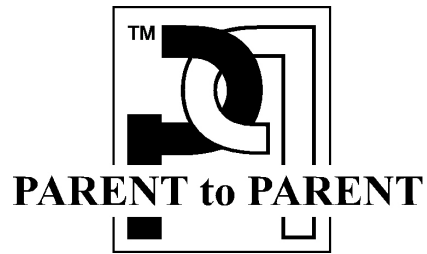


Check out our latest newsletter!



## WA State Parent to Parent (P2P) Newsletter: July 2020

[P2P Programs by County](#)

[Join us on Facebook today](#)

---



Hello all!!

I wanted to share about a recent interaction I had with the mother of a young child newly diagnosed with a progressive and terminal disease. She talked with me about the devastation and fear she felt, and said 'I can't do this without the support of another parent'. Such a powerful statement. This mom knew exactly what she needed to cope and settle into a 'new normal'.

Let's not underestimate the POWER OF A PARENT MATCH.

Read this recently published article about Parent to Parent, the value of a match and the research behind it:

[Let's Find the "Magic in the Match" Pulse article](#)

Welcome to Jennifer Dodge, Coordinator for Okanogan County.

Tracie, Jackie, Theresa and Patty

*Washington State Parent to Parent is thankful to the following state agencies for continued funding support: [The Arc of Washington](#), [Washington State Developmental Disabilities Administration](#), [Washington State Department of Health](#), [Washington State Developmental Disabilities Council](#).*

## FAMILY FOCUS

"As a parent that has spent the last



Victoria Laughlin  
Clark County Volunteer Helping Parent

decade walking through the IEP and 504 process I have learned so much. Sometimes these lessons have been painful. As a helper parent I love that I can share what I have learned with other parents who are new to the IEP process. My goal is to be the person who walks alongside these families and let them know they are not alone. As I sit with them I feel great joy in seeing moms and dads become empowered just by having a helper parent in their corner. I also enjoy the fact that as a helper parent I can choose when I volunteer giving me time to focus on taking care of my son, when he needs me, but still help out when I can." - Victoria Laughlin

---

## RESOURCES

1. A program celebrating the [30-Year Anniversary of the ADA](#) ~ \*Program will be accessible\*  
Monday, July 27, 2020  
To be [broadcast on TVW](#) from  
11:00 AM - 1:00 PM

- Presentations by Governor Inslee & Lt. Governor Habib
- Speaking presentations by advocates & community leaders
- Musical entertainment
- Historical video footage
- Interactive panel discussion

- 
2. [ABLE Act vs Developmental Disabilities Endowment Trust Fund](#)

- [Side by Side Comparison](#)
- [How to Make a Contribution to an ABLÉ Account.](#)
- [Washington State Developmental Disabilities Endowment Trust Fund](#)

- 
3. [Are You Vulnerable to Secondary Trauma?](#) By Sarri Gilman

- 
4. [On-line Sib Shop Trainings](#) - Four-session online learning event. The online training takes place daily for 90 minutes, over four consecutive days.

Trainees must attend all 4 sessions of the training to become a Certified Sibshop Facilitator. Upon completion of the training, Certified Sibshop Facilitators may register and start their own local Sibshop.

Secondary goal/audience: To educate parents, service providers, and others about sibs' ever-changing issues across the lifespan. Participants are interested in sibling issues, but not necessarily in running a Sibshop. This audience attends only the first three sessions of the online training.

[\(pdf informational sheet\)](#)

Upcoming 2020 Sibshop Facilitator Training dates include:

- July 27-30 7:00-8:30 a.m. Pacific Daylight Time (ideal for our friends overseas!)
- July 27-30 12:00-1:30 p.m. Pacific Daylight Time
- August 11-14 12:00-1:30 p.m. Pacific Daylight Time
- August 11-14 3:30-5:00 p.m. Pacific Daylight Time
- September 15-18 12:00-1:30 p.m. Pacific Daylight Time
- October 20-23 12:00-1:30 p.m. Pacific Daylight Time
- November 17-20 12:00-1:30 p.m. Pacific Standard Time

