



AUGUST/SEPTEMBER NEWSLETTER

President's Message

I've always looked forward to the beginning of school & the fall. I think it's the idea of getting new notebooks, pencils, the excitement of starting fresh on many things. As a parent I like getting back into a schedule again though having the more relaxed summer break was great. Now it seems school is starting earlier in the summer! Starting school with our children with Down syndrome always seems to include more mixed feelings. For those transitioning from what is known to unknown is scary. We have lots of questions & aren't always sure what our kids will need, how they will do with change. How will we as parents help new staff know about our kids & how to best work with them? Even for adults with Down syndrome there is always

the concern of transition & change.

This month's newsletter is highlighting IFSP & IEP information. We have a new opportunity for a parent training for Peer Presentations. This will be training on how to talk to your child's student peers about Down syndrome. We will have presentation kits that can be checked out. If a parent would rather have someone else lead the discussion at their child's school & be there to add in specifics about their child, that can also be arranged. (Sometimes it's less emotional for the parent if they have help.) We also have an educational conference coming in November.

The Step Up for Down Syndrome Walk is truly just around the corner—Saturday, October 2. There is information on how you can help with

the preparation, get started raising money, registration, etc. Since this newsletter comes out for August & September, be looking for our email blasts to keep you up to date & check the website. Remember this is the main fundraiser for the *DSAF — it allows us to provide programs like Lil' Stars, Super Stars, the Teens group, our all group meetings, the S.E.A.S program & the Medical Outreach, just to name a few. We also have new programs we would like to start & are so fortunate we have our program director Lori Tackett to help us with those.

Enjoy the school year, the new opportunities it will bring, & know that we're here to help with the challenges.

— Deb

Program Director Update: Lori Tackett

There are a lot of exciting new things going on at DSAF! We are proud to offer three new programs to our families: Peer Presentation Workshop, Sibling Workshop and the Wrightslaw Conference.

We are working hard to strengthen our existing community partnerships and find new partnerships such as with the great people at Dreams Unlimited. If you haven't heard of Dreams Unlimited you'll be amazed at what they

are doing! We are excited to work with them to bring programming to our families.

We also have become affiliated with OneCause which will be a great new way to raise funds for DSAF. We will continue to look for new ways to serve our families and our community.

See this newsletter for additional details about these new projects and opportunities!

I have really enjoyed meeting many of our families over the past couple of months. We have a great group and I'm excited about getting to know everyone. I will continue to attend our DSAF events and look forward to seeing you there. In the meantime, feel free to contact me with any suggestions or thoughts you may have.

lori@dsafnebraska.org

INSIDE:

Keep reading for updates on new and existing DSAF programs and partnerships.

New Step Up for Down Syndrome Walk Info Available!

Low Tech AAC and Literacy

IFSP/IEP Helpful Facts and Hints

STEP UP WALK FOR DOWN SYNDROME UPDATE by Jane Quiring

DSAF's annual fundraiser is the Capital City Step UP for Down Syndrome Walk (previously known as the Buddy Walk) to be held Saturday, October 2, 2010. This is a one mile walk around the Lincoln Children's Zoo beginning and ending at Antelope Park, near 30th & A Streets, Lincoln, Nebraska. The goals of the walk are to promote awareness and acceptance of individuals with Down syndrome and raise funds for DSAF. Registration, food and entertainment begin at 8:00 a.m. The walk starts at 9:30 a.m. Last year's walk had approximately 950 walkers. You won't want to miss this great DSAF family event!

Entertainment will include

- Lincoln firefighters will be available at their rig 8:15 – 9:15 a.m. (a good photo opportunity)
- Curt Bright from the Stringbeans will perform 8:30 – 9 a.m.
- Face painting
- Balloon arch to designate the beginning and ending of the walk route (also good for team photographs)
- Cheer and Dance Express will perform at 9:10 a.m.

Free admission to the Lincoln Children's Museum on Saturday, October 2, for anyone wearing their Step UP for Down Syndrome Walk sticker (distributed at the end of the walk).

Free food and beverages will be available including the very popular

popcorn and cotton candy.

The Stars Tent will showcase the photo and bios for individuals with Down syndrome. Watch email or the DSAF website for Stars Tent submission instructions.

