

Maine Parent Federation  
PO Box 2067  
Augusta, ME 04338-2067

Web: [www.mpf.org](http://www.mpf.org)  
Email: [parentconnect@mpf.org](mailto:parentconnect@mpf.org)

Central Office:  
12 Shuman Avenue, Suite 7  
Augusta, ME 04330

(207)-623-2144  
1-800-870-7746 (Statewide)  
Fax: (207) 623-2148

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# Parent Connection

Summer 2009 – Published Quarterly

*From the Executive Director's Desk....*

*Maine Parent Federation Celebrates 25 Years of Service to Families!*

**25 Years Ago ...**

... a small group of parents of children with disabilities from throughout the state met to discuss concerns and issues relating to their children. David Stockford, at the Maine Department of Education, encouraged this group to apply for a grant to provide support and information to other parents. None of the parents in the group had ever written a grant but they were willing to give it a try. First, they filed papers to become a corporation and then, with help from various interested parties, they submitted the grant application. The group was surprised and excited to be awarded the grant!

MPF became incorporated in April 1984 and used the grant funding to create the Special-Needs Parent Information Network (SPIN) in September 1984, now known as the Statewide Parent Information Network. Today, Maine Parent Federation has a staff of 35 and over 12 grant and funding sources. MPF is the only statewide, parent-run, cross-disability parent organization in Maine. We are the statewide Parent Training and Information Center (PTI) under the federal *Individuals with Disabilities Education Act* (IDEA), the statewide Parent Information and Resource Center (PIRC) under the *No Child Left Behind Act* (NCLB), the statewide Health Information Center (HIC) under the Maternal and Child Health Bureau (MCHB), the Parent Training and Information Center under the Rehabilitation Services Administration (RSA) and the Family Network Project under the Substance Abuse and Mental Health Services Administration (SAMHSA). These grant-funded projects are all highly competitive so we are extremely grateful to be able to provide services under these grants.

Please join us in celebrating our 25 years of service to families and professionals in Maine by attending our ***Celebrating the Family*** Conference and Anniversary Gala on October 2<sup>nd</sup> and 3<sup>rd</sup> at the Wyndham Portland Airport Hotel in South Portland. If you are unable to attend the conference but would like to join us for the silent auction, dinner, and dancing with the Tony Boffa Band on Friday evening, contact Deborah Newcombe at 1-800-870-7746 or email [dnewcombe@mpf.org](mailto:dnewcombe@mpf.org) for ticket information. The conference brochure will be available in mid-summer and we will post it on our web site at [www.mpf.org](http://www.mpf.org).

See you in October!

*Janice*



**SAVE THE DATE!**  
**Maine Parent Federation's**  
**25<sup>th</sup> Anniversary Gala and**  
**Celebrating the Family Conference**  
**October 2 & 3, 2009**


Wyndham Portland Airport Hotel in South Portland, ME

**Two full days of workshops on Early Childhood, Parent Involvement,  
Family Support, Special Education, and more.**

*Keynote Address by Jack Levine,  
Founder of 4Generations Institute and  
President of Advocacy Resources*



**A few of the workshops we will be offering:**

- \* ***Peaceable Stories*** – Parents will learn how to use children's books to nurture empathy. Each participant will receive a free book!
- \* ***Understanding Today's Schools: How Parents Can Help*** – This day-long workshop will teach participants how to collaborate with their child's school, become more effective partners in education, understand test data, and advocate for their child.
- \*  ***Philip Moses***, Assistant Director of the Center for Appropriate Dispute Resolution in Special Education (CADRE), will present a day-long workshop. He will share his considerable knowledge of facilitation, mediation and conflict resolution in special education.

**Just a few of the Presenters:**



***Philip Moses*** serves as CADRE's Assistant Director where he has worked since 1999. Philip was formerly Coordinator of the Program on Public Policy Dispute Resolution at the Government Law Center of Albany Law School. Philip served as President of the New York State Dispute Resolution Association from 1995 - 1997. Formerly the Director of the Dispute Resolution Center of Onondaga County (NY), he also founded the Institute for Advanced Conflict Resolution Skills based in Syracuse. He holds a Masters degree in Political Science with a Certificate in Conflict Resolution from Syracuse University, along with many professional certifications in the field. Philip has chaired numerous conferences and national symposiums including CADRE's *National Symposium on IEP Facilitation* (October 2005), and *On the Road ~ IDEA '04 & More: The Fourth National Symposium on Dispute Resolution in Special Education*, (December 2004) in Washington, D.C.