---

## SPANISH RESOURCES - EN ESPAÑOL

### 1. Understood

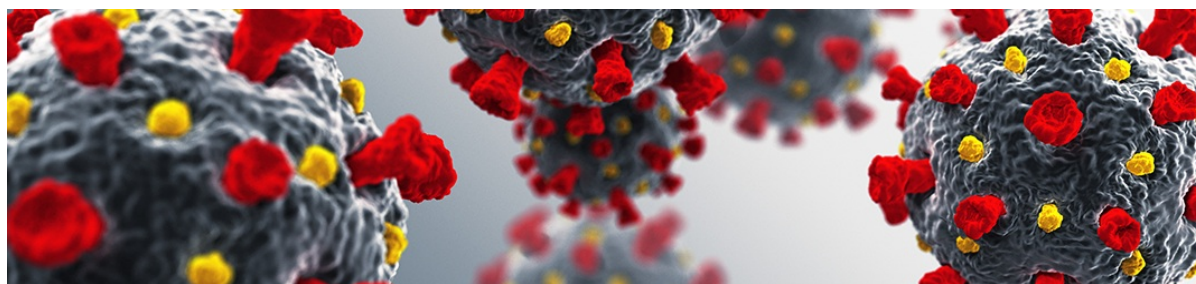
Es una página web que tiene una gama de información muy extensa en relación a la Educación Especial en Ingle y la mayoría de su información y recursos también los podemos encontrar en español con un lenguaje muy fácil de entender y asimilar. Understood también lo pueden encontrar en Facebook.

Entrando en materia, encontré un artículo que quizás pueda ser de su interés, este tiene como tema: Opiniones: Hablar de la justicia social con los niños . Este es un tema que en el cual podemos llevar años y años para entender y quizás nunca lo entendamos en su totalidad. Lo más curioso es como introducimos o iniciamos el tema a nuestros hijos. Todos tenemos puntos de vista muy diferentes y es muy válido, pero también es muy cierto que es algo en lo que tarde o temprano nuestros hijos nos preguntan (dependiendo de sus habilidades) y que bueno tener información en el cual podamos charlar con nuestros hijos que tienen habilidades diferentes con un vocabulario fácil de manejar. Nuestra intención nunca será que cambien de opinión, nosotros respetamos todos los puntos de vista, opiniones y creencias!

---

### 2. "No podemos convertirnos en la agenda virtual de nuestros hijos"

¿Cómo podemos ayudar a nuestros hijos con las tareas o deberes de la escuela ahora que lo hacen desde casa? El maestro David Calle hace referencia al tema para considerar como podemos ayudar a nuestros hijos a incrementar su autonomía, ya que nuestros hijos no estarán siempre a nuestro lado y un día dejaran de ser niños. Muchos padres expresan que sus hijos serán sus niños para siempre, lo cual es muy respetable. Esto puede ser un tema mas extenso de lo que nos imaginamos, pero cuales son las barres en las que nos enfrentamos en la actualidad para apoyar a nuestros hijos académicamente desde el hogar. Son el aspecto social, porque no todos las familias tiene acceso a computadoras, tabletas o teléfonos inteligente. Si de alguna manera cuentas con los aparatos tecnológicos, la otra barreira es el acceso al internet por que todo depende 1- el costo, 2- hay muchas zonas rurales que el acceso al internet es casi nulo y si lo hay, la señal es de muy mala calidad. Pero para conocer mas del tema, los invito para que miren este video de YouTube en el que el maestro David Calle nos habla del tema. Es verdad que el maestro no hace referencia a estudiantes con Habilidades Diferentes, pero me pareció interesante considerar este aspecto que nos pueda ayudar un poco a bajar un poco el estrés que muchos padres han expresado últimamente. Quizás esto nos ayude a apoyar a nuestros estudiantes para ser más autónomos, responsables y que incrementen sus habilidades de comunicación con sus profesores y quizás con otros a su alrededor de alguna manera, por lo menos para considerar introducir el tema con los maestros y como lo podemos implementar en el IEP o porque no en el Plan 504.



## COVID-19 RESOURCES

**New!** Informing Families-Charting the Life Course: Integrated Services and Supports  
[My Goal: Have a Good Life with Social Distancing](#)

---

**New!** [Get Help Buying Groceries During COVID-19](#)

---

**New!** [Resilience Loans](#) - A new loan product to help those who have become unemployed, underemployed, or furloughed as a result of the COVID-19 outbreak.

.....  
**New!** [Familias reciben ayuda para comprar alimentos con Pandemia EBT](#)  
.....