Team awards and a raffle will be offered as follows:

Top Teams

The top two teams in each category will be recognized:

- Teams raising the most funds by September 17
- Teams with the most walkers in attendance
- School teams with the most walkers

To be eligible for the top fund raising team prizes, all pledges must be submitted online OR turned in by **September 17**. You can check your team's online total daily on the DSAF website. Watch email or the DSAF website for the September 17 pledge submission instructions.

Fund Raising

For every \$150 raised, each team may put a photo of their family member with Down syndrome on a Down syndrome fact poster to be used along the walk route. Limited to 3 posters per team. **NEW THIS YEAR!**

Check-In

The **FIRST** 100 registrant units to check-in at the walk receive a **FREE**

DSAF string bag.

RAFFLE INFORMATION - NEW AND EXCITING CHANGES!

- General raffle tickets are sold the day of the event for \$1
 - Each registrant unit will receive one free general raffle ticket at check-in
 - You may put your raffle tickets into any "bin" next to each general raffle prize
 - Special color raffle tickets are sold the day of the event for \$5
 - Each registrant unit with an immediate family member with Down syndrome will receive one free special color raffle ticket at check-in
 - The Surprise Grand Raffle Prize (special color ticket) may be won **ONLY** by someone who has Down syndrome or an immediate family member with Down syndrome
 - Raffle tickets must be purchased and used prior to the start of the walk
 - Must be present to win any general raffle or Surprise Grand Raffle prizes
- PLEASE browse our fantastic raffle prizes **BEFORE** you walk

Walk Planning Committee members: Tina Barrett, Jody Bartels, Liz Echternkamp, Caroline Fehlhafer, Dean Fuelberth, Lori Kennedy, Dennis Kriz, Jane Quiring, Renae Rief, Deb Safarik, Lori Tackett and Angie Willey.



HELP!

WE NEED YOUR HELP!!!

On Sept. 24, from 6:30-8:30 at St. Luke Church, volunteers are needed to put raffle prizes together for the Step up for Down Syndrome walk. If you can help, contact Caroline Fehlhafer at cmfehlhafer2001@gmail.com

AIA CONFERENCE – FUNDRAISING FOR THE STEP UP FOR DOWN SYNDROME WALK

By Liz Echternkamp

The Step Up for Down Syndrome Walk is quickly approaching. Now is the time to start building your team and fundraising for the walk. Here are some helpful tips from other organizations around the country that I learned at the AIA conference.

Register your Team: Go on-line at <http://www.dsafnebraska.org>. Most teams choose a name that honors their loved one with Down syndrome. Your team name will appear on the back of your t-shirt.

Build your Team: Next, contact your team members. Start with the people who are closest to you and your family and work outward to other friends, family and businesses. (i.e. family members, friends, neighbors, school friends, teachers, church friends, business associates, hairdresser, grocer, doctor, dentist, insur-

ance agent, businesses where you spend money, etc.). You can contact people in person, by phone, letter or email.

Send a Letter to Team Members:

When writing a letter, event page or email, include something personal about the person with Down syndrome and include pictures of the person with Down syndrome.

- Include your phone number and address so people can contact you
- Include DSAF contact information
- Remember to say thank you in the letter
- Send your letter to **everyone!!** Include your business as well as personal contacts. **Remember: People do not give because they are not asked. Give people the opportunity**

to decide to support or not support you, but give them the chance.

- Send a reminder every few weeks to remind people to give and/or join the team. Many people get busy in their everyday routine and forget – send reminders!
- Include a donation envelope at work
- Check with your employer to see if they participate with Matching Funds.

Just remember everyone on your team will have a greater awareness of and appreciation for Down syndrome!

Sibling Workshop

January 22, 2011 10-2pm

With the help of older siblings from our families and local paras and social workers, we will be offering a Sibling Workshop for the siblings of children with Down syndrome. We hope to provide an environment for siblings to feel comfortable to ask questions that they may otherwise be hesitant to ask about their brother or sister. We will provide education and support to help them recognize they are not alone in their experiences and feelings

and their feelings are okay. They will have the opportunity to meet other brothers and sisters and learn that there are others who experience the special joys and challenges they do. We will also give them an opportunity to learn how others handle situations commonly experienced by siblings of children with Down syndrome. Please mark your calendars for this event -more details to follow in future communications.