***Scott Noyes*** will be presenting a workshop in the *Early Childhood* strand. His presentations are fast paced, humorous, and filled with real-life examples.

***Carrie Horne***, NAMI Maine, will present a workshop about Mentally Healthy Families.

*Presenters continued...*

**Doug Clopp**, Director of Governmental Relations, and Coalition Coordinator for Consumers for Affordable Health Care, will talk about statewide and national healthcare reform. Doug will talk about the initiatives happening in Maine aimed at improving healthcare access, coverage, and quality.

**Don Trites**, a parent of three children with disabilities, will discuss innovative ways to provide supports to adults that limit or eliminate traditional services. As funding limits become more severe, we all need to find creative alternatives and think beyond present limits.

**25<sup>th</sup> Anniversary Gala Friday evening with dinner, awards,  
silent auction, and dancing until midnight with  
*The Tony Boffa Band!***



The conference brochure will be available mid-summer, so check the Maine Parent Federation website for more information! [www.mpf.org](http://www.mpf.org).

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***Maine Voices for Coverage:*** A new effort to get Mainers from all areas working together for positive changes in health care and coverage, with the voice of the public leading the way.

Consumers for Affordable Health Care (CAHC) is heading this new and exciting statewide effort. Maine is one of a dozen states receiving grant money to participate in this project. With the shape of our health care system ranking as a top concern for most Mainers, the time is ripe for change.

Consumer Voices for Coverage is a national initiative of the Robert Wood Johnson Foundation (RWJF) to support state-based consumer health advocacy and promote innovative and comprehensive health care reform efforts at the state and national levels. Maine Voices for Coverage hopes that by working with consumers statewide to support health care reform, eventually all Mainers will have access to quality, affordable health coverage. “Transforming Maine’s health system will only happen when consumers are engaged and have an organized and coordinated voice. The well-funded and well-organized voices of insurers, hospitals and big business must be balanced by the active participation of consumer advocates who represent the needs of those using the health insurance system as well as the 125,000 Mainers who are shut out of it,” says CAHC Communication Coordinator, Cherilee Budrick. RWJ chose Maine because of its unique position to bring real change as evidenced by the development of programs like Dirigo Health and the many health reforms and policies that resulted from it.

Leading this next giant leap toward health care for all is CAHC and a team of members from the American Cancer Society of Maine, Maine AFL-CIO, Maine Council of Churches, Maine Center for Economic Policy, Maine Equal Justice, Maine Parent Federation and Maine People’s Resource Center.

Join “***Maine Voices for Coverage***” to help us all get the quality affordable health care and coverage we all deserve! For more information to learn how you can be involved, you can contact Consumers for Affordable Health care at 207-622-7083, email [consumerhealth@mainecahc.org](mailto:consumerhealth@mainecahc.org), or visit [www.voicesforcoverage.org](http://www.voicesforcoverage.org).



## *New & Updated Information Packets*

Maine Parent Federation has information 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:**

- Lyme Disease
- Reactive Attachment Disorder - RAD
- Sudden Infant Death Syndrome – SIDS
- Learning Disability - LD

### **Education Related Topics:**

- Extended School Year – ESY
- Response to Intervention – RTI
- Assessments and Evaluations
- Vocational Rehabilitation - VR

### **General Topics:**

- MaineCare
- Serving on Boards and Committees
- Social Security
- Bullying and Harassment Prevention -- Maine's Best Practices

### **Laws, Rules, and Regulation Related Topics**

- Least Restrictive Environment – LRE
- Transition Planning for Employment

**.... and many more!!**

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

- Phone: **1-800-870-7746**  
(Ask to speak with a Parent Information Specialist)
- E-Mail: **[parentconnect@mpf.org](mailto:parentconnect@mpf.org)**  
(Please provide complete mailing information)

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

## **What's New in the MPF Library?**



**Now on DVD!**

***How Difficult Can This Be?*** The F.A.T. City Workshop on Learning Disabilities by Richard D. Lavoie and ***Beyond F.A.T. City:*** A Look Back, A Look Ahead, a conversation about special education.

