



THE

Navigator

SPRING

Pilot Parents of Southern Arizona

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Providing Information and Resources to Families and Professionals in Southern Arizona

PRACTICING NONATTACHMENT ALLOWING OUR CHILDREN TO BE

One of the hardest things to do as a parent is to allow our children to be who they want to be.

Parenting asks us to rise to some of the most difficult challenges this world has to offer, and one of its greatest paradoxes arises around the issue of attachment. On the one hand, successful parenting requires that we love our children, and most of us love in a very attached way. On the other hand, it also requires that we let go of our children at the appropriate times, which means we must practice some level of nonattachment. Many parents find this difficult because we love our children fiercely, more than we will ever love anyone, and this can cause us to overstep our bounds with them as their independence grows. Yet truly loving them requires that we set them free.

Attachment to outcome is perhaps the greatest obstacle on the parenting path, and the one that teaches us the most about the importance of practicing nonattachment. We commonly perceive our children to be extensions of ourselves, imagining that we know what's best for them, but our children are people in their own right with their own paths to follow in this world. They may be called to move in directions we fear, don't respect, or don't understand, yet we must let them go. This letting go happens gradually throughout our lives with our children until we finally honor them as fully grown adults who no longer

require our guidance. At this point, it is important that we treat them as peers who may or may not seek our input into their lives. This allows them, and us., to fully realize the greatest gift parents can offer their offspring— independence.

Letting go in any area of life requires a deep trust in the universe, in the overall meaning and purpose of existence. Remembering that there is more to us and our children than meets the eye can help us practice nonattachment, even when we feel overwhelmed by concern and the desire to interfere. We are all souls making our way in the world and making our way, ultimately, back to the same source. This can be our mantra as we let our children go in peace and confidence.

By Madisyn Talyor March 17, 2015

This article is from DailyOM—Inspirational thoughts for a happy, healthy and fulfilling day.



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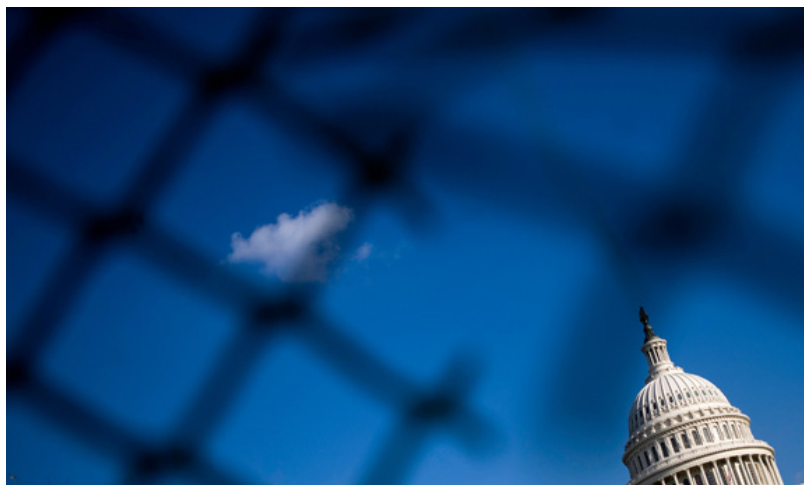
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Restraint And Seclusion Mandate Advances In Senate

By [Michelle Diamant](#)

April 17, 2015

reprinted from: Disability Scoop



A proposal to reauthorize the law now known as No Child Left Behind is making its way through the U.S. Senate. (Thinkstock)

A plan to rewrite the nation's primary education law is set to go before the U.S. Senate and it now includes a provision related to restraint and seclusion in schools.

The Senate's Health, Education, Labor and Pensions Committee unanimously approved a bill Thursday to reauthorize the Elementary and Secondary Education Act. The bill now heads to the full Senate where it is expected to be considered this spring.

Tucked in the bill is an amendment requiring states to put policies in place to prevent "any physical restraint or seclusion imposed solely for purposes of discipline or convenience." While many states already have policies on the issue, [not all do](#), and federal efforts to regulate the practices — which research shows disproportionately affect students with disabilities — have stagnated.

"The facts tell us that locking kids up in padded rooms and limiting their movement with tape or rope hurts our children instead of helping them," said U.S. Sen. Chris Murphy, D-Conn., who proposed the amendment. "Instead of using these ineffective methods to change a child's behavior, we should be developing support services for schools and educators that care for kids in a compassionate way, and I'm relieved that my colleagues agree. This is a big step forward towards improvement and accountability in our schools, and will ensure that all students receive the positive support they need to reach their full potential."

Beyond restraint and seclusion, the legislation headed to the full Senate [retains limits](#) on the number of students with disabilities taking alternate assessments, a move widely supported by disability advocacy groups.