We hope to provide an environment for siblings to feel comfortable to ask questions and learn from each other.

Upcoming Event: Wrightslaw Conference

July 29-30, 2011

DSAF is thrilled to be able to bring Peter and Pam Wright to Lincoln to present their Two-day Special Education Law and Advocacy Boot Camp. The goal is to provide individuals with the knowledge and skills to advocate effectively for children with disabilities.

In a Wrightslaw Boot Camp, you learn how to use special education statutes and regulations to get answers to your questions; to use tests and measurements to measure educational progress; chart out test scores; write SMART IEPs goals and objectives; learn how to use NCLB as a tool to open doors to services; learn how

to create paper trails; write effective letters; and use advocacy strategies to negotiate for appropriate special education programs.

This will be a great learning opportunity for our families and all advocates; please mark your calendars for this event!

FAMILY NEWS AND MEMBER SUGGESTIONS!

Submit births, achievements, awards, etc. and ideas for future newsletters to Dyann Rupp, Newsletter Chair at dyrupp@inebraska.com

Peer Presentation and IEP Information

August 26th from 7-9pm

St. Luke Church - 1621 Superior Street

A Peer Presentation is a 15 to 20 minute classroom or grade level presentation tailored around your child. It addresses any issues that others in your child's class may need help to understand.

Often openly discussing Down syndrome will encourage classmates to understand why another child learns or behaves differently. By teaching kids about disabilities, parents can emphasize the need to include and accept children with Down syndrome and offer suggestions on *how* to include them. Some students may be unsure of how to communicate with a child that appears different. Classroom presentations can address concerns or questions and help set minds at ease and show them they really are more alike than different. Many students demonstrate compassion and kindness when they are fully aware that a classmate has a challenging disability.

Caroline Fehlhafer and Liz Echternkamp will be showing parents how to give Peer Presentations to their child's classroom. We think this is a great way to help our children succeed in the classroom; please feel free to come even if you feel you don't want to be the one to give the presentation. I am happy to give the presentation to your classroom but it will be helpful for you to understand the presentation so you can offer specific suggestions for your child.

Following the Peer Presentation training Caroline and Liz will facilitate an IEP information sharing session. All parents are welcome to come share their experiences, offer suggestions to others and ask questions. We hope that we can all share our knowledge and learn from each other.

Contact lori@dsafnebraska.org with questions and to RSVP.

— Lori Tackett

Dreams Unlimited

A Great Resource for Our Families

Dreams Unlimited is a non-profit organization created in 1999 by four pediatric therapists who wanted to provide recreational opportunities for children with disabilities. They have all witnessed first hand how children with disabilities can be empowered when they are given the chance to do something they may have previously thought was out of reach. Their mission is to assist children with disabilities and their families to access & coordinate adapted recreation that may otherwise not be available to them.

Dreams Unlimited provides opportunities for children to experience: skiing, hiking, biking, rafting, camping, fishing, sailing, football, soccer, baseball and more. All are adapted so children with disabilities can participate fully. All activities are offered at no cost to the children or their families, with the exception of travel expenses for trips out of state. Some activities do have a screening protocol that kids need to pass before they can participate. These are in place to help ensure success so children do not become frustrated and give up. For those children who aren't quite ready Dreams Unlimited will give suggestions on skills to work on at home so the children can participate in the future.

I spoke with Mary Ebers with Dreams Unlimited and she is excited about finding ways for DSAF to work with Dreams Unlimited in the future. In reference to their latest Bike Camp she told me that they have had kids with Down syndrome participate with success in the past. The possibilities are wonderful and we look forward to working with Dreams Unlimited to help provide these great recreational opportunities to our children!