**~ Books ~**

***1-2-3 Magic for Kids*** by Thomas Phelan, Ph.D. This book explains new discipline methods directly to your child, presented from the viewpoint of young children. It includes games, puzzles, and questions for discussion.

***Born on a Blue Day - Inside the Extraordinary Mind of an Autistic Savant*** by Daniel Tammet.

***Getting the Best for Your Child with Autism*** by Bryna Siegel, Ph.D. – A must have resource for families dealing with Autism Spectrum Disorders.

***Late, Lost, and Unprepared*** by Joyce Cooper-Kahn, Ph.D. and Laurie Dietzel, Ph.D. This book is full of ideas to help a child with weak executive skills become more productive and independent, today and in the future.

***Lost at School*** by Ross W. Greene, Ph.D. Why our kids with behavioral challenges are falling through the cracks and how we can help them.

***Power Source Parenting*** by Bethany Casarjian Growing up strong and raising healthy kids.

***Smart but Scattered*** by Peg Dawson, Ed.D, and Richard Guare, Ph.D. The revolutionary “executive skills” approach to helping kids reach their full potential.

To borrow any of these materials, call 1-800-870-7746 and ask for the library, or email [dnewcombe@mpf.org](mailto:dnewcombe@mpf.org). The complete library list is on our web site at [www.mpf.org](http://www.mpf.org).

## New England Common Assessment Program (NECAP)

Maine has joined New Hampshire, Rhode Island and Vermont in utilizing the NECAP. The NECAP will replace Maine's current assessment tool, the Maine Educational Assessment (MEA) in order to meet the State and US Government's requirements for testing under the *No Child Left Behind Act*. Each year students in grades 3 through 8 will be tested in reading and mathematics, and students in grades 5 and 8 will receive a writing assessment in addition to reading and mathematics. Maine's Personalized Alternate Assessment Portfolio (PAAP) will now be provided for students in grades 2 through 7. The existing accountability standards based on 2007 Maine Learning Results for science in grades 5, 8 and 11 will remain in effect.

Each year Maine's NECAP assessments will be administered within a 3-week period beginning on October 1<sup>st</sup>, or on the first school day following October 1<sup>st</sup>. NECAP is designed to assess students in the month of October for what was learned during the previous school year. That is, students will be assessed in October 2010 based on what they learned between September 2009 and June 2010. Assessment reports are released during the third week of the January following the assessments and can be found on the Department of Education's web site at [www.maine.gov/education/lsalt/necap/released.html](http://www.maine.gov/education/lsalt/necap/released.html).

NECAP's accommodations are currently being reviewed and results are anticipated to be available in late summer 2009. Schools should use the 2008-2009 MEA Accommodations Policy and Codes. More information regarding the 08-09 MEA accommodations can be found at [www.maine.gov/education/mea/0809materials/policiesprocedures.pdf](http://www.maine.gov/education/mea/0809materials/policiesprocedures.pdf).

For more information regarding NECAP, please visit [www.maine.gov/education/lsalt/necap/index.html](http://www.maine.gov/education/lsalt/necap/index.html), or contact Angela Burgess, Program Director, Maine PIRC, 207-623-2144, 1-800-870-7746, or email [aburgess@mpf.org](mailto:aburgess@mpf.org).

For more information about the PAAP, or to request a copy of our Assessment and Evaluation information packet, contact MPF and ask to speak with a Parent Information Specialist at 1-800-870-7746 or email [parentconnect@mpf.org](mailto:parentconnect@mpf.org).

## MAINE PARENT FEDERATION'S CASE MANAGEMENT SERVICES

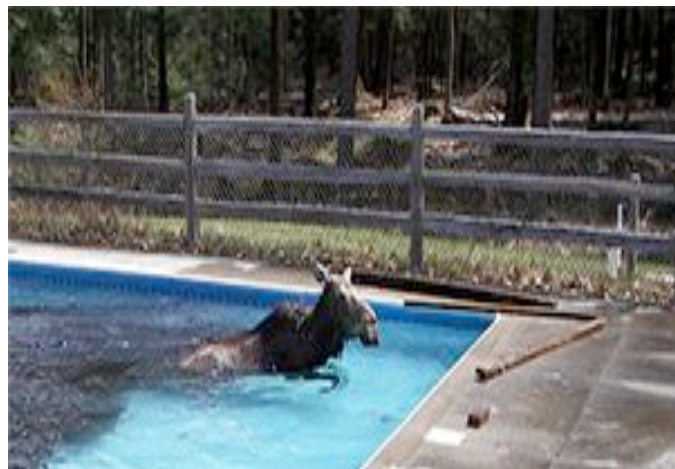
MPF Case Management Services are available to families in Kennebec and Somerset Counties who have a child between the ages of 5 and 20 with a diagnosis of Autism, Mental Retardation, Pervasive Developmental Disorder, Asperger Syndrome, or Developmental Delay. Families must either currently receive MaineCare or pursue eligibility for MaineCare. Case Management Services assist families in advocating for their child and help families find the information, support, and resources they need.

