A Note from the Executive Director...

Summer in Maine can be a fun and sometimes challenging time for families of individuals with special health care needs and disabilities. We understand that unstructured time can be difficult to navigate. Each year MPF makes available a summer camp directory for families. You can find this camp directory on our website, [www.mpf.org](http://www.mpf.org) and it is also available in print by request. If your family needs help navigating the world of summer school or if you are looking for family and disability friendly summer activities, please check out our Facebook page or give us a call.

We were busy during the Spring, here are a few highlights:

- We trained eight new Family Support Navigators for the central and southern Maine areas of the state,
- We held two Transition Resource Fairs, one at Greely High School in Cumberland Center, and the other at the Boothbay Regional YMCA in Boothbay Harbor,
- We exhibited at many various conferences and events throughout the state,
- We co-sponsored a conference with GEAR Parent Network, *Family Road to Resiliency*, at MaineGeneral in Augusta in March,
- We sponsored two screenings of *Intelligent Lives*, one in Dover-Foxcroft, and one at UNE, and
- We wrapped up our first year of the Supported Decision-Making training and created a work plan for the second year of the project.

Legislative updates:

- A public hearing was held on May 21 for proposed CDS Legislation L.D. 1715
- L.D. 1370, a bill to address violence in our schools - we are working with other agencies to ensure I.D.E.A. is not violated in the language of this bill.
- L.D. 632, a bill to repeal the choice of CDS children to receive an extra year of preschool if they have a birthday after July 1st was voted ONTP because the same language is in L.D. 1715 and is being considered there.
- L.D. 1376, a bill to address Restraint and Seclusion within schools - we helped to sponsor this as a member of the Coalition Against Restraint and Seclusion and it is currently being worked on by the legislature.

Please continue to watch our website and social media on Facebook, Twitter, and YouTube for continued information and as always, please reach out to Maine Parent Federation with any questions or concerns. Have a warm and safe summer!!

Kind Regards,

Carrie Woodcock
Maine Parent Federation has informational packets available on more than 200 topics. These packets contain researched information, tips, local and national resources, and a list of related lending library material available here at MPF. The following information packets have recently been updated:

**Disability/Disorder Related Topics:**
- Dyslexia
- Fetal Alcohol Syndrome
- Least Restrictive Environment
- Lyme Disease
- Suicide Prevention
- Transition to Kindergarten

If you would like to receive any of our information packets, or would like information on another topic, please contact MPF by:

- Phone: (800) 870-7746
  (Ask to speak with a Parent Information Specialist)
- E-mail: parentconnect@mpf.org
  (Please provide mailing information)

These materials are offered **free of charge**!

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The AT4Maine website - at4maine.org – is supported by the Maine CITE Program and four statewide Assistive Technology (AT) providers. On AT4Maine.org, Mainers can find a wide range of AT devices and adaptive equipment available for demonstration or short-term loan.

**Assistive Technology** is any device, piece of equipment or product that makes it easier for someone with a disability to live more independently and safely, work at a job, learn in school, get about their community or pursue play and leisure. Some AT is custom made but most AT is commercially available.

Since AT4Maine went on line in 2018, hundreds of AT devices have been demonstrated and borrowed giving people from around the state the opportunity to try out AT. Currently, the AT4Maine inventory has over 1,200 pieces of AT including communication devices, adaptive equipment to aid in daily living, vision devices, tablets, adaptive switches and adaptive computer devices. Specialized software and apps are also available.

Maine CITE works with four Maine AT providers, CARES, Inc., Pine Tree Society, Spurwink ALLTECH and, the University of Maine Farmington to manage the large inventory.

“AT4Maine.org has enabled individuals who have disabilities and seniors to ‘try before they buy’…” says, Kathy Adams OTR, ATP, the Maine CITE Program Director. “Details about all of the inventory devices are available to view online. With this website we hope to inform and serve more consumers.”

The Maine Department of Education’s Maine CITE Program’s goal is to make AT more available to Maine citizens with disabilities of all ages, their families, caregivers, teachers, special educators and therapy professionals who need them. The program is funded by the federal Administration for Community Living.

Visit at4Maine.org to learn more. If you have questions visit [www.mainecite.org](http://www.mainecite.org) or contact the Maine CITE Coordinating Center at [iweb@mainecite.org](mailto:iweb@mainecite.org) or (207) 621-3195.

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**Keeping Kids Motivated**

*Adapted from [www.scholastic.com](http://www.scholastic.com)*

Parent involvement during the summer months is crucial to student success. According to the National Education Association, “Parents who are actively involved in their children’s learning at home help their children become more successful learners in and out of school.” Here are some activities that will stave off forgetfulness and even build skills over the summer.

**Set aside time each day to read.** Track the books your child reads and reward him or her with a special activity or treat when he or she reaches certain milestones (for example, every 5th book). Do art projects based on favorite titles, such as drawing a favorite scene, or making paper bag puppets.

**Visit your local library.** Many libraries have wonderful summer reading programs that reward children for the number of books they read.

