



## A MOTHER FOR ALL SEASONS

*A Triangular Approach ~ Composure, Collaboration & Communication*



**Composure**

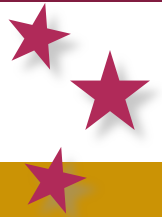


**Collaboration**



**Communication**

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# Composure

A calm or tranquil state of mind.

A calm and steady control over emotions.

SYNONYMS: self-control, poise, calmness



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# Collaboration



The act of working together with one or more individuals in order to achieve a goal.

SYNONYMS: cooperation, teamwork, alliance, relationship

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# Communication

The exchange of information between people by means of **speaking, writing** or using a **common system of signs or behaviors**

SYNONYMS: contact, exchange, announcement, statement



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## Outcome ~

*Through the sharing of  
**professional and personal**  
experiences*

*WE can work with and  
advocate for our children  
by demonstrating*

**COMPOSURE,**

*working*

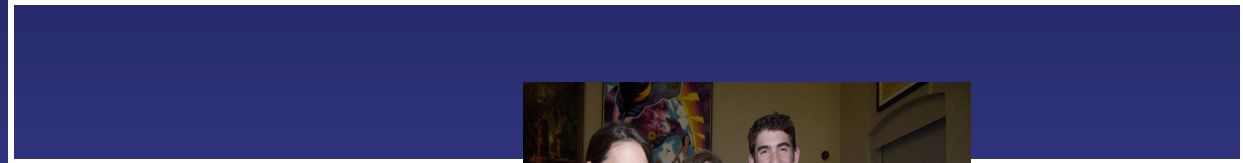
**COLLABORATIVELY** *and*  
*effective*

**COMMUNICATION.**



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# *A Parent's Gift*

*Kerin Bellak-Adams*

Show **ALL** children the beauty  
they have inside.  
Let this give them a quiet sense of pride.



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Allow this self-awareness  
to be a safe place from within.

Growth will stem from it  
and pain can heal.

All the layers will begin to peel.



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Teach your children to dream.  
Encourage their imagination to soar.

Let them experience and  
develop a passion  
while embracing themselves  
for who they really are;  
This will enable them to go very far.



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Inner strength will blossom

And a happier life they will find;

All they truly need is **patience**

and some **extra time.**



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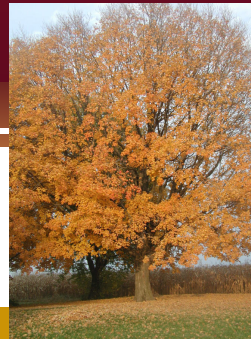


## OUR CHILDREN

*The Impulsive Child* - Attention Deficit Hyperactivity Disorder

35%	will drop out
5-10%	will complete college
40-50%	will engage in antisocial activities
50-70%	have few or no friends
70-80%	will underperform at work

(Barkley, 2002)



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## OUR CHILDREN

*The Impulsive Child* - Attention Deficit Hyperactivity Disorder

More likely to experience teen pregnancy  
& sexually transmitted diseases.

At a greater risk for excessive speeding & car accidents.  
A higher risk for depression and personality disorders.



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Every child is a **unique gift** with  
**unique potential.**

Never compare one child to another.  
Every child cannot be the best at everything BUT can be his/her  
best at something amazing.



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## **EVERY CHILD NEEDS TO ~**

Know his/her own strengths and  
be able to demonstrate them at home and at school.  
Set the bar high because just getting by is not adequate.  
Convey the firm belief and expectations  
that EVERYONE can learn and can excel.



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# COMPOSURE

*School is an honorable place, it opens doors to the future.*

Teachers are worthy of respect –  
Children need to demonstrate responsibility

Learning is your child's major job,  
second to being a good human being

**Be patient!**



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**composu**



**re**



Decrease marital and family conflicts

Never argue about your child in front of him/her

Have similar beliefs with child rearing



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# ***Collaboration***

Familiarize yourself with the special education laws.