For more information, contact Ann Long, Case Manager, at 1-800-870-7746, 207-779-4886 (cell) or email [along@mpf.org](mailto:along@mpf.org).



## Nice Day for a Swim!

MPF staff member, Sue Fairfield, submitted this photo taken in her backyard last month. Her husband heard a noise in the yard, looked outside and saw Mr. Moose taking a dip! He quickly grabbed his camera and recorded the event. He was able to guide the moose toward the end of the pool, where the moose then jumped out, over the fence, and hasn't been seen since!



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*News from the*  
**Family Support Regional Coordinators**

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**Region 1:** Cumberland, York,  
Androscoggin & Oxford Counties

**Theresa D'Andrea**

1-800-515-2738 – tdandrea@mpf.org

Call for more information about our Parent-to-Parent program. Learn how you can become a trained support parent.

**Region 2:** Waldo, Lincoln, Knox, and Sagadahoc  
Counties & the Brunswick Area

**Beth Jones**

1-866-639-2804 - bjones@mpf.org

- **Stay tuned** for information on a youth training series to begin in the Camden/Rockport region in the fall.
- **Seeking parents** who are interested in becoming support parents in our Parent-to-Parent program. Call Beth for information on training opportunities.

**Region 3:** Kennebec, Somerset,  
Piscataquis & Franklin Counties

**Veronica Currier-Boucher**

1-800-870-7746 – vboucher@mpf.org

Call Veronica for more information about our Parent-to-Parent program. Learn how you can get support by being matched with a trained, experienced parent who has a child(ren) with similar disabilities or healthcare needs.

**Region 4:** Penobscot & Southern Aroostook Counties

**Robin Levesque**

1-877-679-1854 – rlevesque@mpf.org

- Autism Support Group meets the 2<sup>nd</sup> Tuesday of each month, 9AM at Community Health & Counseling in Houlton. FMI, 532-3510
- Hermon Parent-to-Parent Support Group meets every 6 weeks. FMI, 848-0756
- **NEW:** Gateway PA, Case Management & Therapy Services for birth to age 21. FMI, 532-3222
- Two **free** workshops on May 27 from 3 - 5PM at the Houlton Higher Education Center -- **Transition to Kindergarten: A Natural Progression** and **Special Education: The 3R's – Rights, Responsibilities & Results**. Contact Penney Steeves at MPF to register, 1-800-870-7746 or psteeves@mpf.org.

**Region 5:** Washington & Hancock Counties

**April MacLelland**

207-801-2515 – amaclelland@mpf.org

Contact April to learn more about support groups in these regions.

**Region 6:** Northern & Central Aroostook County

**Catherine Jandreau**

1-877-848-1253 - cjandreau@mpf.org

~ Parent Group ~

Are you a parent or family member of a child with special healthcare needs? Join us for support and education, and help brainstorm ways to create social opportunities for our children. For more information, contact Catherine at cjandreau@mpf.org or Cindy Johnson at rucynical@yahoo.com.

~ Trainings ~

- **Guardianship** – Judy DeMerchant will present a parent's perspective on the ins and outs of guardianship. Date and time to be announced.
- **Reactive Attachment Disorder** – Presented by Community Health and Counseling staff. June date and time to be announced.
- **Parent-to-Parent Training** – We offer training for parents and family members of a child with special healthcare needs or a disability who would like to support other parents in similar situations. FMI, call Catherine.

**Transition Summer Camp**

August 2 – 7, 2009

To be eligible for BRIDGES Summer Camp you must be a youth between the ages of 14 and 20, be identified as a student with special needs, and live in Aroostook County. Camp will run August 2 – 7 at the Baptist Park in Mapleton, Maine. **Pre-registration by May 30, 2009.** Space is limited and will be filled on a first come, first serve basis.

