in myself". Carry the card with you. Repeat the statement several times during the day, especially at night before going to bed and after getting up in the

morning. Whenever you say the affirmation, allow yourself to experience positive feelings about your statement.

Associate with positive, supportive people. When you are surrounded by negative people who constantly put you and your ideas down, your self-esteem is lowered. On the other hand, when you are accepted and encouraged, you feel better about yourself in the best possible environment to raise your self-esteem. Make a list of your past successes. This doesn't necessarily have to consist of monumental accomplishments. It can include your "minor victories" like learning to skate, graduating from high school, college, receiving an award or promotion etc. Read this list often. While reviewing it, close your eyes and recreate the feelings of satisfaction and joy you experienced when you first attained each success.

### References:

- 1 Lucy Schrader, Building Strong Families Program Coordinator, University Outreach and Extension, 162 Stanley Hall, Columbia, MO 65211, 573-882-4071, SchraderL@missouri.edu
- 2 Parent Link, National Association for Self-Esteem, PO Box 597, Fulton, MD 20759-0597
- 3 Self-Esteem Booster, National Association for Self-Esteem, PO Box 597, Fulton, MD 20759-0597

### Announcing the SibKids and SibNet Listservs

SibNet and SibKids are Internet listservs for and about brothers and sisters of people with special health, developmental, and emotional needs.

Both SibKids (for younger brothers and sisters) and SibNet (for older siblings) allow brothers and sisters an opportunity to connect with their peers from around the world. Both listservs have members from the US, Canada, Australia, England, Japan and elsewhere. SibNet (started in 1996) and SibKids (started in 1997) are informative communities where young and adult brothers and sisters share information and discuss issues of common interest.

Anyone who has email can subscribe to SibKids and SibNet. For a no-cost subscription and to learn more about SibKids and SibNet, you can visit the Sibling Support Project's Web Page (see address below). Finally, if you have further questions about SibKids, SibNet, our Sibshops, or the work of the Sibling Support Project, please contact: Don Meyer - Director, Sibling Support Project 206-297-6368; fax 509-752-6789 [donmeyer@siblingsupport.org](mailto:donmeyer@siblingsupport.org) Sibling Support Project website: [www.siblingsupport.org](http://www.siblingsupport.org)

**Aquatic Therapy Comes to ARC Broward...**  
**By Ellen Garrett, Coordinator of Rehab Services**

**What is Aquatic Therapy?**

**Aquatic therapy** is a therapeutic treatment which is provided in a heated indoor swimming pool, and utilizes the benefits of the water to address the child's therapy goals. For example, buoyancy, weightlessness, and resistance properties of the water allow for support, positioning, and movement that may not yet be achieved on land. Respiration and speech, attention and sensory defensiveness can also be addressed. These are not swimming lessons, but a very effective therapeutic treatment, and are fun for the child at the same time. ARC Rehab currently offer Aquatic Speech Therapy and we hope to add Physical and Occupational Aquatics later on in the year.

Some Applications and Benefits of aquatic speech therapy:

- ◇ oral motor play in water to increase
- ◇ oral-sensory awareness
- ◇ oral motor movement for speech and feeding
- ◇ increased vocalizations/language
- ◇ increased vocal loudness
- ◇ general increase in overall body strength to support fuller respiration for speech
- ◇ increased attending skills
- ◇ increased listening skills

**Where and when is it provided ?**

Aquatic therapy is provided by our ARC therapists in the indoor/heated pool at the British Swim School located at 2084 N. University Drive, Fort Lauderdale, FL 33322 (a short drive from ARC) Parents pick up their child and transport to the pool. There is a viewing area at the pool, which gives the parent an opportunity to observe the child's therapy session. Currently, we are offering aquatic speech therapy on Thursday afternoons. Sessions last 30 minutes.

**What does it cost?**

Billing remains the same as with the therapies provided at ARC. (Medicaid, CMS, private pay etc) The British Swim School charges a pool use fee of \$60 for 8 consecutive sessions and \$8 insurance per year. Parents pay these fees directly to the British Swim School.

**How do I find out more?**

For more information, contact  
Ellen Garrett, Rehab Coordinator at ARC Broward  
[egarrett@arcbroward.com](mailto:egarrett@arcbroward.com) or 954 746 9400 ext 1214

**Miss Ellen and Grant enjoying a session  
together...learning is so much fun!**



## Congratulations Students of the Month!!!

## Congratulations!!!

Congratulations to our **Students of the Month** who are among our many students who are making notable gains this month:

### Preschool:

- 132: Jonathan C and C.J R
- 134: Avery P and Scott C
- 135: Maddie K and Donovan P
- 136: Sebastian W and Isabella C
- 137: Ryan C and Greg B
- 138: Raquel J and Giovanni M
- 139: Christopher R and Kourtney C

### ABLE:

Christopher Doddridge

Our hats off to All our students!!!

## Welcome Aboard to Our Newest Members:

- Debra Friedman—Preschool Team Leader
- Jill Smith—Preschool Teacher
- Maria Brandt—Teacher Assistant
- Maria Victoria Guzman—Substitute Teacher
- Stephanie Knighten—Substitute
- Makenta Francois—Substitute
- Kerrian Shirley—Substitute
- Jan Masch—PAT Team Leader
- Monica Frigoletto—PAT Parent Educator
- Candice Samuels—PAT Parent Educator
- Gabriella A—Mental Health Therapist
- Angie Killpack—Occupational Therapist

We are proud and privileged to have you all on our team!

### Children's Services

Preschool  
ABLE After-School Program  
Respite Care  
Behavioral Analysis  
Summer 'Kamp Krayola'  
'PAT' Parent Training  
Rehab Therapy (OT, PT, SLP)  
Mental Health Counseling

### Adult Habilitation

Supported and Community Living  
Day programs  
Individualized Supports  
Transportation Services

### Workforce Development

Community and Self Employment  
Culinary Arts  
Electronics Recycling  
Youth Links Transition Program

### Advocacy & Social Services

Nursing Services  
Information and Referral  
Human Services Learning Institute  
Building Generations



**ARC Broward**

*Achievement and Rehabilitation Centers, Inc.*

**Enriching the Lives of People With disABILITIES since 1957**

ARC Broward

10520 N.W. 53rd Street

Sunrise, Florida 33351

[www.arcbroward.com](http://www.arcbroward.com)

Phone: 954-746-9400

Fax: 954-746-2954

*At ARC Broward, we take **PRIDE** in all that we do...*

*"We have a **Passion** for what we do, **Respect** for all of our stakeholders, **Integrity** for how we do our jobs, a **Drive** for excellence and an **Entrepreneurial spirit**."*