For more information on Dreams Unlimited please visit their website: www.dreamsunlimitedlincoln.org

— Lori Tackett

OneCause.com

A new and easy way to raise funds

DSAF has recently registered with www.onecause.com. This website returns money to organizations and schools for purchases made online by their supporters. For every purchase you make through www.onecause.com DSAF will receive a percentage of that money back. There is no cost to you or DSAF. The purchases are made directly through your favorite stores with nearly 1300 online stores to choose from, such as Target, Old Navy, Walgreen's & Wal-Mart, just to name a few. To participate, register with OneCause and then login when you shop online. You must be logged in to OneCause when you are shopping online for the purchases to be eligible. They have an optional toolbar you can download that will then remind you to use OneCause when you start to make purchases online. You even have the option to invite your friends and family to support your cause. For those of us that plan to purchase anything online, this is an easy way to support DSAF while we shop!

Missing Some News?

If you are not receiving our electronic communications than you may be missing out! Sometimes events happen between newsletters and the only way to get the word out is electronically. To ensure you get all the news, please send your current email address and contact information to dsafnebraska@gmail.com.

Low-Tech AAC and Literacy: Some Simple Solutions

Article submitted by Pamela McCauley, Speech-Language Pathologist for School District OR-1

The “Simple View of Reading” states that reading is made of 2 parts: word reading (sounding out words and word parts) and comprehension (understanding the meaning of the words we read). When looking at a typical strengths/weaknesses profile of a student with Down syndrome, visual learning is often a major strength. Based on this, children with Down syndrome tend to excel in word reading because it is a visual skill--they *see* and recognize words. However, their reading comprehension skills may lag behind their word reading abilities about 6-12 months, likely because comprehension is not innately visual.

As we teach reading skills to students with Down syndrome, we can utilize many simple low-tech augmentative and alternative communication (AAC) strategies to make everything more visual. Loosely defined, AAC is the use of a visual and/or tactile aid that helps one access a mode of communication. In their low-tech form, these aids may include signs and gestures, pictures, symbols, letter boards, word banks, photo albums, visual schedules, etc. When used creatively, AAC tools can help in the process of reading development by giving the child more *visual* access to comprehension elements.

Vocabulary has been shown to play a direct role in the development of grammar in children with Down syndrome. Vocabulary is also important in reading comprehension. Simple AAC strategies that can be used to improve vocabulary by utilizing visual strengths include:

- **Labeling daily objects.** This may include labeling a light switch, door, fork, spoon, cup, book, bed, desk, chair, etc. Labels can be made with ½ index cards and tape. Labels can be put up in school classrooms, bathrooms, and cafeterias, and/or home bedrooms, bathrooms, and toy rooms.
- **Picture Books.** Take pictures of the common objects in the child’s home or school and label them on the page (e.g., a picture of a fork with the word *fork* underneath). If you take pictures of the child in the picture, s/he can also begin to learn the word shape of his/her name (e.g., *Anna in bed. Anna with a fork and spoon.*) This can create a great interactive activity! The child will likely enjoy reading this “autobiography” with you.
- **Making choices.** Take or draw a picture of each choice (again, with a label so the child can be introduced to the printed word). For a snack, you can make the pictures into a placemat. For a bedtime routine, you can put the pictures in a small photo album or on a loose-leaf binder ring and have your child point and label the activity they want to do first (e.g., ask “Do you want to *brush teeth* or put on your *pajamas* first?” while showing/pointing to those 2 picture labels).

Matching Game. The child can match a card with the written vocabulary word with the picture card. Or, match 2 cards with the written word then read it aloud when a match is made.

AAC tools can also help develop reading comprehension by making story elements visual. For example:

- **Story Grammar.** Make a grid, cards, etc. In each square/on each card, draw or insert a picture of a symbol to represent each element of a story. You can draw people for Characters, a house for Setting, a finish line for Conclusion, a star for Main Idea, etc. Point to these as they come up in the story, and/or have the child identify each part after reading by going through each square/card and telling you what it was in the story.

Comprehension Quiz. Allow the child to *point* to the words or pictures when you ask him/her questions about the story. Pointing allows the child to utilize visual means to answer, instead of relying on verbal skills.

(References available upon request.)

LITERACY CONFERENCE

The DSAF 2010 Literacy Conference will be held on Saturday, November 6, from 8 am to 12:30 pm. Registration will begin at 7:30 a.m. and the speaker introduction will take place at 8:00 a.m.