Call Jeanne at 207-227-0046 or email jbugbee@mainetransition.org for more information or to check on openings **after the May 30<sup>th</sup> deadline.**



## ***Maine Parent Federation Welcomes New Staff!***

**Lynn Braff** recently joined the Maine State PIRC team as the Regional Parent Involvement Coordinator covering Kennebec, Lincoln and Sagadahoc Counties. Lynn previously taught children and adults in public and private school settings. She has a background in literacy and special education, with a particular interest in designing workshops with principals derived from brain research. She and her husband live in Hallowell and have two children, a daughter, 28, and a son, 24. Lynn loves hiking, ocean kayaking, sculpture, and reading almost anything. Lynn is looking forward to working with parents and schools.

**Robin Levesque** is the new Regional Family Support Coordinator for Region 4, covering Southern Aroostook and Penobscot Counties. Robin is the mother of 3 boys, 23, 18, and 16. Her oldest has Bi-Polar Disorder and ADHD, and her youngest has Cerebral Palsy, Autism, and a seizure disorder. Robin is very excited about working with MPF and hopes to share some of what she has learned through the years with you, as well as learn from your life's experiences. Robin looks forward to meeting new people and offering resources and support.

**April MacLelland** is the new Regional Family Support Coordinator for Region 5, covering Hancock and Washington Counties. April is originally from Georgia and now lives in Bar Harbor. April has two boys, ages 13 and 9, who are the loves of her life. Her sons have had a number of physical as well as mental health issues along their childhood journey. She is sensitive to their needs and understands how parents with children that have special needs can feel alone. Everyone she has met is full of positive supportive. April said she is grateful to be part of such an amazing agency that does so much for so many families. She looks forward to meeting you, learning from you, and assisting you to find the support you need.

**Bahia Yacksan** has been hired as the Activities Coordinator for Project LAUNCH, a SAMHSA-funded program working with high-risk, substance-exposed children ages 0-8 and their families in rural Washington County. This grant was awarded to the Community Caring Collaborative (CCC), a grass roots coalition of 33 agencies and tribal entities. The CCC and Maine Center for Disease Control and Prevention (CDC) will partner to build a sustainable system of care that is strength based, family driven, culturally competent and based on an integrated public health model. Bahia will be coordinating family supports and providing training, supervision and support to peer counselors working with families in the program. Bahia comes to this position with a wealth of experience, knowledge and skills. She has spent many years designing and facilitating transformative workshops, demonstrating the ability to teach skills in culturally diverse contexts, and coordinating programs for and working with, families in crisis situations.

**Anna Cyr**, Family Consultant to the Children with Special Health Care Needs (CSHN) Program, will be working with our Family Support program and Maine's CDC CSHN Program to improve service systems for children with special healthcare needs and disabilities. Anna has two daughters who have some significant medical challenges. She is a Network Member of Maine Family Voices and a Regional Coordinator for the Oley Foundation, a group that supports individuals who are fed intravenously or by a G-tube. As a result of her daughters' medical challenges, she has had extensive experience "navigating the system". Anna's oldest daughter graduated from the University of Maine, Farmington, in 2007 and is the Youth Coordinator for Healthy and Ready to Work and Children with Special Health Needs. Her youngest daughter is a sophomore in high school and is active in drama and horseback riding. Anna and her husband, Mike, have devoted themselves to helping the girl's live active, fulfilling lives and have encouraged them to strive for independence.

Maine Parent Federation is pleased to welcome these new staff to our team!



## Partners in Special Education

Over the years, one of the most frequent comments we have heard from families is how frustrating it can be to understand and navigate the special education system in their child's school. **Partners in Special Education** works with the parents and school personnel in pilot schools to: identify things that promote meaningful parent involvement, identify areas that create barriers to meaningful parent involvement, and to support parents in gaining a better understanding of the special education system. This work can include parent meetings, special events or activities, developing school-specific special education handbooks, developing parent leaders, and supporting parents in preparing for and participating in Individualized Education Program (IEP) team meetings.

