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amilies

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SIBLING ISSUES

The birth of a child with a disability or chronic illness, or the discovery that a child has a disability, has a profound effect on a family. Children suddenly must adjust to a brother or sister who, because of their condition, may require a large portion of family time, attention, money, and psychological support. Yet it is an important concern to any family that the nondisabled sibling adjusts to the sibling with a disability. It is important because the nondisabled child's reactions to a sibling with a disability can affect the overall adjustment and development of self-esteem in both children.

In any family, each sibling, and each relationship that siblings have, is unique, important, and special. Brothers and sisters influence each other and play important roles in each other's lives. Indeed, sibling relationships make up a child's first social network and are the basis for his or her interactions with people outside the family (Powell & Ogle, 1985). Brothers and sisters are playmates first; as they mature, they take on new roles with each other. They may, over the years, be many things to each other -- teacher, friend, companion, follower, protector, enemy, competitor, confidant, role model. When this relationship is affected by a sibling's disability or chronic illness, the long-term benefits of the relationship may be altered (Crnic & Leconte, 1986). For example, the child with a disability may

WINTER 2011

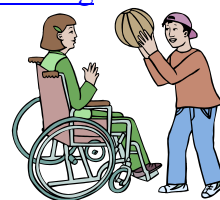
have limited opportunities to interact with other children outside the family; thus, social interaction between siblings often takes on increasing importance.

(www.kidsource.com/NICHCY/sibling.issues.dis.all.3.1)

Sibshops are an opportunity for brothers and sisters of children with special health and developmental needs to obtain peer support and education within a recreational context. They reflect an agency's commitment to the well-being of the family member most likely to have the longest-lasting relationship with the person with special needs.

Sibshops are best described as events. Sibshops are lively, pedal-to-the-metal celebrations of the many contributions made by brothers and sisters of kids with special needs. Sibshops seek to provide siblings with opportunities for peer support. Because Sibshops are designed (primarily) for school-age children, peer support is provided within a lively, recreational context that emphasizes a kids'-eye-view.

There are now 18 Sibshops in Ohio. To see if one is near you or to get more information to start one in your area, go to www.siblingsupport.org.



Ohio Coalition for the Education of Children with Disabilities

165 West Center Street, Suite 302 * Marion, Ohio 43302 * 1-800-374-2806

BOOK REVIEWS

WIND SAYS GOODNIGHT

By Katy Rydell



It's late at night and all little children are in their beds fast asleep. All except one. "Go to sleep," whispers the night wind, as it brushes against the child's window, but the child can't sleep. Outside a mockingbird is singing, a moth is dancing and the moon's glow is too beautiful. Then the animals, insects and the sky itself cooperate and work together to help the child fall asleep.

The lilting verse is as soothing as a lullaby and the soft, pencil drawings make this a wonderful bedtime story for parents, caregivers or grandparents to read together with their young ones.

SUPER SAM

By Lori Ries



He runs. He leaps. He flies! And when his little brother needs him, Super Sam can save the day.

The combination of minimal words and pictures drawn in pencil, crayon, and watercolor express a young sibling's adoration and a big brother's protectiveness. Ages 3-6

YOU CAN'T DO THAT AMELIA!

By Kimberly Wagner Klier



Young Amelia is a dreamer. She dreams of building her own roller coaster, learning to fly her own airplane, and

even exploring the skies as one of the world's first female pilots.

This is a short picture book about a few episodes in Amelia Earhart's life.

Ages 7 and up

GRANDMA, DO YOU REMEMBER WHEN?

Sharing a Lifetime of Loving
Memories

Paintings By Jim Daly

This is a beautiful keepsake journal for grandparents to share memories, traditions, and dreams from your youth until present with your loved ones. The beautiful paintings and verses are from a by gone era. The last page is for you to write a letter to your grandchild.

JUST FOR FUN

The smallest insects of the world are called fairy flies, a kind of wasp. Fairy flies are as thin as a thread. They aren't strong enough to fly well, so they mostly let wind carry them from place to place.

The biggest insect on earth is the giant walking stick, which can grow to about 13 inches long. That's about as long as a chopstick!

If you shout to a friend underwater, she'll hear you faster than on land. Sound travels four times faster in water than in air.

(www.babycenter.com)

What is the tallest building in every city?
The library – it has the most stories!

What has many teeth but never has
cavities?

A comb!

(Funny Riddles Coloring Book)

FAMILY FUN

Sled Riding in Ohio

Do you like to sled ride in the winter but don't know where the hills are? Well, here are two websites that can help you find a hill close by or maybe plan a weekend family trip to go have **FUN**.

The site www.ohiodnr.com (then click on Ohio Winter, Events, Activities and More) is a comprehensive guide of all that the Ohio Department of Natural Resources has to offer in the winter whether it is skiing, sledding, ice fishing or ice skating.