Under the rule, students with severe cognitive disabilities can take alternate assessments instead of the grade-level exams mandated for most children. However, only 1 percent of all students — or about 10 percent of those with disabilities — may be counted as proficient by schools for taking alternate exams. Separately, the measure would also continue to require that annual data collection tracking student progress include figures specific to students with disabilities.

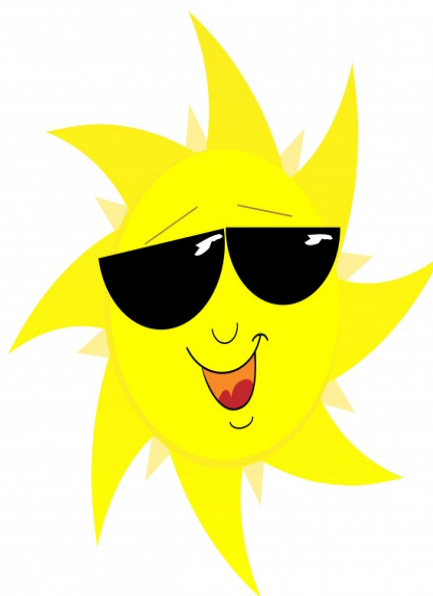
The bipartisan bill under consideration in the Senate would replace the law currently known as No Child Left Behind, which expired in 2007.

SUMMER FUN IN TUCSON !!!!!

2015

Tucson Village Farm
Farm Camp 2015

Two one week sessions held at the Pima County Cooperative Extension Campbell and River. Space is limited. Session 1 June 1-5 Session 2 June 8-12. Drop off 8 am pick up 300pm/ Ages 6-11. (250.00/per session) includes lunch and snacks. More info? Thom Plasse tplasse@email.arizona.edu 520-626-5161



- ★ Visit your local library and sign up for the summer reading program.
- ★ Check the Bookman's Event Calendar for story time, movie nights, and fun classes.
- ★ Sign up for the summer reading program at Barnes & Noble and earn a FREE book
- ★ Get cultural by visiting one of Tucson's indoor museums—Children's Museum Tucson, International Wildlife Museum, Mini Time Machine Museum of Miniatures, or Tucson Museum of Art.



Cactus Bowl
Fiesta Lanes
Lucky Strike
Tucson Bowl
Kids bowl free All Summer Long!
May 1—August 31st
2 free games per day
On-line registration at <http://www.kidsbowlfree.com>

SUMMER MOVIE CLUB



Grand Cinemas
www.movievalue.com
Starts May 26th. Admission free to kids 10 and under, all other seats \$2.00
Two different movies every week. Monday through Friday 10:00 am and 10:30 am.

Cool summer nights Saturday evenings May through August. Special programming normally begins at 6:00 pm. More information? www.desertmuseum.org



Summer Reading Program

Begins May 22nd
When it is hot outside, the Library is the coolest place to be! This summer's theme is all about science. FIZZ BOOM READ! Children pre-school to grade 6. SPARK A REACTION—teens ages 12-18 or grades 6-12 LITERARY ELEMENTS—adults Family Fiesta—May 16th 6-9 pm at the Tanque Verde Swap Meet
SummerMania IV MakerMania!! June 14th Quincie Douglas and more.

www.library.pima.gov for more info

A LITTLE BIT OF THIS AND THAT.....



NATIONAL AWARENESS MONTHS/DAYS

MAY

Asthma Awareness Month
Mental Health Awareness Month
Lupus Awareness Month
National Mobility Awareness Month
National Skin Cancer Awareness Month
National Guide Dog Month

June

National Safety Month
Keep everyone safe at home, work and school.

"Evidence Based Breastfeeding Support: Tongue-tie, Torticollis and Reflux"

Presented by Catherine Watson Genna BS, IBCLC

This two day workshop describes current research and evidence based strategies to support relationships, neurobehavioral organizations, and the biomechanical and sensory processing aspects of breastfeeding. The presentation includes in depth review of current literature on gastroesophageal reflux, torticollis and tongue tie as they influence the mother-infant dyad and successful infant feeding. Methods to evaluate and support oral motor skills and swallowing from both the lactation consultant and feeding therapist perspective will be presented.

Event Info

Friday, September 18th and
Saturday, September 19th, 2015
Pima Medical Society
5199 E Farness Drive
Tucson, AZ 85712

Registration Information

COST: \$220.00 per person, registration received after August 1st, 2015 will be \$260.00. A reduced rate is available for students. Group discounts available for professionals, call for additional information.

If you would prefer to register and pay via credit card online, you can do so on our website. Please visit mealttimeconnections.com and click on "Calendar". Scroll down to "Professional Events", click on "Evidence Based Breastfeeding Support: Tongue-tie, Torticollis and Reflux", and complete the registration information.

Contact Lorna

Motz lorna@mealttimeconnections.com

or call (520) 829-9635

Did you know?