Attend all school meetings regarding the assessment and recommended educational supports for your child.

Obtain school system data to learn it and obtain a copy of the testing calendar.



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tion**





Be sure that accommodations, supports and special instructional strategies are in place to make learning easier, holding your child responsible to make reasonable efforts.

Share your child's strengths/weaknesses and concerns.

Be open to mental health consultations and parent counseling for significant problems .



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# Communication ~School

*Good grades are the pathway to achievement in obtaining life's long term rewards.*

Regular contact with the school

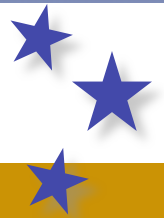
Volunteer & join PTSA



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*Attend a school function quarterly*

*Never miss Back to School Night or  
Parent/Teacher/Student Conferences*

*HOMEWORK~ Time to Study*

*Develop regular study times & get a homework buddy*

*Set up homework checks and guidelines*

*Chunk the homework time*



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# Communication ~Home

Share views and expectations of their children  
and family priorities

Provide a sense of humor planning family events

Sense of harmony,

Try to eat a meal together



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**ation**





Carpooling is a time for reflection  
Limit TV, computers and video games  
Adequate sleep ~week days and weekends

Demonstrate affection – Tell them you  them  
Get assistance with your child's behavior problems  
by seeking parents training  
Seek counseling to minimize disagreement and lessen tension



***Model the behaviors and values!***

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## Make Decisions the Night Before ~ Composure, Collaboration & Communication

*Select clothes for the next day and discuss what they will have for breakfast the following morning.*

*Backpack and other items ready,  
packed and set by the door.*



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## Establish & Review Morning Routine Composure, Collaboration & Communication

Together create a chart that details the order of how the morning activities should take place.

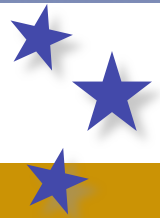
Help them get into the habit of referring to the chart every day.

For children who do not read, use pictures.

Ease your morning routine; get the children off to school without arguments or anxiety



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## Enjoy Breakfast Time

### Composure, Collaboration & Communication

If your child has trouble sitting and eating, let him/her enjoy the meal in their room as they dress or give a Grab and Go BAG - breakfast to go in the form of a piece of fruit, a chunk of cheese, and a breakfast bar.

Do what works for you and your child, forget the “shoulds.”



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**a memoir**





## Reward YOUR Child for a Good Morning

### Composure, Collaboration & Communication

Add a sticker to his/her chart or a token to his/her jar when a successful morning needs to be rewarded.



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**a memoir**





## **School Preparation ~ Categorize Supplies** **Composure, Collaboration & Communication**

Notebooks/binders, workbooks/texts, pens/pencils, assign each category its own compartment or pocket in the backpack.

A three-ring binder with colored tabs for separate subjects and inserts with pockets for notes, works well for many students.



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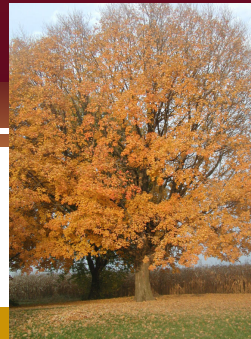




## YOUR Best Foot Forward – School Preparation

### *Separate Ongoing Projects*

Finished work, school and art supplies into  
labeled bins, folders, file cabinets, or an  
under-bed box in your child's room.



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## School Preparation ~ Organization Composure, Collaboration & Communication

*Provide a shelf for Books and  
a Bulletin Board for Reminders.*

Give your child a stapler, a three-hole punch, big binder clips and other organization tools.



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## School Preparation

### Composure, Collaboration & Communication

*Fill a Supply Cabinet* with pencils, rulers, tape, binders, and other essentials.

Post a checklist in the cabinet that your child can mark when he/she takes an item.



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## YOUR Best Foot Forward – School Preparation

***Keep an Extra Set of Textbooks*** at home.  
Make the extra books part of the IEP,  
or request them from the teacher at the beginning  
of the school year.



