

December 2021

Talbot County Public Schools Family Support Resource Center

The Family Support & Resource Center is designed to offer support to families of children that receive special services in Talbot County. We offer parent workshops, presentations, access to our Lending Library where we have multiple books for children, parents and staff members, IEP support and don't forget about our family fun activities! Our next school age activity will be in the Springtime when we *plan* to have our Annual Family Bowling Event (to be determined).



Thank you to everyone that participated in the TCPS SECAC Sponsored Family Kiln Born Event!



JOIN OUR SECAC TEAM!

Quarterly Special Education Citizen's Advisory (SECAC) Meetings

Members, TCPS families & community partners are always encouraged to attend our quarterly SECAC meetings. This is an opportunity to become a part of a committee that shapes the activities and events available to children with special needs. We plan fun social events, excellent seminars, webinars, training events and help find funding for special needs activities in Talbot County. Currently there are two additional planned meetings to be held on Tuesdays: **February 8th** and April 26th from 5:00 – 5:45. Our meetings will be held in-person as well as virtually. Please call with general questions or to let us know if you'll be attending.

Some upcoming events that SECAC will be sponsoring are as follows: Parent Workshops: "Transition Planning for Post-Secondary Success", "When they Wander or Run Away" & the annual TCPS Family Bowling Event (to be determined). More information will be sent out about these events as we get closer to the dates.

Please RSVP to Stacey Behrens at sbehrens@talbotschools.org in order to join us for the upcoming SECAC meeting on February 8th from 5:00-5:45! Following the meeting, there will be training, "**Transition Planning for Post-Secondary Success**" This training will be presented by: **Dr. Andrea Wolters, Secondary Transition Facilitator.**

SECAC PRESENTS

In Person and Virtual Learning Opportunities!

Transition Planning for Post-Secondary Success Is your student prepared for life after high school?

Join us for a presentation to discuss the following topics related to transition:

- Development of an Effective and Purposeful Transition Plan - Beginning at age 14
- The Transition Planning Process from Assessments to Agency Meetings
- Parents and Students Roles in the Transition Planning Process

Tuesday, February 8th from 6:00-6:45 in person or virtual
If you plan to attend, please RSVP to Stacey Behrens
by February 6th at sbehrens@talbotschools.org.

You may attend one or both of the events.

Sensory processing issues and anxiety: What's the connection?

People with sensory processing issues often feel anxious. That's because they can't control every aspect of their daily lives. Something can pop up that makes them extremely uncomfortable. Bright lights. Loud noises. Strong smells. All of these can create stress — and sensory overload.

Most people have no trouble organizing the information they get from their senses. But kids and adults with sensory processing issues struggle with it.

Some may be much more sensitive to things like sounds, sights, textures, flavors, and smells. They may try to avoid sensory input they can't tolerate. Other people may be less sensitive to things like temperature and noise. They may seek out sensory input. Some people are both oversensitive and under sensitive.

Anxiety is most common in people who are oversensitive. They often worry about what lies ahead. Source of stress may include:

- Trips to places they know will be noisy or crowded, like the mall
- New places they might find intolerable
- Feeling unprepared or worrying that something unexpected may happen

Sometimes anxiety disorder can be mistaken for sensory processing issue, and vice versa.

3 Quick tips

Quick tip #1

Learn what triggers a negative reaction.

Are crowds and noise a problem? Plan your trip when there won't be a lot of people. Or make it clear that you'll leave early if you or a family member experiences sensory overload.

Quick tip #2

Take time to prepare.

Talk about what to expect before you enter a situation that could be overwhelming. Build in time for some jumping jacks or toe touches to help regulate the sensory system. Pick out comfy clothing the night before so no one wakes up worrying about what to wear.

Quick tip #3

Brainstorm strategies.

Find a calm time to talk about ways to make things less stressful. For instance, would it help to ask Grandma to give high fives instead of hugs? Or to explain to your host that there are certain foods you just can't eat?

Learn more about [sensory processing issues](#) and what may be adding to the anxiety.

There are ways you can help manage both sensory issues and anxiety:

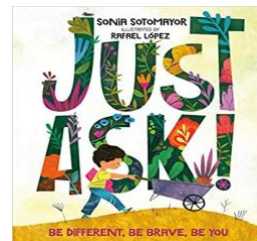
Explore [strategies you can try at home for sensory processing issues](#) .

https://www.understood.org/articles/en/sensory-overload-anxiety?utm_medium=email&utm_source=newsletter-en&utm_campaign=evergreen-sep21-fm&utm_content=send

Don't forget about the Lending Library!

One of our newest books with great reviews is:

Feeling different, especially as a kid, can be tough. But in the same way that different types of plants and flowers make a garden more beautiful and enjoyable, different types of people make our world more vibrant and wonderful.



In *Just Ask*, United States Supreme Court Justice Sonia Sotomayor celebrates the different abilities kids (and people of all ages) have. Using her own experience as a child who was diagnosed with diabetes, Justice Sotomayor writes about children with all sorts of challenges--and looks at the special powers those kids have as well. As the kids work together to build a community garden, asking questions of each other along the way, this book encourages readers to do the same: When we come across someone who is different from us but we're not sure why, all we have to do is *Just Ask*.

Some additional books that are located in our Library address the following topics: Acceptance, ADHD, Advocacy, Asperger Syndrome, Autism, Behavior, ADHD, Mental Health, Collaboration, Down Syndrome, Inclusion and Differentiating Instruction, Language Development, Law, Books about puberty for young women and young men with autism, siblings, sign language and social skills. If you are interested in one of the above topics, we have a book for you!

Feel free to call or email to set up a day and time to visit our Library or if you'd prefer, I can have a book ready for front door pick up!

RESOURCE WEBSITES

Most of these websites now offer free resources, literature and/or virtual trainings on many different topics.

Parent's Place - <https://www.ppmmd.org/resources/>

Pathfinders for Autism – <https://pathfindersforautism.org/>

The ARC – <https://www.thearc.org/>

Talbot County Free Library - <http://www.tcfl.org/>

Maryland Learning Links - <https://www.marylandlearninglinks.org/for-families/>

Kinera Foundation - <https://www.kinera.org/>

Understand – <http://Understand.com>

DORS: <https://dors.maryland.gov/consumers/Pages/referral.aspx> Family Supports Waiver:
https://dda.health.maryland.gov/Pages/DDA_FAMILY_SUPPORTS_Waiver.aspx

Feel free to reach out with any questions!

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