**Make every day educational.** Children learn problem-solving, math, science, and vocabulary as they help with groceries, laundry, and cooking.

**Create a summer scrapbook.** Save postcards and movie tickets, record family stories or interesting events from each day, whether you’re going on vacation or just going to your neighborhood park.
82 Summer Activities for Families with Special Needs
By Karen Wang is a Friendship Circle parent

Between June and September my kids have 82 days of summer vacation, and I’ve promised them something fun every single day. That means I need 82 fun summer activities for one child with a developmental disability and one child who refuses to participate in most activities. It’ll be a piece of cake, right?

Borrowing the weekday “Summer Schedule For Kids” at www.somewhatsimple.com, scouring the Internet for more ideas and adding some of my own activities, here are 82 days of summer fun and learning:

Safety Sunday
1. Teach your child his or her full name.
2. Teach your child your full name.
3. Have your child memorize your home address – show where the house number is located outside and show where the street name.
4. Have your child memorize your phone number. Practice reciting key information.
5. Learn how to cross the street safely.
6. Practice an escape route in case of fire.
7. Practice saying “no!” make it a game in which you take turns asking each other to do increasingly absurd things.
8. Play hide-and-go-seek to teach your child how to remain calm while looking for you.
9. Teach your child the buddy system.
10. Teach your child what an emergency is and how to call 911.
11. Practice asking for help with things that are hot, sharp, dangerous or too high to reach.

Make Something Monday
13. Arrange 5 or 6 photos to make a poster or scrapbook page.
15. Plant a seedling outdoors.
16. Dig for worms – it’s a great exercise for fine motor skills and tactile defensiveness. Re-home the worms next to that seedling you planted.
17. Bubble snakes.
18. Make a leaf scrapbook.
19. Color the sidewalk with chalk. Wash it all away with water.
20. Paint using different types of paintbrushes: a fly swatter, a flower, a cotton swab, a sponge, a leaf, etc.
21. Build an obstacle course with hula hoops, lawn furniture and empty boxes.
22. Tie-dye some t-shirts.
23. Make a magic wand using all available materials.
24. Build a “fairy house” with sticks, pebbles, pine cones, bark, leaves and other natural materials found outdoors.

Time to Read Tuesday
25. Sign up for your local library’s summer reading program.
27. Read all but the last page of a storybook and ask your children to suggest an ending.
28. Have your child dictate and illustrate a story, and read it together. It’s OK if the story is 1 or 2 sentences long.
29. Make a home video of your child reading a story aloud, or of you reading aloud to your child.
30. After you finish reading a book such as The Lorax, go see the movie.
31. Read a book on a specific topic, such as insects, then do a related activity such as a bug hunt or catching fireflies.
32. Have your child create a summer schedule for the family and read off the schedule every morning.
33. Check out a book of simple science experiments and try some of them at home.
34. Check out a book about a historical figure and play dress-up at home.
35. Have your child write out a checklist for a scavenger hunt, and find everything on the list together.
36. Swap favorite books with your friends.

What’s Cooking? Wednesday
37. Fruit smoothies in the blender.
38. No-bake oatmeal cookies on the stove.
40. Spinach-artichoke dip in the blender.
41. Banana muffins.
42. Roll-up sandwiches.
43. Fruit kebabs.
44. Chicken soup in the crock-pot (plug it in on the porch so that it doesn’t heat up the house).
45. Roasted marshmallows.
46. Scrambled eggs and pancakes for dinner.
47. Lemonade from scratch.

Thoughtful Thursday
49. Wash the car together. No driveway and no car? Then wash the toy cars.
50. Call someone just to say hello.
51. Pick some flowers (dandelions and clovers are OK) and give the bouquet to someone who isn’t expecting them.
52. Write a top ten list of a person’s best attributes and give the list as a gift to that person.
53. Write a thank-you letter to someone and mail it.
54. Donate clothing, books and toys to charity.
55. Teach your child to do one chore.
56. Give someone a homemade art project.
57. Volunteer at a food bank.
58. Collect bottles and cans, and donate the money to charity.
59. Pray for someone who needs a prayer.
60. Hug someone who needs a hug.

Somewhere Fun Friday
61. Petting farm or petting zoo.
62. A playground in a different neighborhood.
63. An art museum – check first to see when general admission is free!
64. The beach.
65. Pick fresh fruit at a local farm or visit the farmer’s market.
66. Ride a train.
67. Find a carnival or a street fair.
68. Ice cream shop.
69. Waterpark or sprayground.
70. Visit a friend.
71. Nature trail or botanical garden.
72. A skyscraper or another high place with a grand view of the world.