The site www.sledriding.com/Ohio2.html is the place to look for Ohio sled riding locations. At this time there are 108 hills submitted.

When playing in the cold remember to dress warmly in layers: start with insulating fabrics and use a final layer of protective fabrics.

- Insulating fabrics trap the body's heat. Start with thin layers of polypropylene close to the skin. Add fabrics that retain heat even when wet such as wool or synthetic fleece.
- Avoid 100 percent cotton garments, as they are most effective at drawing heat away from the body.
- Protective fabrics prevent the elements from cooling the insulating layers. Parkas, rain suits, paddling gear and jackets made of nylon, Gore-tex and some of the new microfibers are ideal.

Keep your head, neck and hands covered, and wear waterproof boots.

Now get outside and enjoy the season!

FAMILY PROJECT

Boxing Around

(How do you carry a box from here to there without any hands, with a partner's help, of course!)

What you'll need:

Variety of cardboard boxes
Masking Tape

Ask the children to brainstorm how partners might work together to move cardboard boxes without using their hands. Invite two children to come in front of the group and try to lift up a box using one of the suggested ideas. Ask all the children to offer more ideas.

Then have them pair up. Ask each pair to choose a box and work together to try out some of the suggested ideas. Or they can come up with new and better ways for moving it. Challenge the children to carry their boxes without hands from one end of the group area to the other. If needed, mark off beginning and ending points with masking tape. After they have spent some time boxing around from here to there, have them gather together again. Invite them to discuss the solutions they came up with and what worked and what didn't work.

- Variation: Try this activity using other items, such as a pillow, rubber ball, or stuffed animal.

(Super Social Fun)

Signed, "I Love You"

Many people who are deaf or hard of hearing use sign language to communicate. The sign language symbol for "I Love You," which is used in this craft, combines the letters, *I*, *L*, and *Y* together into one symbol.

What You'll Need:

Paper
Pencil
Scissors (continued on next pg)

Poster board

Ruler

Glue

Marker

String

How to Make it:

Trace around one of your hands on a sheet of paper. Cut out the tracing.

Cut out a poster-board heart or circle larger than the traced paper hand. Cut out another heart or circle from poster board about an inch larger all around than the first. Glue the smaller heart or circle to the larger one.

Glue the hand to the poster board, leaving the ring finger and middle finger unglued.

Curl or bend the two unglued fingers forward, and glue or paste them to the palm of the paper hand.

Write "I Love You" on the poster board. Attach string to hang up the craft, or give it to someone special as a Valentine's Day Card.
(www.highlightskids.com)

Fancy Flakes

Make a snowflake as unique and as special as you are.

What You Need:

Paper (plain white or glittery wrapping paper)

Round plate or saucer (about the size you want your snowflake)

Pencil, crayon or marker

Scissors

Glitter

Glue stick

Hole punch

Ribbon or yarn (continued)



What You Need To Do:

1. Draw a circle on a piece of paper by tracing around the plate or saucer.
 2. Cut out the circle.
 3. Fold the paper in half three times. (If the paper is thick, fold it just twice.)
 4. Use your scissors to carefully cut out shapes from the folded paper.
 5. Unfold your paper.
 6. On one side, write some things that are special about you.
 7. Decorate the other side using the glue stick and glitter.
 8. When the glitter is dry, punch a hole in the snowflake.
 9. Put ribbon or yarn through the hole and tie it to make a hanger.
- (First Light Feb. 2007)

FUN WEBSITES

www.Internet4classrooms.com has lots of interactive games, stories, etc. Click on the grade level your child is and have FUN. This website was developed by two teachers.

www.scholastic.com is a website filled with games, stories, printable pages and much more. You will find Clifford, Magic School Bus, Maya and Miguel, Miss Spider, Elliot's Park and many more characters activities to play. And that's just under the parents' page Family Playground for ages 6 and under. For older children click on The Stacks for Kids under the Kids column to view the activities.

www.seasky.org is an informational website sharing the splendors of the sea and the wonders of the universe with a few games added in.

(Activity Page Answer: LET'S HAVE FUN IN THE SNOW)



DEVELOPMENT

Read With Me (Ages 3-5)

From listening to you read, to helping you turn the pages, to filling in the rhyming words in a story, preschool children want to be at the center of the action. Learning and reading are at the top of the list of things your child wants to do; Playing with language will continue to be an important and fun activity during the preschool years.

Keep talking about and sharing everyday experiences together. The more experiences your child has the more they have to talk about. Walks in your neighborhood, trips to the grocery store, and visits with family and friends are all experiences they can describe to you. The simple things you do together now will have a big impact later!

