



Family Support & Resource Center

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Volume 13, Issue 2

September, 2012

Welcome Back! From The Family Support & Resource Center

The Family Support and Resource Center is a partnership between the Maryland State Department of Education and local school systems. Each county in Maryland including the Maryland School for the Deaf, Maryland School for the Blind and Baltimore City has a Family Support Center staffed by a parent/educator team.

The Center located at the Maryland School for the Deaf, is called the Family Support and Resource Center (FSRC) and is a statewide center available to help ANY family in Maryland who has a deaf or hard of hearing child, birth through age 21. It does not matter where the child attends school or the mode of communication the child uses, the Family Support and Resource Center is available to help.

The Family Support and Resource Center has two offices for your convenience, the first is at the Maryland School for the Deaf, Columbia Campus, in the Steiner Building, and the other is located at

the Maryland School for the Deaf, Frederick Campus in the Elementary Building.

The goals of the Family Support and Resource Center are:

- To assist families in understanding the IFSP/IEP Process
- To assist families in resolving conflicts.
- Help families make informed decisions regarding their child's education
- Help to increase parent involvement and partnership between families and professionals.

We are able to do this by providing families with a lending library, bimonthly newsletter, workshops, support groups, and individual parent to parent support.

For more information about the Family Support and Resource Center, or to be added to our distribution list please contact Cheri Dowling at 410-480-4597 or 443-277-8899 or by email at cheri.dowling@msd.edu.

Mental Health Services For Deaf and Hard of Hearing Children and Adults

Villa Maria Community Resources has a new licensed social worker fluent in American Sign Language. The Villa Maria Fallstaff office in Baltimore is currently accepting referrals for deaf and hard of hearing children and adults in need of mental health services. Priority will be given to individuals with Medicaid.

Services provided include:

- One-to-one therapy
- Family therapy
- Psychiatric and diagnostic assessments

For more information contact Margaret Pierce at mpierce@cc-md.org or 410-353-8055 (voice/text).

Maryland's Hearing Aid Loan Bank

By Michelle Levin AuD., CCC-A

As a parent of a child who is deaf or hard of hearing, the decision to purchase hearing aids can be overwhelming. You may be anxious about the cost of amplification, unsure of where to purchase hearing aids or nervous about how your child will tolerate hearing aids. The Maryland Hearing Aid Loan Bank is available to provide temporary hearing aids for children who are deaf or hard of hearing under the age of 3. For six months, your child may borrow hearing aids from the State while they are waiting to receive their personal amplification devices. The Hearing Aid Loan Bank will also provide ear molds for children who are borrowing hearing aids. If you are interesting in obtaining loaner hearing aids, please contact me or your primary care physician to fill out an application to the Loan Bank. You may contact me at michelle.levin@msd.edu for more information.

Be a Helpful Parent to Teachers

Teachers love “helpful” parents. Helpful parents make sure their children complete all their homework. They attend IEP meetings. They maintain contact with teachers and ask “What can I do to help?” They support the rules of the school and communicate to their children about the importance of doing well in school. They model appropriate social behavior and have high expectations about their children’s behavior. Inappropriate behavior, at home and school, is not tolerated.

Their children do well in school because they are prepared, their homework is complete and they are expected to do well by their parents.

If you would like to be a helpful parent, start by contacting your children’s teachers, tell them you want to help your child succeed and want to know what you can do to help.

This one step will make a significant difference in your children’s lives.



AG Bell Parent-Infant Financial Aid Program

AG Bell’s 2012 Parent-Infant Financial Aid Program is now accepting applications. The deadline is October 1, 2012. Information and an application packet are available on the AG Bell Website, at www.agbell.org. This program is for families of children from birth to three years of age who have been diagnosed with a moderate to profound bilateral hearing loss and who are in pursuit of spoken language education for their child. Awards are intended to assist with expenses such as auditory support services, speech-language therapy, preschool tuition, etc.

Alexander Graham Bell

ALEXANDER GRAHAM BELL

ASSOCIATION FOR THE DEAF AND HARD OF HEARING

Homework Tips

- Show an interest in your child’s homework assignments.
- Ask about subjects and the work to be done.
- Be a role model - take the opportunity to read a book or newspaper while your child studies.
- Teach your child to be organized.
- Eliminate as many distractions as possible during study time.
- Establish a regular time to do homework, and stick with it.
- Try to relate the homework to your child’s everyday life.
- Make sure your child has a specific place to do homework that offers ample lighting.
- Praise your child for successfully completing homework.