Our speaker, Tiffany Hogan, is a researcher and professor at the University of Nebraska-Lincoln. She recently attended two international reading conferences and has access to the latest research on reading for children with Down syndrome. Dr. Hogan is also the director of the Link N Literacy Lab at the Barkley Memorial Center on UNL’s East Campus.

Dr. Hogan is a dynamic speaker and this fast-paced conference will be a great way to learn more about how children with Down syndrome learn to read.

Be watching for more details!

Lessons Learned - Be Strong & Courageous

By Deb Safarik

Sometimes I think I was a more courageous advocate for my son when he was little. It seemed like I was ready to "take on the world" to make sure he had the support & opportunities I felt he needed. I was more sure of myself when he was little. I also felt like I had more people on my side at school. My experience has been sometimes as your child grows you get more "push back" from school staff on what they think is appropriate & important for your child & that may differ from your ideas. I have always counseled parents — & still believe very strongly — that parents are the experts on their child. They know their child the best & will be the ones who will have the ultimate responsibility for that child after every teacher, therapist, para has moved on to other students.

I have always advocated having a good relationship with the people who work with my child. Even though I know my child the best, I don't know everything there is about teaching Paul & I welcome having staff that have expertise in working with students with special needs. I respect the education & experience they have & expect they will use that to help my son. I believe in a partnership with mutual respect between parents & teachers/staff. You can't be on a

team as a parent if you don't get a chance to meet & discuss with the team. Sometimes we as parents feel like we're on opposing sides with our teachers. That is sad as many teachers are parents also, so why does it seem like we're on opposite teams?

An IFSP or an IEP is supposed to be an INDIVIDUAL plan. If you are told that a program teaches their kids with special needs a certain way I would ask, "Where is the individual in this plan?" We as parents need to trust our "gut reactions." If something feels wrong, it probably is. Someone once said to start with the end in mind. What is it you want & dream for your child? You want to be realistic but dreaming is okay, too. You want schools & staff to set the bar high enough for your child. I would much rather set a high goal for Paul & have him miss the mark than never have tried aiming for that goal. There is always something to be gained in the effort of trying.

We need to continue being strong & courageous for our kids & not get discouraged. We need to find school staff who will advocate with us for our kids. We also need to share what we have learned with other parents. We need to share what has worked well for us & what we have learned in this journey we take with our kids with Down syndrome.

IFSP/IEP/IPP RESOURCES AND TIPS

By Jane Quiring

Preparing for an Individual Family Service Plan (IFSP), Individual Education Plan (IEP) or Individual Personal Plan (IPP) meeting can be a difficult task. This article will offer some resources and tips to help make that task a little bit easier.

Resources

This listing of resources is not meant to be all inclusive. I'm including information about resources that I have personally used to prepare for my daughter's IFSP and IEP. The resources include Parent Training and Information Nebraska (PTI), Individuals with Disabilities Education Act 2004 (IDEA), Nebraska Department of Education (NDE), Wright's Law, and Nolo's The Complete IEP Guide How to Advocate for Your Special Ed Child.

PTI provides "training, information and support to parents in Nebraska who have a child birth through twenty six with special needs". PTI services are free to "parents, other family members, school personnel and interested others". Services are provided by phone, email or in person. PTI provides training on a number of topics in Omaha and throughout the state. The training calendar is on their website. PTI can be reached by phone at 800-284-8520 or website www.pti-nebraska.org.

IDEA is the federal law that contains specific requirements to ensure a free appropriate public education for students with disabilities in the least restrictive environment. IDEA can be accessed from a number of websites. I like the access from the Wright's Law website at www.wrightslaw.com/idea/index.htm.

(continued on next page)

Nebraska Department of Education's website has been revised. There is now a separate site for the Office of Special Education (OSE) www.education.ne.gov/sped. OSE's site includes Rule 51, IEP Technical Assistance Document, sample IEP and IFSP forms (under the forms section), and Verification Guidelines for Children With Disabilities (under technical assistance). Rule 51 is Nebraska's special education rules and regulations on how Nebraska will meet the requirements of IDEA. Rule 51 was revised May 2010. Contact NDE at 471-2471 for a paper copy of Rule 51 (available free to parents of a child qualifying for special education) or download it onto your desktop computer (will then allow you to perform an electronic search).