75 to 90% of all illnesses are stress related.

Stressors may be:

- Physical
- Emotional
- Intellectual
- Social
- Spiritual

By examining the stressors in your life, you can begin to observe how you respond to them and then make conscious choices about changing your stress-coping methods.

Drink plenty of water. Eat breakfast, lunch and dinner. Enjoy healthy snacks. Reduce noise exposure. Develop a healthy sleep pattern. Seek moments of serenity. Get a massage!

Arizona Employment First— J BS—Job Opportunities Build Success

On April 30, 2014, Arizona held its first webinar to introduce the beginning of a statewide Employment First initiative. The webinar was followed by a series of seven Community Forums held across the state to obtain input from stakeholders. Over 400 people participated in the events.

Using the input generated by stakeholders, a Planning Committee has been meeting to draft a statewide Employment First Strategic Plan. The Committee is pleased to be able to provide you with an overview of its efforts and highlight the proposed key directions of the draft Strategic Plan.

Want More Information?
 Contact: Michael Leyva
 mleyva@azdes.gov

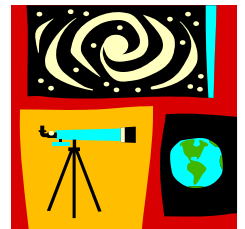
The webinar took place on April 29th 2015, information is available at the above email address.

~~UNEMPLOYED~~



MORE SUMMER FUN

Tucson Mad Science
<http://www.tucsonmadscience.org>



Arts for All
www.artsforallinc.org
 622-4100



NEED MORE IDEAS? Go to Bear Essential News for Kids. Can't find one? It is available On-line:
<http://www.beaessentialnews.com>

Tohono Chul Park—Just for Kids
TohonoChulPark.org/just-for-kids




Pima Parks & Rec.
<http://www.tucsonaz.gov/parks/program-guide>



BULLYING IS A PROBLEM ON SCHOOL CAMPUSES

Bullying on school campuses is a problem throughout the US. Bullying can happen anywhere. Bullying can affect everyone—those who are bullied, those who bully, and those who witness bullying. Bullying is linked to many negative outcomes including impact on mental health, substance abuse and suicide. It is important to talk to kids to determine whether bullying—or something else—is a concern.

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Youth with disabilities or special health care needs are bullied with more frequency than other kids.

When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable. Research shows that can stop bullying behavior over time. There are simple steps adults can take to stop bullying on the spot and keep kids safe.

DO:

- Intervene immediately. It is ok to get another adult to help.
- Separate the kids involved.
- Make sure everyone is safe.
- Meet any immediate medical or mental health needs.
- Stay calm, Reassure the kids involved, including bystanders.
- Model respectful behavior when you intervene.

AVOID THESE COMMON MISTAKES:

- Don't ignore it. Don't think kids can work it out without adult help.
- Don't immediately try to sort out the facts.
- Don't force other kids to say publicly what they saw.
- Don't question the children involved in front of other kids.
- Don't make the kids involved apologize or patch up relations on the spot.
- Speak with the individuals separately, not in a group.

I have suffered from bullying in many ways, from bullying in school due to my disability in reading, to digital abuse that I deal with on a daily basis. I'd like to tell the kids that are being bullied that no one should have to deal with the abuse, ever!

Bella Thorne

Tucson Unified School District has a New Group that is tackling bullying on campus. 40 students at Booth-Fickett Magnet School say they are fed up with bullying and they are committed to stopping it.

They call themselves “The Bully Patrol” and outfitted with neon t-shirts, walkie talkies, and a video camera, the “Bully Patrol” has been trained to handle different scenarios, like teasing or shoving. If this works, hopefully other districts will try it.

ARE YOU PREPARED?

Direct Center for Independent Living has recently held several interesting and thought provoking workshops . This month they held the second workshop on Emergency Preparedness for families with family members with disabilities, self advocates and care providers. The workshop was well attended and I believe we all went away with a little more knowledge than we went in with.

If you have a family member who is disabled or needs extra help, you should notify the fire department and/or police in your neighborhood. Invite them over to meet your family member and inform them of the concerns you would have for you family member in the event of an emergency. This is called a premise alert. It doesn't always work as the police and fire Department don't have a way of monitoring change of address and most of the time people forget to update their information with the departments.

Certainly a fire or flood is an emergency, but think in terms of something more community wide. Flooding or an electric outage or a fire that is spreading through town. All of the sudden everyone is extremely busy saving everyone. Having special needs no longer moves you to the head of the line. You are on your own. You need to develop a support group of neighbors, family or friends to help you or check on you in a disaster. Then, when you have a support group in place for

emergencies, practice, practice, practice.