Tips For A Stress Free Morning

School and workday mornings can be stressful for everyone, but a rough morning can have a day-long effect on your child. Setting up a morning routine can help alleviate chaos and get your child in the right frame of mind to pay attention and learn more at school. Here are five tips that might help.

- Try color-coding bureau drawers. Use small colored stickers or pieces of construction paper. Socks in the “red” drawer, shirts in the “yellow” drawer, etc.
- Color code the closet as well. Hang all the pinks together, hang all the blues, etc. This makes finding clothes so much easier.
- If your child misplaces things, like their sneakers, try tracing and cutting out the outline of their shoes on construction paper. Then tape the tracings on their closet floor. Before bed each night make sure the shoes are sitting on their “feet” in the closet. The same can be done for lunch boxes, backpacks, boots, etc.
- Set aside at least 15-20 minutes to read together at bedtime. This can be done by a parent or an older sibling. This short period of individual attention usually calms a child, and eliminates the “getting up” questions that often follow just going to bed.
- Make bedtime the same time every night during the school week, even if your child doesn’t go to sleep right away. This establishes a bedtime “pattern.”

www.schoolfamily.com

How Much Sleep Is Enough For My Child?

There is no magical number of hours required by all kids in a certain age group. One 2-year old might sleep from 8:00 p.m. to 8:00 a.m., whereas another 2-year old is just as alert the next day after sleeping from 10:00 p.m. to 5:00 a.m. Sleep is a vital need, essential to a child's health and growth. Sleep promotes alertness, memory and performance. Children who get enough sleep are more likely to function better and are less prone to behavioral problems and moodiness. That's why it is important for parents to start early and help their children develop good sleep habits. How much sleep should your child get? Each child is different has different sleep needs. The chart below shows recommended hours of sleep that includes naps for children up to five years of age.

Age	Hours of Sleep
0 - 2 months	10.5 - 18 hours
2 - 12 months	14 - 15 hours
1 - 3 years	12 - 14 hours
3 - 5 years	11 - 13 hours
5 - 12 years	10 - 11 hours

Children need and thrive on routines. A nightly routine is a must for good sleeping habits. A bedtime ritual makes it easier for your child to relax, fall asleep and sleep through the night.

A typical bedtime routine might look something like this:

- Have a light snack.
- Take a bath.
- Put on pajamas.
- Brush teeth..
- Read a story.
- Make sure the room is quiet and at a comfortable temperature.
- Put your child to bed.
- Say goodnight and leave.

Make bedtime the same every night. Make bedtime a positive and relaxing experience without TV or videos. According to a recent study, TV viewing prior to bed can lead to difficulty falling and staying asleep. Save your child's favorite relaxing, non-stimulating activities until last and have them occur in the child's bedroom. Keep the bedtime environment (e.g. light, temperature) the same all night long.

Common Facts And Myths About Children and Sleep

Myth #1: Put children asleep on their stomachs. Babies should be put to sleep on their backs. According to the "Back to Sleep" program, this lowers the risk of dying from sudden Infant Death Syndrome (SIDS). The American Academy of Pediatrics also recommends that parents should avoid placing young children to sleep on a water bed, sofa, pillow, soft mattress or other soft surfaces.

Myth #2: Parents should wait until a child is fully asleep before putting a child to bed. Children should be put to bed when they are drowsy, but awake.

Myth #3: Children will sleep longer at night if they do not take a nap. For young children, nap and nighttime sleep are both necessary and independent of each other. Children who nap well are usually less cranky and sleep better at night. Although children differ, after six months of age, naps of 1/2 to two hours duration are expected and are generally discontinued between ages 2-5 years. Daytime sleepiness or the need for a nap after this age should be investigated further.

Find more information about children and sleep at
www.sleepforkids.org

Sleep Problems And Disorders

Nightmares often occur at times of transition, stress or change in a child's routine. They usually occur later in the night and are remembered the next day. Fortunately, nightmares tend to go away naturally. Encouraging your child to talk about the nightmare, discussing comforting images before bedtime and avoiding television immediately before bedtime are strategies that assist in alleviating nightmares.

Sleep Terrors/Sleep Walking occur most frequently from 4 - 8 years of age. These sleep disruptions occur during the early part of the night. The child is both asleep and awake at the same time and often has no memory of the event the next day. Waking or comforting the child is usually not helpful as it prolongs the event. Be sure your child's room and your house is safe. Most important, encourage him/her to get enough sleep.

