



The Learning Disabilities Association of Wellington County does not endorse, recommend, or make representations with respect to the research, services, programs, medications, products, or treatments referenced in this newsletter. The material provided in this newsletter is designed for educational and informational purposes only.

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twitter.com/lda_wellington

LDawc News

February is Here – Warton Willie, our closest celebrity groundhog was not able to find his shadow. Willie predicts an early spring. Families, get out there and enjoy winter sports while you can

Our next *Peer Support Meetings* are scheduled for Thursday February 27th, 7-8:30 in Fergus; and Thursday March 5th, 7-8:30pm, in Guelph. Come talk with other parents about their experiences and share ideas and support. See page 4 for more information.

Save the Date: Coming up in April we will be co-hosting Job Finding Skills Workshops at Second Chance Employment Counselling locations. These workshops are open to teens and their guardians. A Fergus workshop will be held on April 2nd and a Guelph workshop will be held on April 20th. Information about upcoming Student Job Fairs will be shared.

LDawc's SOAR (Some Assembly Required) program is focused on Transitions to High School. Our current program started Feb 3rd. If you have a student that might benefit from the next offering of this program please e-mail us at info@ldawc.ca

Our Reading Rocks programs started in Guelph and Fergus in January. Planning for a Spring program and for Fall programs will be starting soon. We are always looking for volunteers for this program – please consider donating some of your time to this important program - contact us if you are interested.



Storm Hockey tickets are selling fast! Get yours before they are all gone! We have tickets left for games on Friday February 28th and Friday March 5th. Help support LDAWC and the United Way by purchasing tickets to select Storm games. Selling these tickets is a significant fundraiser for us every year. \$1 from each ticket will be donated to the United Way. See Page 6.

Coming Soon-LDAWC Blog:

Our Blog will feature:

- a review or summary of information of interest
- a link to further information
- a share button, so you can easily forward the information
- a conversation section so you can post your comments and talk to others

Please send us your feedback and comments about our Blog.

Our first topics of discussion will be:

“WORRIED ABOUT THE LACK OF ELEMENTARY MID-YEAR REPORT CARDS?”

Live Webinar on March 3: How to Become an Executive Function Detective: Solving ADHD Problems at School and Home <https://www.additudemag.com/>

A free expert webinar to learn how parents can become executive function detectives for their kids and teens with ADHD on Tuesday, March 3, at 1 pm ET. Sign up and you will receive the free webinar replay link after 3/3 as well!

Register Now
for this free online event

In this webinar, we will help parents become executive function detectives. Moms and Dads will learn to gather evidence from their child (what, where, when, why), interview witnesses (teachers, family members), and consult with experts (teachers, doctors, and therapists) to determine the causes of executive function shortfalls. Many families have found success and avoided conflict using our “detective method” of identifying and improving [executive functions](#).

In this webinar, learn how to:

- Understand the components of executive functions
- Determine how executive functions affect your child’s success at school, home, and in their social life
- Master the “detective approach” to pinpoint your teen’s areas of need
- Problem-solve solutions to those areas of weakness together

Peer Support Network-Guelph & Fergus



Cost: FREE

FERGUS:

When: Thursday January 16, 2020 (7:00 - 8:30 pm)

Where: Fergus -The Door Youth Centre, 280 Patrick St.
West, Fergus, ON N1M 1L7

(Use back basement door at Tower St)

GUELPH:

When: Wednesday March 5th, 2020 (7:00- 8:30 pm)

Where: Guelph – Eramosa Engineering,
650 Woodlawn Road W, Block C Unit 4,
Guelph, ON N1K 1B8 Canada

(Back unit,
across street from Turtle Jacks and Galaxy Cinemas)

Come join our Peer Support Network and meet other parents on a similar journey. LDAWC Peer Support Network's goal is to provide an informal setting to share experiences, challenges, successes and resources. Living, learning and/or working with a LD, or supporting a family member with LD, has its ups and downs. Come learn from others. Benefits are:

- Learning about relevant resources, supports and strategies
- Insights into what has and hasn't worked for parents and families
- Learning you and your student aren't alone through shared ideas and experiences
- Reduced stigma and stress

Register: On our website at www.ldawc.ca/events or call (519) 837-2050.

Did You Know?

Information for Parents



Are you concerned or want to Learn more about Public education in Ontario?

<https://peopleforeducation.ca/public-education-in-ontario/>

- how education funding works, and the roles and responsibilities of the many players within the system.

WHO DOES WHAT

- more about the roles of key players in the education system, and who you can turn to for information and support.

PARENT TIP SHEETS

- tip sheets help parents understand Ontario's education system and their role in it.
- Many of the tip sheets are available in multiple languages.
- Topics include:
 - EQAO testing,
 - Health and Physical Education,
 - high school courses,
 - homework,
 - parent involvement,
 - parent-teacher interviews,
 - Safe Schools Act,
 - sex education,
 - solving problems at school,
 - special education,
 - who does what in education.

TOPICS -find research, news articles, and other information about current issues in Public Education





Guelph Storm - Help Us Fundraise!

Tickets are \$17.50 each

(adult regular price \$26)

Help support LDAWC and The United Way! Get your Guelph Storm tickets from us!

\$1 from each ticket sale will be donated to the United Way.