**New!** Strengthening Families Washington team collaborated with many state-wide partners to create a [Caring for Your Family During COVID-19 guide](#). Today we were able to get the guide published in five languages:

- [English](#)
- [Chinese](#)
- [Hindi](#)
- [Somali](#)
- [Spanish](#)

.....  
Families Learning from Families June Virtual Roundtable Series

A discussion and learning forum for families learning with and from each other to support their children and loved ones during the COVID-19 pandemic.

This is a parent/caregiver ONLY event. This experience is designed to be responsive to the interest and needs unique to historically underserved families.

SCHEDULE OF EVENTS

June 6, 2020 - 12 noon - 1:00 PM EST [11 AM CT; 10 AM MT]

[Balancing Caregiver & "Teacher" Roles at Home](#)

June 13, 2020 - 12 noon - 1:00 PM EST [11 AM CT; 10 AM MT]

[Supporting Emotional Wellness: Coping with Anxiety and Fear During the COVID-19 Pandemic](#)

June 27, 2020 - 12 noon - 1:00 PM EST [11 AM CT; 10 AM MT]

[5 Essential e-Tools & Family Activities for Summer Enrichment](#)

.....  
[Patient- and Family-Centered Care and Pediatric Partnerships during COVID-19](#)

The series of free webinars and online conversations will occur monthly from May through October 2020. The next two events are scheduled for June 25, and July 28 at noon EDT.

For more information about future events, contact Deborah Dokken: [ddokken@ipfcc.org](mailto:ddokken@ipfcc.org)

.....  
A Parent's Guide:

- [Helping Your Child Feel Good About Wearing and Seeing Others Wear Face Masks](#)
- [Helping Your Child Wear a Face Mask](#)
- [I Can Stay Healthy By Wearing a Face Mask](#)

.....  
[Pandemic Making Child Care Tough To Find For Those With Special Needs](#)

by Bianca Padró Ocasio, Miami Herald/TNS | May 19, 2020

With most daycare centers closed, child care options are especially limited for kids with disabilities and the impact is likely to be long-lasting.

(Click on article for the rest of the story.)

.....  
[House OKs COVID-19 Relief Plan With More Payments For People With Disabilities](#)

A fresh round of stimulus checks for people with disabilities and billions for home- and community-based services are part of a \$3 trillion relief bill that faces an uncertain future.

(Click on the article for the rest of the story.)

.....  
[COVID-19 Frequently Asked Questions Regarding CYSHCN.](#)

.....  
[How to help your child build resilience against Coronavirus anxiety.](#)

.....  
COVID-1 Resource Guide for Parents and Caregivers. The Washington State Department of Children, Youth, and Families (DCYF) recently created a [resource guide to help parents and caregivers navigate the COVID-19 pandemic](#). DCYF recognizes the challenges parents and caregivers are experiencing during this unprecedented time. Many parents and caregivers have the responsibility of balancing their work schedules in the face of school closures and limited child care availability, or job loss.

.....  
[How chronic stress changes the brain, and what you can do to reverse the damage.](#)  
.....

---

[Dental Health with COVID-19 Recommendations](#)

---

[Free quarantine resources](#) for students, kids, and people seeking new knowledge.

---

Revised DOH website regarding [COVID-19](#) with multilingual resources.

Need a phone number to call with questions about the virus?

DOH operates a hotline, with multiple language assistance, from 6 a.m. to 10 p.m. daily at 1-800-525-0127. The call center cannot access COVID-19 testing results. You can also text the word "Coronavirus" to 211-211 to receive information and updates on your phone.

---

People With Disabilities, Families, and Direct Support Professionals: [#WeAreEssential](#)

We are fighting every day to make sure the critical needs of people with disabilities, their families, and the direct support professional (DSP) workforce are included in the next coronavirus relief bill. And we need your help!

From home and community based services to minimize the risk of people with disabilities being forced into institutions, paid leave for all caregivers, personal protective equipment for the vital DSP workforce, and stimulus payments for all - our essential needs must be included.

What matters most to you and why? [Share YOUR story](#) with The Arc and send a personalized message to your Members of Congress by answering 3 short questions!

Then, help spread the word to three friends and ask them to share their story too.

For the latest information about the disability community and the coronavirus pandemic, visit visit [thearc.org/covid](http://thearc.org/covid). Thank you for your advocacy!