Social Skills Saturday
73. Tell a story from your own childhood. Have your child tell a related story from his or her life experience – yes, even if your child is nonverbal.
74. Lie in the grass and take turns looking for shapes or pictures in the clouds.
75. Go around and ask every family member at home the same silly question, and share the answers.
76. Look at some old family photos and name all the people in them.
77. Practice making emotional facial expressions on cue with your child: neutral, happy, sad, fearful, angry, disgusted, surprised. Take turns and make it fun.
78. Practice listening skills by responding only with nonverbal communication for 1 to 5 minutes – then switch roles.
79. Be someone’s mirror: imitate a person’s actions as if you are that person’s reflection in a mirror for 1 minute. Then switch roles.
80. Play Follow the Leader. Match the leader’s pace for as long as possible, then let a new leader take over.
81. Play the statue game: one person freezes like a statue and the other person has to make the statue laugh. Take turns.
82. Develop family traditions: sing a song together, recite a poem, say a prayer that has special meaning to your family.
Check out some of the newest books available in our Lending Library!

Behavior Support for Students with ASD: Practical Help for 10 Common Challenges – This practical, user-friendly guide will help you understand and develop comprehensive individualized interventions based on the unique challenges of each student.

Bullying: When Your Child is the Target – This book gives parents the practical tools they need to help their kids move from victims to victors.

The Common Sense Guide to Your Child’s Special Needs: When to Worry, When to Wait, What to Do – Learn what to do next when your child struggles with speech and language development, motor skills, social skills, behavior control, learning, cognitive development, and more.

Don’t Let Your Emotions Run Your Life: For Teens – Offers behavior therapy skills to help you manage mood swings, control angry outbursts, and get along with others.

Executive Function “Dysfunction”: Strategies for Educators & Parents – Describes the cognitive process that makes up the executive functions and uses real examples to show how difficulties may manifest.

Functional Behavior Assessments for People with Autism – Making sense of seemingly senseless behavior, shows how to use FBAs to unlock an unwanted behavior’s purpose and change it and much more.

Going Solo While Raising Children with Disabilities – If you are raising a child with disabilities on your own, you’ll find a wealth of support, affirmation, and practical ideas in this book.

Grandparenting with Love & Logic – Practical solutions for today’s grandparenting challenges.

Great Days Ahead: Parenting Children Who Have ADHD with Hope and Confidence – Examines the challenges a child with ADHD presents and offers workable, effective ways to reduce behavior problems and stress.

A Guide to Collaboration for IEP Teams – This will help administrators, teachers, parents, and others work together to design, review, and modify IEPs and is supplemented with checklists, diagrams, examples, and more.

The IEP Checklist: Your Guide to Creating Meaningful and Compliant IEPs – This guide has the answers that your team needs to create great IEPs and put them into action. It breaks the process into manageable steps and walks you through each one.

Parenting Children with Health Issues and Special Needs – Practical techniques to help ADHD, allergies, Autism, behavior problems, Cystic Fibrosis, developmental delays, diabetes, and more.

Show Me Your MAD Face – Ways to teach children how to feel angry without losing control.

Targeting Language Delays: IEP Goals & Activities for Students with Developmental Challenges – Explains how to teach language and reading skills to school-aged children with developmental and communication challenges.

Teenagers with ADD, ADHD & Executive Function Deficits – This books shows you how to support and advocate for teens using a combination of behavior and academic interventions, accommodations, ADHD education, medication, and exercise.

To borrow any of these books, E-mail dnewcombe@mpf.org, or call (800) 870-7746.
Have you visited our Facebook page?
www.facebook.com/maineparentfederation/

Come join other parents and professionals who enjoy sharing information, inspiring stories, upcoming events, and more.

Please like our page!

This page is monitored by MPF staff. If you have questions or need help with anything posted on the site, please call us at (800) 870-7746 or E-mail parentconnect@mpf.org.

Your Student is Headed for College!

Your student has finished high school and is moving on to post secondary education. Here are some websites to look at over the summer that might help with a smoother transition.

ADD In College - College Bound?
How to Prepare During the Summer
https://www.additudemag.com/college-bound/

Summer Before College Checklist – Parent Tool Kit

10 Things To Do In The Summer Before College
https://thebestschools.org/magazine/summer-before-college/

7 Things to Know About College Disability Services

College Guide for Students With Psychiatric Disabilities
https://www.bestcolleges.com/resources/college-planning-with-psychiatric-disabilities/

Going to College with Autism
https://childmind.org/article/going-to-college-with-autism/

Statewide CDS Re-Assessment
Last Chance to Respond!

As part of the state's responsibilities under the Preschool Development Grant, Maine is currently administering a thorough and independent evaluation of the current preschool programming within the state. In order to be sure that parent voice was part of this process and not overlooked Maine Parent Federation has worked with the State to create the survey below. This survey was developed to make it as easy as possible for parents to participate and will not take a lot of time on your part. Your voice is important as over this last legislative session we have seen parent voice not only being honored but also making a positive difference in outcomes. Please respond no later than June 12th.

https://www.surveymonkey.com/r/ME_Parent_Federation

In addition to the above survey link we are also working on coordinating phone calls. If you would like to be a part of that conversation, please contact Carrie Woodcock, cwoodcock@mpf.org.