Learning to write goes hand-in-hand with learning to read. Make sure your child has plenty of materials – crayons, pencils, markers and paper. Encourage them to draw and write notes to you. Their writing won't look like yours, but they are starting to learn to write by making scribbles and marks. And just like reading, they'll learn about writing by watching you when you write notes, lists and letters.

Reading and Sharing. Your preschooler is ready to be your reading partner. As you read aloud to your child, ask questions about what is happening in the story.

Rhyme Time. Read rhyming stories and recite nursery rhymes with your child. Pause at the end of a line and let your child fill in the rhyming word. This encourages your child to listen carefully.

My Name is Special! Children are often fascinated by the letters in their own name. Playing word games that are focused on the letters in your child's name is a great way to keep him interested in learning more about language and the alphabet.

My ABCs. There are ABC books about lots of different topics. Look for ABC books that match your child's interests – animals, foods, children's names, or different types of machines.

Book Time. When you read a book with your child, take time to point out the title and the illustration on the front cover. Read the title out loud, and also read the name of the author. Let your child turn the pages as you read. Follow along with the text, running your finger under the words as you read aloud. Learning how books and print work are important early steps toward learning to read.

Children ages 3-5 become more interested in letters, print and books. They can recognize many letters of the alphabet and are beginning to relate those letters to their sounds – an important skill for learning to read. Many preschool children will pretend to read books, telling the story as they move through the pages. By following along as you read to them, preschoolers soon learn that print moves from left to right. If your child wants to read the books they loved when they were 2 – that's okay! The important part is that they have fun with reading. (National Center for Family Literacy, Cultivating Readers)



MEDICAL

Red Flags: Signs that your preschooler may have a vision problem

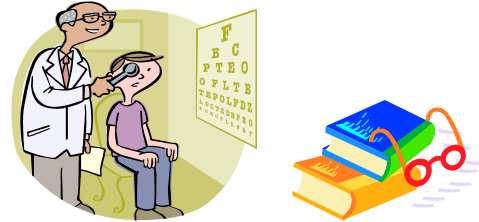
Kids this age probably won't realize they have a vision problem, so you'll want to be vigilant about noticing signs of potential trouble. Contact their doctor if your child:

- Needs you to hold books very close when you read to them
- Squints often
- Tilts their head to see better (while looking at a picture or the television, for example)
- Rubs their eyes when they're not sleepy
- Seems to tear excessively
- Closes one eye to see better
- Avoids close, near-vision activity, like coloring or board games
- Avoids distance-vision activities, like playing catch
- Has recurrent headaches
- Complains of tired eyes
- Seems overly sensitive to light
- Appears to be cross-eyed, or their eyes don't seem to work in unison
- Has redness in their eyes that doesn't go away in a few days, sometimes accompanied by pain or sensitivity to light
- Complains of double vision
- Has a persistent, unusual spot in their eyes in photos taken with a flash (instead of the common red-eye, for example, there's a white spot)
- Has a droopy eyelid that won't ever fully open

- Has white, grayish-white, or yellow-colored material in the pupil of their eye
- Has a bulging eye
- Has pus or crust in either eye
- Has any other change in the appearance of their eyes
- Complains of eye pain or discomfort

Your child's doctor can help you determine whether you should be concerned. They may examine your child's eyes, screen their vision or refer you to an eye specialist.

(www.babycenter.com)



FREE WEBINAR OR AUDIO TRAININGS via your computer and/or phone. Dates and titles are listed below:

Feb 15	Section 504
Feb 17	Behavior Focused IEPs
March 2	Understanding and Writing IEPs
March 8	Parent's Rights
March 10	Deaf/Hearing Impaired
March 15	Behavior Focused IEPs
“ “	Section 504
March 16	Communication
March 22	Understanding Evaluation
March 24	Understanding Autism

For a complete list, times and details of Ohio Coalition for the Education of Children with Disabilities' trainings or to schedule one, visit our website at www.occde.org or call 800-374-2806.

ACTIVITY PAGE

HELP THE SNOWMAN DECODE THE SECRET MESSAGE

(Answer is under **FUN WEBSITES**)



CODE:

A= 26

B= 25

C= 24

D= 23

E= 22

F= 21

G= 20

H= 19

I= 18

J= 17

K= 16

L= 15

M=14

N= 13

O= 12

P= 11

Q= 10

R= 9

S= 8

T= 7

U= 6

V= 5

W= 4

X= 3

Y= 2

Z= 1

$\frac{15}{22} \frac{7}{8}$

$\frac{19}{26} \frac{5}{22}$

$\frac{21}{6} \frac{13}{13}$

$\frac{18}{13}$

$\frac{7}{19} \frac{22}{22}$

$\frac{8}{13} \frac{12}{4}$

DRAW YOUR OWN SNOWMAN