Wright's Law offers "information about special education law, education law, and advocacy for children with disabilities". Their website is www.wrightslaw.com. The website contains electronic and print resources for IEPs. Wrights Law provides training on a number of topics. The DSAF Board contracted with Wright's Law to provide their two day "Special Advocacy Law and Boot Camp" on July 29 and 30, 2011. You won't want to miss this so block out your calendar now. See related article on page 3. [...](#)

Nolo's The Complete IEP Guide is a book written by a special education attorney and advocate. It provides information and explanations about special education law as well as many valuable tips for the IEP process. It can be checked out from the Lincoln city libraries or interlibrary loan (ask your local library if they participate in this program).

Tips

- Start preparing early for the IFSP/IEP/IPP. Suggested timelines and tasks can be found in the article on page 8. Don't wait until the night before to prepare.
- Keep all your IFSP/IEP/IPP documents in one place — whether it's a notebook, file folder, box, etc.
- Review or find out your rights and responsibilities.
- Be positive in your approach and expectations.
- Set priorities.
- Write down your desired goals for your child and other information you want to discuss at the meeting.
- Bring enough copies of your desired goals and other information for all team members. This will make it easier for team members to focus on the discussion rather than trying to take notes on your desired goals and information. Also, providing the information in writing reduces the possibility of misinterpretation of what was said or desired.
- Bring someone with you to the meeting – never go alone.
- Begin and end the meeting on a positive note
- Use "I" statements.
- Ask "where's the data?" Special education services should be based upon data, not opinion.
- Try to remain calm.
- Listen carefully.
- Ask questions when information or language is unclear.
- Don't be afraid to ask "If this were your child, what would you do?"
- Ask for a break in the meeting if needed.
- If needed, suggest the meeting be continued at another time.
- Parents are not required to "sign" at the meeting – take information home, process, discuss, consider and share with significant people in the child's life.
- Get involved – volunteer at your child's school or other community events; join a board or task force; subscribe to newsletters or make donations to organizations you value. This can help you to network with people who can be powerful allies. [By reading this article you've already taken one step in this direction].

Take time to thank people for good work.

IEP TIMELINE

- 45 to 60 days prior to IEP date:
- Review your child's current IEP. Think about the current goals and objectives: Have they been met? Has progress been made?
- Make appointment with your child's school to review your child's file. Look for current assessment information, especially any district and statewide assessment that has been conducted. Also ask about any evaluation information done by specialists, such as the school psychologist, physical therapist, occupational therapist, behavior therapist and/or speech pathologist. Is your child a part of a specialty team that utilizes services such as Augmentative and Alternative Communication/Assistive Technology (AAC/AT) or Cadre? If so, be sure to look for assessment/update information from those specialists.
- Make appointment with your child's teachers and service providers to discuss progress:
 - Discuss IEP goals/objectives, progress, current level of performance with members responsible for services
 - Bring your child's progress reports (report cards, IEP progress reports, etc.)
 - Ask about any specialized services for which your child may qualify (e.g., AAC/AT).
- Make appointment to observe your child in class.

30 days prior to IEP meeting:

- Request assessment results (if any assessment has been done)
- Request progress information

Be aware that although the IEP may be scheduled annually, assessment to determine IEP goals and objectives is typically done every three years.

14 days prior to IEP Meeting:

- Send parent agenda
- Inform school if you are planning to bring additional people to the meeting (if you are actually going to do so).

Wrightslaw recommends filling in a Pre-Meeting Worksheet that considers a number of pieces of information. This Pre-Meeting Worksheet is in their book "All About IEPs." Here are some things to think about to help you organize your thoughts for the meeting. Much of this information was gleaned from the "All About IEPs" book, as well as from personal experience.

What do YOU want from the meeting? Think deeper than "I want what's best for my child." Think what that statement actually MEANS to you with regard to your child's academic experience.

What does the school want? Typically, the school also wants "what's best for your child." You may have an idea of what the providers want to do based upon your meetings with them.

Now that you've answered (or tried to answer) the above two questions, how can you both get what you want? What actions do you want the school to take? Do you have any insight into whether or not you and the school are both on the same page?

