

IEP Training **Wednesday** **September 17, 2014** **10 - Noon**

In order to cover all you need to know, we will start our meeting on time!

Individualized Education Plan

As the school year begins, NOW is the time to understand your grandchild's IEP and review the goals on that plan. LAURA will lead a discussion on YOUR rights and provide an increased understanding of the process involved. Since there is much to cover, we will begin this group meeting on time. We hope to see you there and come with your questions and advise.

Contact Laura with questions at 404-310-8129.

Recap of Routines

Why Establish Routines?

At our last meeting Laura led a discussion on the importance of routines. Here is a summary for your review.



Routines involve repetition. Repetition involves predictability. Predictability involves stability. Stability involves security. Kids crave routines because routines make kids feel safe and secure. On a very basic level (keeping in mind that is how young children function) routines reassure children that their needs will be met. Routines also provide opportunities for children to experience success in what they are doing, which then promotes self-control and self-esteem.

1. Routines eliminate power struggles
2. Routines help kids cooperate
3. Routines help kids learn to take charge of their own activities.
4. Kids learn the concept of "looking forward" to things they enjoy.
5. Regular routines help kids get on a schedule.
6. Schedules help parents maintain consistency in expectations.

Project GRANDD meetings are held at the **Helene S. Mills Senior Multipurpose Center**, 515 John Wesley Dobbs Ave.

DIRECTIONS:

HELENE MILLS SENIOR CENTER:

By Car:

- 1) Take the Freedom Pkwy. Exit 248C — toward the Carter Center.
- 2) Stay straight to go onto Freedom Pkwy.
- 3) Turn right onto Blvd. NE
- 4) Turn left onto John Wesley Dobbs Ave.

By Bus:

From 5 POINTS STATION, take #113 Auburn Ave. (get off at the Center) or King Memorial #99 /North Avenue Station

YOUR VOTE IS YOUR VOICE USE IT!

Submitted by: Jean Davis, Grandparents On The Move, Inc.

Calling all Grandparents, great-grandparents, aunts, uncles, sisters, brothers and close family friends raising a GRANDKINS. Our children are at risk and we have the power to make a difference in their lives by registering, educating ourselves on the issues and marching to the polls every election day to vote for them until they can vote for themselves.

The staggering number of children living in grandparent households according to the 2010 Census is alarming and the numbers continue to rise. In order for our children to have an opportunity to become successful adults, laws need to change or new laws made by the people making the laws, such as our governor, senators, representatives, and including county commissioners. You get the idea - these are the people we see in these positions. These are the people we need to influence. This is how we influence our Elected Officials, we march right up to the polls election day and cast a vote for the candidate we feel supports: 1. Improving services and resources. 2. A bill to raise the supplemental funding for our children living in your households, comparable to the children living in foster parents households. 3. Protect us and our children with medical help. 4. Believe every child deserves a quality education. 4. Job opportunities for all who want to work.

The last day to register is October 6, 2014, remember Early Voting Starts October 13, 2014, locations to be announced. On the internet, google (My Vote Page) it will give you more information about Absentee Ballot. SEE YOU AT THE POLLS!

"Solutions are found when earnest efforts abound". Register, then VOTE this fall - November 4, 2014

Senior Farmers' Market



We thank the ARC division on aging for assisting our senior grandparents with access to wonderful fresh fruits and vegetables grown locally.



Plan now for our group meeting times:

October 15, 2014

November 19, 2014

December 17, 2014



September 7, 2014

This is a great day to do something special with your grandchildren. Let them interview you so they know about you and their family. Let them talk about their dreams and how they can become reality. Create a family tree. Cook a meal together.

Teaching Kids How to Fail Successfully

Sure, it's difficult for kids to cope with failure, but sometimes failure opens the door to opportunity. You can learn how to do something better the next time or discover that an idea wasn't as good as you thought when put into practice. Kids can get stuck in a loop of always doing things one way. Learning to view the world through a different lens and solve problems with more than one approach is important. **"Failure teaches kids to regroup, revisit the problem, and try again."**

Try again or play it safe?

Trying new things can trigger anxiety in kids, particularly if they fear failure. Grandparents can help by taking a slow approach to trying new things. Watch first and talk about the task. Revisit it again during a calm moment. Support your grandchild through the process. The best thing you can do is be there. Empathize. Listen. You have the opportunity to teach your grandchild an important life lesson that they may not fully grasp until they're older: How you handle failure is a good indicator of character and maturity. There's a big difference between a child thinking, 'I'm a failure,' and 'Yikes, that didn't work out.' You want to help your grandchild

find the second perspective rather than the first. Look at failure with compassion and help your grandchild build the maturity and inner strength to cope with disappointment, frustration and the adversity of not getting his own way. You can say, "I see, this happened because you didn't...." or "How would you do that differently next time?" You'll be helping your grandchild move on from the failure without rejecting its lessons because of shame, or fear of failing again.

By Julie Weingarden Dubin

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9 Things Skinny People Eat All The Time

Forget counting calories or fat grams, or filling your pantry with "diet" foods or drinks. If you want to control your weight, try eating these.

By Beth Howard

1. **NUTS**
2. **Popcorn**
3. **Spicy Foods**
4. **Water**
5. **Peaches and other fruit**
6. **Oats**
7. **Chicken and other lean proteins**
8. **Breakfast**
9. **Dark Chocolate**

Flu Vaccinations are here!

Vaccines are now available.
Protect your family.
Time to plan for yours and your grandchildren.