Sleep Apnea is a serious disorder in which there are pauses in breathing during sleep. Children with sleep apnea may snore loudly, experience restless sleep and be sleepy during the day. Enlarged tonsils or adenoids, allergies, weight problems and other medial problems may contribute to sleep apnea. It is important to see your doctor or visit a sleep center for a diagnosis and treatment.

Narcolepsy is often first noticed in puberty, but may occur as early as ten years of age. Children with narcolepsy experience excessive daytime sleepiness and uncontrollable "sleep attacks," even when they get enough sleep. Children with narcolepsy should be diagnosed by a doctor.

**Family Support and
Resource Center**

8169 Old Montgomery Road
PO Box 894 - Columbia, MD 21044
Phone: 410-480-4597 (v/tty)
Fax: 410-480-4598
E-mail: partners@msd.edu



A statewide support service for families with
children who are
Deaf or Hard of Hearing
and the professionals who support them.



Mark Your Calendars Now For these Upcoming Events

Thursday, September 6, 2012

7:30 - 8:30 pm

Frederick Community College, Building H Cafeteria Area
ASL Studies Fall Lecture Series, Admission is Free
Interpreter Panel

All you need to know about interpreting

For more information contact David Martin at 240-575-2299 or
dmartin@frederick.edu.

Saturday, September 8, 2012

4:30 - 8:30 pm

Howard County Association of the Deaf—13th Annual Picnic
Schooley Mill Park—Indoor Building
12975 Hall Shop Road, Highland, MD 20777

Free Admission, Free Grills & Charcoal

Bring a Potluck Dish to share, all are welcome to attend

For more information contact, Suzi Behun at Suzi@Behun.com.

Saturday, September 8, 2012

Frederick City In The Streets Festival
Market Street

Maryland School for the Deaf will be performing on the
International Block at from 11:30 a.m.

For more information visit www.celebratefrederick.com.

Saturday, September 22, 2012

3:00 - 5:00 pm

Fall Family Fun Festival

Deaf Independent Living Association (DILA)
806 Snow Hill Road, Salisbury, MD 21804

Join Maryland Parent Connections for a day of fun and games,
light refreshments provided. Free of Charge

For more information or to register to attend contact
Maria.Meyers.connections@gmail.com or Stacy Taylor at
410-440-3541.

Thursday, October 4, 2012

7:30 - 8:30 pm

Frederick Community College, Building H Cafeteria Area
ASL Studies Fall Lecture Series
Admission is Free

Mr. James Tucker, Superintendent MSD
Quality of life past, present and future

For more information contact David Martin at 240-575-2299 or
dmartin@frederick.edu.

Sunday, October 7, 2012

3:00 - 5:00 pm

Fall Family Fun Festival

Meadowood Park, 10650 Falls Road, Lutherville, MD 21093
Join Maryland Parent Connections for a day of fun and games,
light refreshments provided. Free of Charge

For more information or to register to attend contact
Maria.Meyers.connections@gmail.com or Stacy Taylor
at 410-440-3541.

Saturday, October 13, 2012

Maryland School for the Deaf Homecoming
Clarke Place, Frederick, MD

Celebrate the annual Homecoming Football Game between Mar-
yland School for the Deaf and the Indiana School for the Deaf.
There will be activities and booths available throughout the day
with kick off at 7:00 p.m.

Wednesday, October 24, 2012

6:30 - 8:00 pm

Tricks & Treats! Help your little deaf or hard of hearing pumpkin
succeed!

YMCA Stadium Place, 900 E 33rd Street, Baltimore, MD 21217
Join Maryland Parent Connections to meet other parents, share
your experiences, learn some tricks and have some treats.

Free of Charge

For more information or to register to attend contact
Michelle Smith at 410-808-3833.

Thursday, October 25, 2012

5:00 - 9:00 pm

Haunted House

Maryland School for the Deaf
8169 Old Montgomery Road, Ellicott City, MD 21043
Denton Building

Enjoy an scary and exciting night of ghosts and ghouls. Fun for
the entire family. This is one event you won't want to miss.

For more information contact Noelle Brilliant at
noellebrilliant@gmail.com or 410-707-7993.

For more information about any of the workshops listed above,
please contact the Family Support & Resource Center at
443-277-8899 (v/text) or 410-480-4597 or
Cheri.Dowling@MSD.edu.