What barriers exist in getting what you want? Does the law limit the school? Do resources limit the school? Do personnel limit themselves? Does school policy limit what you want? Knowing the barriers is *key* to getting what you believe your child needs.

IEP MEETING

You've thought things through; you've reviewed your child's file and his/her progress or lack of progress; you've met individually with your child's team of service providers. Now, it's time for the IEP meeting.

The following information was taken from a "typical" Lincoln Public Schools' IEP. If you look, your IEP follows the same format. I've taken out the "meat" of the IEP, and given you the areas of consideration. Use this to plan for and organize your thoughts for the IEP meeting.

Team: (In addition to parent and child, if appropriate)

Special Education Teacher/Provider	
*Qualified School District Representative	
Individual to Interpret Evaluation Results	
Occupational Therapist	
Speech-Language Pathologist	
Physical Therapist	
Other	
Other	

* Qualified to provide/supervise special education instruction

- Attendees on behalf of school, with exception of school district representative, should be direct service providers for your child.
- All members of IEP team must be present for entire meeting.
- A member *may* be excused if their area of expertise will not be a part of the meeting OR if their area will be discussed and/or modified, then they must submit a written report to parent and team members. BOTH options must be consented by parent *in writing*.

Child's Need/ Parent Request	School's Response	Resolved	Start Date	Responsible Person

IEP Considers:

Child's Strengths: _____

Parental Info/Concerns: _____

Results of Initial/Recent Evaluations: _____

Results of Performance on general state or district-wide assessments: _____

If behavior impedes learning, consideration of positive behavioral interventions/strategies: _____

Limited English Proficiency? If yes, consideration of language needs: _____

Blind/Visually-Impaired? If yes, IEP must provide Braille instruction unless after an eval, it is deemed not appropriate.

Consideration of child's communication needs: _____

Deaf/Hard of Hearing: Must consider child's language and communication needs; opportunities for direct communication with peers and professionals in child's language/communication mode; academic level and opportunities for direct instruction in child's language/communication mode. _____

Consideration of child's need for assistive technology service or device: _____

Present Level of Academic Achievement and Functional Performance: (should be based on baseline data; this information is used to write measurable IEP goals/objectives) _____

Transition Option: _____

Statement of Special Education and Related Services:

Individual?

Group?

- Type:
- Speech
 - OT
 - PT
 - Behavior
 - Special Education/Resource
 - Supplementary Aids/Services
 - Program Modifications and Accommodations
 - Assistive Technology Devices or Services
 - Supports for School Personnel

Include:

- Start Date/End Date
- Frequency (Time per day/Frequency/Months)

General Notes: When you are thinking about your child's goals and objectives, remember that they must be measurable. The behavior must be counted, observed or documented in some way. Goals/Objectives should be specific enough so that everyone knows what is being measured and how it is being measured. Look for ways to show that your child is making progress.

Remember: If it's not in the IEP, then it doesn't exist.

Resources: LPS IEP form; All About IEPs, by Wright, Wright, O'Connor (2010)

This compilation is by Dyann Rupp. The book All About IEPs and From Emotions to Advocacy are highly recommended resources for parents who have children in the special education system. These books will be part of the registration fee for the Wrightslaw Conference to be held in July, 2011.

LIL' STARS

The Lil' Stars have been on the go this summer! On June 3, the Lil' Stars kicked off the summer season with a Summer Fun event. We had over 50 family members join us at the Ager Indoor Playground. Everyone enjoyed pizza, salad, breadsticks and drinks. Many parents were able to visit while the little ones were able to climb, run and wear themselves out!

The Lil' Stars also had a play date at Homes park on July 14. This was a casual event where kids could play at the playground and parents had an opportunity to visit with one another.

The next Lil' Stars event will be in September. More information will be coming soon! Watch your email and Facebook messages for more detailed information.

I hope to see everyone at the Annual DSAF Picnic and Pool Party on Sunday August 1 from 5-7:30 p.m.!

If you have any questions or ideas of future events, please contact me. Also, if you are not receiving email messages from us about the Lil' Stars or DSAF events, email Liz Echternkamp at eldrenliz@gmail.com.