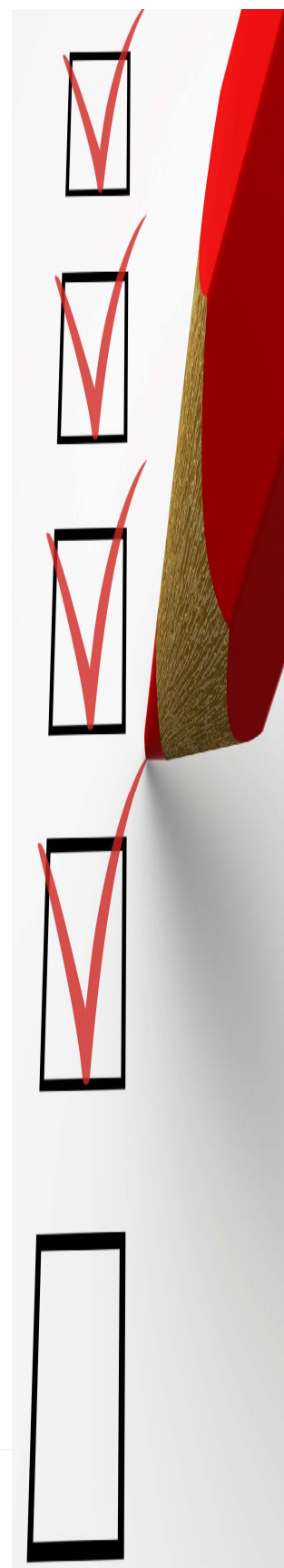
You should have an emergency plan for home, work, school and any other place where you spend time.

Additionally, you should have a survivor bag—go/stay bag. In this bag you should have several changes of clothing, your medicine (remember to rotate this medication as it may expire before it gets used) any special food you may need, your cell phone, any important phone numbers (don't rely on your cell phone to work during an emergency), your meds written down with name of drug, dosage, frequency, etc.. Update your plan and your bags at least once a year.

Emergencies occur. Be prepared. The more needy you are the less independent you are. The more prepared you are, the easier this stressful event will be. It might be safer to stay in your own home than to go to a shelter, shelters are not always handicapped accessible.

This program was provided by AZ SILC (Arizona Statewide Independent Living Council. There message was to be a survivor and be informed

Questions? Contact Stanley Brown at (602)262-2900. <http://www.azsilc.org>



The only disability in life is a bad attitude.

Scott Hamilton

TAKE ADVANTAGE OF THE SUMMER BREAK

Summer is the ideal time to review your child's records, progress notes and present levels of academic achievement and functional performance. (PLAAFP) This form is the first document in your child's IEP.

Take time to focus on your child's strengths and weaknesses. Come up with some skills they need to learn and how you might approach these skills with your child.

If you have problems or need assistance with something happening at school, summer is a good time to make an appointment with our Education Coordinator, Amanda. 324-3157



Staff Members:

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324-3151

Cheryl McKenzie— Receptionist/Secretary
324-3150

Karen Kelsch— Director Partners in Leadership, L.E.A.P. 324-3158

Amanda Heyser— Education Coordinator
324-3157

Marianne Scott— Partner's in Leadership Coordinator 324-3154

Jo Ann Spencer— Special Projects— Sibshop, Editor *The Navigator*, workshops.
324-3153



You can now view or download *The Navigator* from our web page. Go to pilotparents.org and click on *The Navigator*. If you no longer wish to receive *The Navigator*, please contact the office.

THE *NAVIGATOR* IS PUBLISHED QUARTERLY. YOU MAY E-MAIL NOTICES, ARTICLES, ETC. TO JOANN@PILOTPARENTS.ORG, FAX THEM TO 520-324-3152 OR MAIL THEM TO: PPSA, 2600 N. WYATT DRIVE, TUCSON, AZ 85712 ATTN: JO ANN SPENCER, EDITOR, AT ANY TIME. SUBMISSIONS WILL BE USED BASED UPON SPACE AVAILABILITY AND WILL BE USED IF THE DATE OF THE ACTIVITY FALLS WITHIN OUR PUBLISHING SCHEDULE.



Leadership Education Advocacy Partnership
a program of Pilot Parents of Southern Arizona

Pilot Parents is pleased to announce that the LEAP Program has received an additional \$5000 in funding from the Arizona Developmental Disabilities Planning Council to provide scholarship assistance for the 43rd National Down Syndrome Conference taking place in Phoenix on June 25-28, 2015. PPSA will be accepting LEAP scholarship applications for this conference through May with a firm deadline of May 29th. Award notification will take place the beginning of June.

This is an excellent opportunity for Arizona families to participate in the National Down Syndrome Conference. The conference is often held back east where families cannot afford the airfare, etc..

Check it out on-line:

<http://www.ndscenter.org/register-now/>

You register directly on-line, there is information on the various workshops being offered and an explanation of the registration process, cancellations, etc.

Registration Best Value deadline is May 15th.