2 Game dates left
Help us Sell-Out!

Friday, February 28, 2020 7:30 PM – vs. Erie Otters

Friday, March 5, 2020 7:30pm – vs. Oshawa Generals

To order tickets, contact us at info@ldawc.ca or (519) 837-2050

FIND OUT MORE ABOUT LDAWC!

facebook.com/LDAWellingtonCounty

twitter.com/lda_wellington





(James Yang/for The Washington Post)

How to teach a child to reset after a bad day (without fixing their problems for them)

https://www.washingtonpost.com/lifestyle/on-parenting/how-to-teach-a-child-to-reset-after-a-bad-day-without-fixing-their-problems-for-them/2019/08/22/8761489a-b21e-11e9-8949-5f36ff92706e_story.html

By **Amy Joyce** (August 26, 2019 at 9:00 a.m. EDT)

Did you ever have one of those days where everything is going just fine, and then your child comes through the door upset, frustrated, angry and all your fine-ness slips down the drain? Maybe you want to fix it right away. You tell your little girl everything will be okay, or you tell your tween how to handle a friend kerfuffle, or you commiserate with your teen who's complaining that his teacher hates him.

As much as you may ache to make it all better, that's not the way to go.

"Parents are taking so much responsibility for their children's mood and spirit that it feels like it's your job to reset as soon as possible," says Wendy Mogel, clinical psychologist and the author of "[The Blessing of a Skinned Knee: Raising Self-Reliant Children](#)" and "[Voice Lessons for Parents](#)." "It deprives them of the opportunity to be crabby and cross when they finish school or at the end of a day of camp." In other words, when we try to fix everything for our children, they don't learn how to work through their problems.

Part of the reason kids may be upset when they get home is that home is "the soft landing," Mogel says. It's the place they feel comfortable enough to get it all out. "They followed all those rules all day. They were polite to all the teachers. It's exhausting."

And then they come home, she says, and their parents "are studying their posture, facial expression, etcetera, to reassure themselves that this is a good day. This is, in some ways, an intrusion of their natural recovery time."

Sometimes, says Robbye Fox, an independent education consultant and certified parent educator with the Parent Encouragement Program (PEP), “the child may just want to vent. If we rush in too quickly, we may make the issue seem bigger than it is, or that they aren’t capable” of handling it.

She suggests parents practice “reflective listening.” So, for instance, a child comes home and is frustrated after a tough day in math class. The parent then says, “Wow, it sounds like math was really overwhelming today.” Then the child says something else, and the parent reflects their feelings back to them. “Each time they feel heard, it brings the emotion down and they can see it for what it is,” she says.

It’s hard to see any child angry and frustrated,” says Emory Luce Baldwin, a marriage and family therapist and PEP certified parent educator. But you can remind them, she says, that the best feeling in the world doesn’t last forever, and neither does the worst one.

“We don’t want to preach or teach to our kids, particularly when they are upset,” she says. You can say that you are sorry they feel so bad right now or that you can understand that the day was a really tough day.

“Show that you’re affirming that this was today, this is now. Don’t use a global ‘I’m sorry you’re so upset’ or ‘It’s terrible that you hate school,’ ” Baldwin advises. “Respond in a way that helps kids hear this isn’t a permanent thing.”

When her 12- or 8-year-old is struggling, Cara Schaaf Whitmarsh reminds them that “it’s okay to have a bad day,” and then they talk about how to make “tomorrow a good day” by focusing on the things that upset them. She wrote in a conversation via Facebook: “We acknowledge their feelings (anger, frustration, sadness, jealousy) and then make a game plan to help them deal with it.”

Along those lines, Baldwin suggests we remind our children they can do things to make themselves feel better. Sometimes, when children (or, let’s face it, adults) are upset or down, it’s hard to remember there are joyful, positive things in our lives. She suggests saying, “I’ve noticed you like to play with the dog when you feel like this, or put that music on that you love.”

There are times when an issue is larger and requires a bigger plan, conversations with teachers and more. But many times, a bad day is just that: a bad day.

“Just helping kids connect with what they can do to feel better” is helpful, Baldwin says. A parent’s role in this is to help a child build problem-solving skills. Fox says she is on a parent advisory board at a college. She often hears about students who may have taken 15 Advanced Placement courses, but they don’t know how to navigate an airport. “They have no problem-solving skills or resilience.”

So when your child forgets his lunch and it seems like a huge deal to him, your role is to help him rebound from that, Fox says, not just fix it or slough it off. “It’s like building blocks to the next bigger problem.”



Right to Read Public Inquiry

The OHRC wants to hear from Ontario public school students, parents and educators about the experiences of students who have or may have reading disabilities.

Please contact us at:

legal@ohrc.on.ca

416-314-4547

1-800-387-9080



The Ontario Human Rights Commission launched a Right to Read inquiry. LDAO has been at the table as this project was being planned and you will see a supporting quote from us on the webpage:

<http://www.ohrc.on.ca/en/voices-community-partners>

http://www.ohrc.on.ca/en/news_centre/ohrc-launches-right-read-public-inquiry

The Media press conference is here: <https://www.youtube.com/watch?v=yM5ljFi1hkU>





**Ldao • Learning Disabilities
Association of Ontario**

Learning Disabilities Association of Ontario Membership Application

Membership:

- Member fee rates to LDAO programs and services, including some online workshops/courses
- Member fee rates to all chapter programs and services, where available
- Two issues of the LDAO digital magazine LD@Ontario, sent biannually through email
- Chapter newsletters (frequency varies from chapter to chapter)

We're going **paperless**! Please provide us with your email address to receive your copy of LD@Ontario!

Required Information:

Name: _____ Email: _____

Address: _____ City: _____

Postal Code: _____ Chapter Affiliation: _____

Membership Type:

Family/Individual \$50.00 Professional \$75.00

Institutional \$125.00 Student \$20.00

ID # Required _____

Type of Payment:

Cash (only if paying in person) Cheque Visa Master Card

Card # _____ Expiry Date: _____

Name of Cardholder: _____ CVV #: _____

Please make all cheques payable to **LDAO** and forward to **365 Evans Avenue
Suite 202 Toronto ON M8Z 1K2**