DAD'S NIGHT OUT

Watch the website and email blasts for details

MOM'S NIGHT OUT

TBA Watch the website and email blasts for details
Join other moms for dinner and conversation

PARENTS AND TEENS

St. Paul Methodist Church

Sunday, August 11, 4 – 6 p.m.

1144 M St, Enter from "M" St

Teens meet in gym, parents in room 145

Beside the "check-in" time, the "Cool Club" concept will be introduced for consideration. It is an association of parents who take turns hosting a teen event for a group of high schoolers: 8 boys and 8 girls. The recent National Down Syndrome Conference had a session which laid out helpful guidelines.

RSVP 5 days in advance to Amy Svoboda at 742-4521.

SUPER STARS

For children with Down syndrome ages 5 to 18 (and parent/sibling/friend whichever it happens to be):

Pizza & Mini Golf

Aug.20 - 5:30

Godfather's Pizza (5220 South 48th Street) Pizza and drinks will be provided.

After pizza we will then will go to the Adventure Golf Center (5901 South 56th Street) The DSAF will pay for Super Star and guest admission to mini golf.

RSVP to Caroline cmfehlhafer2001@gmail.com or 641-6578

This newsletter reports items of interest relating to Down syndrome. DSAF does not promote or recommend any therapy, treatment, program, etc. Any medical articles included in this newsletter are solely for information. Any medical questions should always be referred to your family physician. DSAF does not support any particular political or religious view. Individuals or organizations are not necessarily endorsed by this publication or its editor. We wish to bring together those interested in Down syndrome and attempt to create a positive, optimistic outlook and attitude. We want to help our kids reach their fullest potential and be included in their schools and communities.

CONTACTS

Deb Safarik, President of DSAF Board

Dean Fuelberth, Vice-President of DSAF Board

Jane Quiring, Treasurer of DSAF Board

**Dyann Rupp, Secretary of DSAF Board,
Newsletter Chair**

Anna Calhoun, Medical Outreach Committee Chair

Liz Echternkamp, Lil' Stars Chair

Caroline Fehlhafer, Super Stars Chair

Amy Svoboda, Parents and Teens Chair

Lori Tackett, DSAF Program Director

deb@dsafnebraska.org

dean@fuelberth.com

jsew@huskeraccess.com

dyrupp@inebraska.com

acalhoun@neb.rr.com

eldrenliz@gmail.com

cmfehlhafer2001@gmail.com

amysvo@gmail.com

ltackett@neb.rr.com

DSAF
PO Box 57362
Lincoln, NE 68505

Return Service Requested

Down Syndrome Association for Families

Mission Statement: The Down Syndrome Association for Families is a Lincoln based non-profit organization that provides support for individuals with Down syndrome, their families, friends, educators and professionals who share in their lives.

Every person with Down syndrome is an individual who has a unique purpose and abilities. DSAF provides networking and a positive vision for the future.

www.dsafnebraska.org

telephone 421-1388

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Calendar of Events Not to Be Missed!

Now	All the Time	Be preparing your team for the Step Up Walk
Aug. 11	4-6 pm	Parents and Teen Group, St. Paul Methodist Church, 1144 M St, Lincoln
Aug. 20	5:30	Super Stars Pizza and Mini Golf, Godfather's at 5220 S 48 St.
Aug. 26	7-9 pm	Peer Presentation and IEP Information Workshop, St. Luke Church, 1621 Superior, Lincoln
September	TBA	Lil' Stars Event — watch your email and Facebook for details
Sept. 24	6:30-8:30 pm	Volunteers needed to put Step Up Walk raffle prizes together, St. Luke Church, 1621 Superior, Lincoln
Oct. 2	8:00 a.m.	Step Up Walk for Down Syndrome, Antelope Park, 30th & A St., Lincoln, NE
November 6	7:30 Registration 8:00-12:30 Conference	Literacy Conference with Tiffany Hogan, Scottish Rite Temple, NW corner of 16th and L St, Lincoln,
Jan 22, 2011	10am-2pm	Sibling Workshop, More details to follow
July 29-30, 2011	All Day	Wrightslaw Conference, details to follow