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## **School Preparation ~ The Next Day**

### **Composure, Collaboration & Communication**

**As your child packs the book bag each evening, make sure that homework is in its folder and that everything needed - violin, gym shoes, lunch money - is ready to go in the morning.**

**Reserve a shelf or cabinet by the door for items that your child takes to school every day. Label it with colored stickers, so that glasses, wallet, and ID can be easily found.**

**Hang a hook underneath for a backpack or sports bag.**



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## School Preparation ~ Organization

### Composure, Collaboration & Communication

*Give your child a pad of sticky notes,*  
encouraging him/her to post special reminders  
on mirrors, doors and elsewhere..



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## School Preparation ~ Organization Composure, Collaboration & Communication

***Give your child a daily planner*** to keep track of deadlines, appointments and events. Encourage him/her to keep a daily to-do list and teach him/her to prioritize by dividing tasks into two groups:

**Important** (*Do it now!*) and **Less Important** (*Do it anytime*).

Go over the next day's schedule together every night.



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## **School Preparation ~Power of Positive Reinforcement Composure, Collaboration & Communication**

**Provide unique and practical methods for  
boosting self-esteem while helping YOUR child  
to achieve their full potential**



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**Composure**

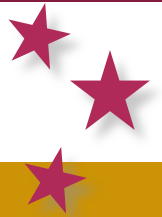


**Collaboration**



**Communication**

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**If YOUR Child Could Say What Is Really  
on Their Minds**

**I need to know what to expect**

**NEXT**

**Wait for ME. I will get it; it just takes me a little  
longer.**



**Please HELP ME TO FO**  
**Give ME directions, ONE step at a time.**



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## If **YOUR** Child Could Say What Is Really on **Their** Minds

PLEASE remind ME to set my watch. YOU know I don't have such a great sense of time.

PLEASE tell ME that my progress is GOOD Enough.

PLEASE remind ME of ALL my GOOD points when I'm having a bad day.



PRACTICE what you preach!

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*Hilary Phelps*  
*Ironman*  
*WBAL Contributor*  
*Creator, Genuine Joy*  
*[www.hilaryphelps.com](http://www.hilaryphelps.com)*



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*Whitney Phelps Flickinger*  
*Marathoner*  
*Mother of two*  
*Maryland Swimming Hall*  
*of Fame recipient*



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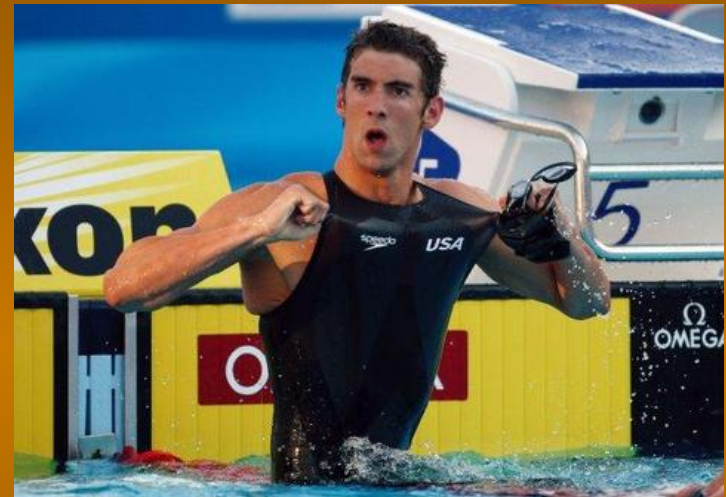




*"If I put my mind to it I can  
do just about anything."*

*You dream.  
You plan.  
You reach.*

*Michael Phelps - Olympic and World Champion - Swimming*



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DEBORAH PHELPS

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*It's the simple truth that though life doesn't  
always turn out the way you planned...  
sometimes it can turn out better.*

*Deborah Phelps*

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