A **Partners** relationship starts with an agreement between Maine Parent Federation (MPF) and a local school system. MPF currently has partnerships with Cape Elizabeth, MSAD 3, MSAD 15 and MSAD 17. Each **Partners** relationship is different because it is based on what the parents and the schools decide they would like to work on. The following information provides a snapshot of what is happening in each **Partners** school, along with contact information for the MPF Parent Training and Information Specialist/Partners Liaison assigned to that school. We hope to hear from you if you are a parent of a child receiving special education services in one of the **Partners** schools.

**Cape Elizabeth's Partners in Special Education** is now in its second year. A parent group called **Cape Parents 4 Parents** meets monthly. This group hosted budget talks with the Special Education Director and will purchase books on children's behavioral health for Cape Elizabeth's library. The group will be collaborating with the Special Education Administration to create guidebooks for parents. For more information, contact Elizabeth Collins, Partners Liaison, at 1-800-870-7746, or email [ecollins@mpf.org](mailto:ecollins@mpf.org).

**MSAD 3 (Waldo County) Partners in Special Education** is working on a Parent-to-Parent Special Education Handbook. MSAD 3 is adding more books to their central library and has scheduled a special education workshop for parents and faculty on May 22<sup>nd</sup>. For more information, contact Donna Dewitt, Partners Liaison, at 1-800-870-7746, or email [ddewitt@mpf.org](mailto:ddewitt@mpf.org).

**MSAD 15 (Gray/New Gloucester) Partners in Special Education** is planning a family fun day at the end of June. Details are yet to be finalized. For more information, contact Jan Diecchio, Partners Liaison, at 1-800-870-7746, or email [jdiecchio@mpf.org](mailto:jdiecchio@mpf.org).

**MSAD 17 (Oxford Hills School District) Partners in Special Education** held three very productive meetings over the past few months. The group is currently working on a special education handbook for families and setting up workshops for the fall. There will be a meeting on Thursday, May 21<sup>st</sup> at 6 p.m. in the Superintendent's Office. If you would like to learn more about the project, contact Robbin Pelletier, Partner's Liaison, at 1-800-870-7746, or email [rpelletier@mpf.org](mailto:rpelletier@mpf.org).

### It's Time to Schedule Summer & Fall Workshops!



MPF's Parent Training and Information Specialists are currently scheduling workshops for the summer and fall. A complete list of the workshops can be found on our web site at [www.mpf.org](http://www.mpf.org). Contact us at 1-800-870-7746 or email [parentconnect@mpf.org](mailto:parentconnect@mpf.org) to schedule the workshops that interest you!



## Workshop Updates

MPF staff members have been busy traveling around the state presenting workshops and doing outreach. Sherrie Metcalf, GEAR UP Regional Coordinator, and Donna DeWitt, Parent Training and Information Specialist, teamed up to represent Maine Parent Federation at the Transition Workshop held at the University of Maine in Machias on April 30, 2009. Teachers, principals, vocational rehabilitation experts, and guidance counselors from Machias and the surrounding area shared information and learned about resources available in Maine.

Donna DeWitt also presented the *Advocacy to Self-Advocacy: Moving on and Letting Go* workshop at the 11<sup>th</sup> Annual Conference *Finding Your Voice in Advocacy* sponsored by Adoptive and Foster Families of Maine on April 17 and 18 in Bangor. The conference was well attended and included foster parents, CASA employees, judges, educators, kinship providers, and caseworkers from around the state. Overall conference evaluations stated, "The conference was excellent!"



## MPF's Spring '09 Spotlights!

Today, finding time to go to a workshop can be more difficult than ever. With this in mind, MFP designed the SPOTLIGHTS SERIES as an innovative way for parents to join us for an enjoyable one-hour presentation right from their own phone. Here's what some parents said:

*"Thank you for a very informative class."*

*"I truly appreciate the phone classes that MPF has offered. It has allowed me, a busy mother, to be a part of what I otherwise would have missed."*

*"Thank you so much!"*

*"It's great just being in my office and doing this. I hope Maine Parent Federation continues with these."*

## Tips for Parents of High School Students

- ◆ NOW is the time to talk about life-after-high-school with your teen.
- ◆ Use your school, public library, the Internet, and your guidance office to explore career possibilities. Thinking about possible careers makes planning high school courses and college searches much easier.
- ◆ Career ideas help guide higher education searches. A student who is sure she wants a career in social work, and a student who is committed to a career in boat building will be interested in different types of schools.
- ◆ Any family with one or more children in high school should discuss money for higher education. If families don't discuss it, the children could assume it's just not affordable and give up. There is financial aid available to help make it affordable.