---

CDC's Personal Protective Equipment (PPE) Educational Materials

CDC has developed new [Personal Protective Equipment \(PPE\)](#) educational materials to be used as an aide when training healthcare personnel on selecting and correctly using; donning (putting on), doffing (taking off), and disposing of PPE to protect themselves from exposure to COVID-19 in the healthcare settings.

COVID-19 Educational Materials Include:

- [How to Safely Put On PPE Video](#)
- [How To Safely Take Off PPE Video](#)
- [How to Put On and Take Off PPE Fact Sheet](#)
- [How to Put On and Take Off PPE Poster](#)
- [PPE Illustrations](#)

These materials were created to increase the safety of the healthcare work environment through improved use of PPE by healthcare personnel. Additional Infection Control recommendations for Healthcare Personnel can be found on [CDC's Infection Control Guidance](#) website.

---

[How Parents can prepare for Corona virus-school closures and getting anything done](#)

[Spanish-How Parents can prepare for Corona virus-school closures and getting anything done:](#)

[Special Education Guidance from Washington State- OSPI](#)

[Food services during school closures:](#)

Talking with your child about Corona virus:

- [Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)
- [How to Talk to Your Kids About Corona virus](#)
- [Talking to Kids About the Corona virus](#)

[Washington State Department of Health](#)

[Centers for Disease Control and Prevention](#)

[Centers for Disease Control and Prevention - Get Your Home Ready](#)

[How to talk about COVID-19 with people who have autism](#)

[What's Open and What's Closed Under the Governor's Shelter at Home Order:](#)

[Plain Talk Guide for talking about COVID-19](#)

The Washington Department of Health has released a series of eight ASL/captioned educational videos about the COVID-19 pandemic and includes information on how to protect yourself and prevent the spread of the virus. Here are the YouTube listings available now. Watch for this on Facebook and other social media.

[Playlist:](#)

- [Introduction:](#)
- [What is COVID-19?:](#)
- [How Does COVID-19 Spread?:](#)
- [COVID-19 Symptoms:](#)
- [What to Do If You Are Sick:](#)
- [Prevention & Treatment of COVID-19:](#)
- [Stigma & COVID-19:](#)
- [What Can You Do About COVID-19?:](#)
- [What is Social Distancing?:](#)

[Resource page on COVID-19 for people with I/DD, their families and service providers in Washington](#)

COVID 19 Resource Information

[Plain Language Information on Corona Virus Accessible flyer](#)

[Plain Language Information on Corona Virus Accessible flyer - Spanish](#)

[COVID-19 Educational Materials - 26+ Languages](#)

Stay up-to-date on the [current COVID-19 situation in Washington](#), Governor Inslee's [proclamations](#), [symptoms](#), [how it spreads](#), and [how and when people should get tested](#).

For more information, visit our [Frequently Asked Questions](#) page.

Multiple Languages [Fact Sheet](#)

.....

## MENTAL/BEHAVIORAL HEALTH NEEDS

[DSHS Behavior Health Organizations \(BHO\) Contacts by County](#)

If you or your family is experiencing distress and need support call:

- National Parent Helpline 1-855-4 A PARENT or 1-855-427-2736
  - Info Children /Parent Helpline 1-778-782-3548
  - National Suicide Prevention 1-800-273-8255
-

If Life Gives You Lemon, Make Lemonade



or [Lemon Cheesecake](#) or [Lemon Bars](#) or [Lemon Pound Cake](#)  
or...

---

## Links for Archived Newsletters

(Click to read [archived past editions](#) through August 2016 of the P2P Newsletter!)

[Past Newsletters Parent to Parent \(bottom of the page\)](#)

WA State Parent to Parent (P2P) | The Arc of Washington State | 1.888.754.8798 x-2  
[parent2parentwa@arcwa.org](mailto:parent2parentwa@arcwa.org) | [info@arcwa.org](mailto:info@arcwa.org)  
Website: <https://arcwa.org/parent-to-parent/>

For a current listing of Washington State Parent to Parent programs, please contact:  
The Arc of Washington State at [info@arcwa.org](mailto:info@arcwa.org) or call the above phone #.

Friend us on Facebook:

<https://www.facebook.com/groups/155502866875/>



STAY CONNECTED:

