



WEST VIRGINIA PARENT
TRAINING & INFORMATION

Summer Issue

July 2016

'Bits & Pieces'



Upcoming Events

Training, Information, Education & Support Training (T.I.E.S.)—

Stephanie Ludle
July 23, 2016 @
United Methodist
Church
Beckley, WV
10:00 am—3:00 pm

**2016 People First of
West Virginia Self-
Advocacy Conference**
Sept. 7-9, 2016 at Jack-
son's Mills in Jane
Lew, WV.

**2016 Autism Society of
WV State Conference**
September 24, 2016
Bridgeport Conference

Getting Your Family Relaxed and Energized!

You probably remember your childhood as a time when you ran around outside during the summer time. You usually made up games with your friends just for the joy of playing. However, now, you and your children are more likely to be found glued to the laptop, tablet, or phone screen rather spending time relaxing or outside playing.

"A study published in the journal of Computers in Human Behavior found that sixth graders who went five days without exposure to technology were significantly better at reading human emotions than children who keep constantly plugged into phones, televisions, and com-

puters. Other research suggests that screen time can have negative effects upon your children. Information about lack of outdoor time suggest that it might lead to irregular sleep patterns, obesity and social/behavioral issues. So, this summer unplugged your family and get them outdoors." (WV Family Mag.)

Some ideas:

Schedule a time with Mother Nature. If you block a time in the family's busy schedule to spend time outdoors, you make more likely to follow through on your goal. Be sure to leave all tech gadgets in the car or at home.

Gratitude Journal.

Do something for yourself such as writing down things that you are grateful. Studies have traced impressive benefits to the simple act of writing down things for which are thankful such as better sleep, fewer symptoms of illness, and more happiness.

Source: Family WV Mag.



Summer is a time for
family connecting!

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Plan an Outdoor Craft.

Take your child(ren) outside to collect pieces of nature that can be used in a craft—leaves, pinecones, twigs, nuts or pebbles. You can help your child to build a bird nest.

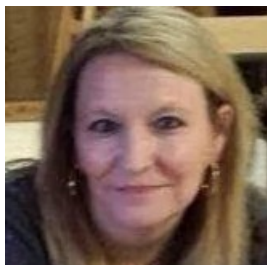
Welcome to our newsletter from WVPTI!

I look forward to working with parents and making a positive difference in the lives of toddlers, children and young adults with disabilities and their families. Our head quarters has moved to a new location in Buckhannon. We invite you to visit us and provide you with timely information or resources. This newsletter will be one of the ways which we hope to serve you. Please check out of Facebook page for other resources: <https://www.facebook.com/Wvpti/>

Brenda Lamkin,
Executive Director of WVPTI



Hazel Mann, Trainer for Region 4



Hazel Kay (Williamson)
Manns
Trainer for Region 4

Hello,

My name is Hazel Kay Manns. I was born the youngest of eight children to Oscar and Sylvia Williamson. I grew up in the small towns of Harts in Lincoln County. I graduated in 1984 and married at the age of nineteen. I have two amazing sons, ages 25 and 20. My youngest son who has special needs has been one of the biggest challenges and the greatest blessing

in my life. Now, I have my first grandchild coming to look forward to and the love that I have for her already is amazing. My hobbies include playing and singing music, gardening and horseback riding. I have many great people in my life but the one I admire the most was my mother. She was my best friend who was always there for me. My motto for life is ... "Live Life to the Fullest and be Honest."

I enjoy helping the parents and families who might need some resources or assistance.

My region four area includes the following counties:

Hancock, Brooke, Ohio, Marshall, Wetzel, Monongalia, Preston, Taylor, Harrison, Doddridge, Tyler, Ritchie, Pleasants, and Wood.

Tammy Hatfield, Trainer for Region 2

Hi,

My name is Tammy Hatfield. I am a Parent Trainer for West Virginia Parent Training and Information for Region 1 and covering for Region 2. I am a wife and a mother of three boys (ages 21, 15, and 12). We live in Buckhannon, WV, and I have lived here all of my life.

I am a graduate of Glenville State College with a Bachelor's of Science in Behavioral Science and a minor in Criminal Justice. I have worked in a number of positions involving children such as Birth to Three, Child Advocacy Center, and Substitute Teaching to name a few. My excitement to be a Parent Trainer and help educate parents is very fulfilling. I want to be the best advocate I can be for the parents and children. I look forward to working with you in my region!



Tammy Hatfield
Region 2 and Covering Region 1

I don't think the worst thing that could happen to me is raising a child with special needs. I think the worst thing is to raise a child who is cruel to those with special needs.

Cited from Quotes.gram

News about Stephanie Ludle

Stephanie Ludle is the Regional Trainer for Regions 3. Stephanie has been West Virginia Parent Training and Information for just over a year. She comes to us with not only her own special needs child but with a good deal of experience as an advocate and a trainer.

Stephanie is married and has two boys. Her oldest son is a college graduate is now serving a charge with the United Methodist Church as a part-time position as local pastor. Her youngest son graduated from Nicholas County High School. He has plans to work in the construction industry. Stephanie has had a desire to work with special needs children since she was 12 years old and working a camp for special needs children. She had originally thought she would teach in Special Education. When it did not work out, she wanted to be a voice for these children in several different ways. She has worked a service coordinator for Birth to Three, and the director of an Infants and Toddlers program in Maryland. She has also been a Parent Advocate and a Victim Advocate.



New Elementary and Secondary Education Act



Source and more Information may be found at: <http://www.ed.gov/essa?src=rn>

The schools around the state are gearing up to follow the law of Every Student Succeed Act. However, you might be wondering about what is in the new law for children with disabilities. The children with disabilities, other than those with the most significant cognitive disabilities, must be taught to the state's general challenging academic achievement standards. The children must be a subgroup to be compared with the overall student achievement. The state assessment must use universal design to increase access to the assessments. Then, the state assessments must be aggregated with the results of children with disabilities and compare them to children without disabilities. The families must be informed how participation in the alternate assessment may delay or otherwise affect their children from completing requirements for a regular high school diploma. We will be following up on this new law as it is incorporated in our local schools.

Autism Overview by Hazel Manns

As I work with parents, some of them have questions about different about topics. One of the most frequent question is about autism. I am happy to share what is I know about autism.

Autism (Autism Spectrum Disorder/) is a development disability that can cause your child to have significant social, communication, and behavior challenges. A child who is Autistic does not look any different than any other child but they interact

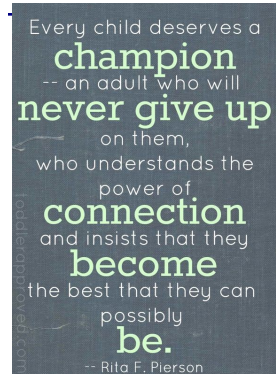
and learn in ways that are different. This child may have a hard time connecting with other children/people. Just a few differences are playing alone, do not like changes, or get upsets with loud sounds.

You need to look for signs and symptoms which might include:

- * Avoiding eye contact
- * Prefer not to be held or cuddled

- * Appear to be aware of people talking to them
- * Repeat or echo words or phrases said to them
- * Trouble adapting to change in routine.

Autism can be difficult to diagnose because there aren't any medical tests to perform. There is not a cure of Autism and it is 4.5 times more common in boys than girls. If you know someone or a child with these symptoms, please tell them to contact a doctor.



Cited Pinterest

Training, Information, Education and Support Training—July 23rd

Stephanie Ludle, trainer in Region 3, is holding a Training, Information, Education, Support Meeting (T.I.E.S.) on **July 23** at the **United Methodist Temple** – 201 Templeview Drive– Beck-

ley, WV. This training is not at any cost to the participants and lunch will be provided. Stephanie will be discussing the State and Federal Laws for children who receive educational services

such as a child who has an IEP or has special needs. It will be very beneficial to anyone who would like the updated material. Please RSVP by calling 1-800-281-1436 or email:

www.wvpti@aol.com. We hope to see at the training !



T.I.E.S. Training

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West Virginia Parent Training and Information, Inc. (WVPTI) is a non-profit agency that operates the statewide federally funded Parent Training and Information Center, [Family to Family \(F2F\) Health Information Center](#) and is the [Family Voices](#) State Affiliate Organization for West Virginia.

The programs and services of WVPTI, Inc. are based on the concept of parents helping parents. Our mission is to empower parents of children and youth with disabilities in their roles as parents, decision makers, and advocates for their children and to promote partnerships among parents and professionals.



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Self— Advocacy is our strength!

- Speaking up for yourself,
- Asking for what you need,
- Negotiating for yourself (working with others to reach an agreement that will meet your needs),
- Knowing your rights and responsibilities,
- Using the resources that are available to you,
- Being able to explain your disability either by the use of written words, pictures.
- Being able to explain your disability

either by the use of written words, pictures or gestures.

For the full article; <http://>

[www.autismspeaks.org/family-services/tool-kits/
transition-tool-kit/self-advocacy](http://www.autismspeaks.org/family-services/tool-kits/transition-tool-kit/self-advocacy)



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