Here are some career search tools you and your child can explore on the Internet:

- ★ Career Interest Survey: [www.edonline.com/collegecompass/carhlp2.htm](http://www.edonline.com/collegecompass/carhlp2.htm)
- ★ Career Information from the Bureau of Labor Statistics: [www.bls.gov/k12/](http://www.bls.gov/k12/)
- ★ Career Voyages, for students and parents: [www.careervoyages.gov/](http://www.careervoyages.gov/)
- ★ Career Planning Links: [www.wisemantech.com/guidance/careerinfo.html](http://www.wisemantech.com/guidance/careerinfo.html)
- ★ O'Net Online, Occupational Information Center: [www.online.onetcenter.org/](http://www.online.onetcenter.org/)

Contact Ray Cook if you have questions about helping your child go on to higher education. Call Ray at 1-800-870-7746 or email him at [rcook@mpf.org](mailto:rcook@mpf.org).



# Fun With Mother Goose Nursery Rhymes

Singing, reciting, and acting out nursery rhymes with your young child are fun ways to encourage the skills needed for reading and life-long learning.



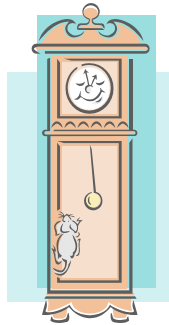
Nursery rhymes:

- Are appealing to children because they are funny, have rhythm and rhyme, and have exaggerated people, places, and things (such as dogs that laugh and cats that play fiddles).
- Help “train the brain” to new sound combinations through rhythm and rhyme, encourage children to play with words and sounds, and increase vocabulary (“tuffet”, “porridge”, “caper”).
- Enhance listening skills.

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## HICKORY DICKORY DOCK

Hickory, dickory dock.  
The mouse ran up the clock.  
The clock struck one,  
The mouse ran down.  
Hickory, dickory dock.



- Have a mouse feast! Set out some crackers and a variety of cheese – Gouda, Swiss, Monterey Jack, etc. What kind do you like best? Have macaroni and cheese or grilled cheese sandwiches for lunch. Try melting cheese over green beans or broccoli.
- Go to a pet store and check out the mice. What color are they? What are they doing? If you had a pet mouse, how would you care for it? What would it eat?
- Burrow like a mouse. Set a blanket on the floor and pretend to be a mouse burrowing underneath it.

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## LITTLE BOY BLUE

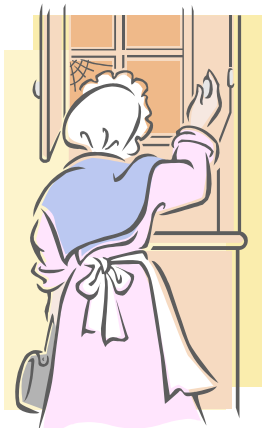
Little boy blue,  
Come blow your horn.  
The sheep’s in the meadow,  
the cow’s in the corn.  
Where is the little boy who  
looks after the sheep?  
He’s under the haystack fast  
asleep.

- Say the rhyme, substituting your child’s name for “Little Boy Blue”. For example, “Little Miss Sarah, come blow your horn” or “Little Boy Corey”. Change the words, pretending to forget them. Does your child correct you?
- Practice blowing cotton balls, feathers, or pom-poms across a table or around the room.
- Color with different shades of blue. Introduce new words, such as “pastel”, “periwinkle”, or “aqua.”
- Visit a farm. Watch the cows or sheep. Sit on top of a haystack. How does the hay feel?

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## OLD MOTHER HUBBARD

Old Mother Hubbard  
went to the cupboard to  
fetch her poor dog a bone.  
But when she got there,  
the cupboard was bare,  
And so the poor dog had  
none.



- Play hide and seek with a dog bone. Have your child pretend he is a dog looking for his bone. When he finds it, praise him and pat him on the head. Then reverse roles – you become the dog and your child hides the bone.
- Have your child pretend she is a dog; then give her commands, such as “sit”, “roll over”, “fetch”, and “shake.”
- Visit the dogs at your local animal shelter. Talk about the different kinds of dogs. Talk about what dogs need to be happy. Bring them dog bones.
- Designate one low cupboard for baby to explore. Keep only safe, unbreakable items in it, such as plastic ware and covers, pots and pans, boxes, etc. Add a “surprise item” occasionally to spark his interest.

# WE NEED YOUR FEEDBACK!

(This survey is also available electronically at [www.mpf.org](http://www.mpf.org))

Please help us plan for the future of Maine Parent Federation. Each year we conduct a needs assessment and evaluation. We want to hear from you to help plan ways to meet everyone's needs. Please take a few minutes to complete this survey and return it to us. If you need more room for comments you can attach another page.

## Information about person completing the survey:

\_\_\_\_\_ Are you a parent/family member \_\_\_\_\_ Do you have a child with a disability? \_\_\_\_\_

Age: \_\_\_\_\_ Disability: \_\_\_\_\_

\_\_\_\_\_ Are you a professional? (Please specify special educator, service agency, etc.) \_\_\_\_\_

\_\_\_\_\_ Are you an adult with a disability? Disability: \_\_\_\_\_

**Directions:** For each statement below, please indicate whether you agree (A) or disagree (D).

## A. Overall Effectiveness (For families ONLY)

(A) (D)

- \_\_\_\_\_ 1. MPF is a good source for the kinds of information that I need to help my child.
- \_\_\_\_\_ 2. MPF has supplied me with support when I needed it.
- \_\_\_\_\_ 3. Through MPF, I have acquired useful skills to communicate with educators & other professionals.
- \_\_\_\_\_ 4. Because of my association with MPF, I feel better prepared to work as a partner with educators and other professionals who serve my child.

## B. Newsletter (*Parent Connection*)

(A) (D)

- \_\_\_\_\_ 1. The newsletter is informative and accurate.
- \_\_\_\_\_ 2. The newsletter has provided me with information about resources available in the community.
- \_\_\_\_\_ 3. The newsletter informs me about issues affecting persons with disabilities.
- \_\_\_\_\_ 4. The newsletter provides information about a variety of issues.
- \_\_\_\_\_ 5. The format of the newsletter makes it easy to read.
- \_\_\_\_\_ 6. The length of the newsletter is about right.
- \_\_\_\_\_ 7. I would recommend the *Parent Connection* newsletter to a friend.

## C. Individual Assistance

(A) (D)

- \_\_\_\_\_ 1. When I called MPF, I received the help I needed.
- \_\_\_\_\_ 2. The information I received from MPF was accurate.
- \_\_\_\_\_ 3. I felt comfortable talking with a representative from MPF.
- \_\_\_\_\_ 4. I felt that the person I talked with from MPF understood my concern or question.

## D. Lending Library

(A) (D)

- \_\_\_\_\_ 1. The materials I received from the library were helpful to me.
- \_\_\_\_\_ 2. The library provided me with materials that are not readily available in my community.
- \_\_\_\_\_ 3. The library service is easily accessible via phone, mail or email.
- \_\_\_\_\_ 4. Library staff was helpful and courteous in meeting my needs.
- \_\_\_\_\_ 5. The library lending policy makes it easy for families to use the library.

## E. Workshops (If you have attended a workshop presented by MPF):

(A) (D)

- \_\_\_\_\_ 1. The presenter at the workshop was well prepared.
- \_\_\_\_\_ 2. The workshop provided useful information on the topic.
- \_\_\_\_\_ 3. The length of the workshop was about right.
- \_\_\_\_\_ 4. I felt comfortable participating in the workshop. ....Continued on back page ...>

Maine Parent Federation, Inc.  
PO Box 2067  
Augusta, ME 04338-2067

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(A) (D)

- \_\_\_\_\_ 5. The information in the workshop was accurate.
- \_\_\_\_\_ 6. The information in the workshop was understandable.
- \_\_\_\_\_ 7. The presenter related well to the audience.
- \_\_\_\_\_ 8. I would like to attend another MPF workshop in the future.
- \_\_\_\_\_ 9. I would recommend a MPF workshop to a friend.

**F. What topics would you like Maine Parent Federation to consider for future workshops:**

**G. Please complete the following statements:**

1. The most helpful thing about MPF for me is:
  
  
  
  
  
  
  
  
  
  
2. In the future, I would like MPF to do the following things:
  
  
  
  
  
  
  
  
  
  
3. If I could change one thing about MPF it would be:

**Thank you for completing the survey! Please return to:**  
Maine Parent Federation, PO Box 2067, Augusta, Maine 04338