



Families Together, Inc.



P2

[Desarrollando el IEP de Su Hijo](#)
[Education Advocate Update](#)



P3

[Medications and Your Oral Health](#)
[From the Director's Desk](#)
[Los Medicamentos y su Salud Oral](#)



P4

[Calendar of Events](#)

Connections

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A quarterly publication from Families Together, Inc., the [Parent Training and Information and Health Information Center](#) for the state of Kansas

Developing Your Child's IEP

Being a parent is the most wonderful—and hardest—job in the world. If you have a child with special needs, your job is no less wonderful, but it can be more complicated. Your child's education is most likely an area of great interest to you. As a child with a disability, he or she may be eligible for special education services in school. If so, then it will be important for you to learn:

- more about special education;
- how special education services can support your child; and,
- what part you can play in the special education process.

The good news is that there's a lot of information available for parents on how to be an effective partner with your child's school.

Thanks to a powerful and important federal law called the Individuals with Disabilities Education Act, or IDEA, children with disabilities are entitled to a "free appropriate public education" (often called FAPE). This means that schools must provide eligible children who have a disability with specially designed instruction to

meet their unique needs at no cost to the children's parents. This specially designed instruction is known as special education.

IDEA includes a great deal of information to help states design special education programs for children with disabilities. IDEA also includes regulations to protect the rights of parents and children. Getting to know IDEA will be very useful to you, because it is the basis of your child's educational rights. It's also helpful for you to know the policies of your state and local school district. (For instance, Kansas serves children identified as gifted under its special education law.) These must be based on, and consistent with, IDEA's minimum requirements, but they often spell out important details about procedures and guidelines in your area. Click here for the Parent's Guide to Special Education in Kansas, <http://familiesaltogetherinc.org/wp-content/uploads/2011/08/Parents-Guide-to-Special-Education-in-Kansas.pdf>.

One of the most important parts of the special education process is

creating a plan for your child's education. This plan is called the Individualized Education Program, or the IEP. The IEP is the foundation for your child's education, and you are a very important member of the team that develops it. Your child's IEP lists the special education services your child will receive, based upon his or her individual needs. This is why it is so important that you understand and help develop your child's IEP. You should feel free to ask questions and offer suggestions. You will also want to feel comfortable that the team has spent enough time talking and planning before filling out the various sections of the IEP. It helps to think of the IEP both as a process and as a document to be written. Understand the process one step at a time—it has many parts. Learn the process of writing the document the same way. It, too, has many parts. You will quickly become familiar with all the steps to writing an IEP. If your child continues to receive special education each year, you will soon become an IEP expert yourself!

Adapted from NICHY Developing Your Child's IEP publication.

Desarrollando el IEP de Su Hijo



Ser padre es el más maravilloso—y más duro—trabajo del mundo. Si tiene un hijo o hija con necesidades especiales, su trabajo no deja de ser maravilloso, pero puede ser más complicado. La educación de su hijo o hija es probablemente un área de gran interés para usted. Como niño o niña con una discapacidad, él o ella puede ser elegible para servicios de educación especial en su escuela. Si es así, entonces será importante para usted saber:

- más sobre la educación especial,
- lo que la educación especial puede hacer para su hijo o hija, y
- qué papel puede usted jugar en el proceso de la educación especial.

La buena noticia es que existe mucha información disponible para los padres cómo ser un compañero eficaz en la educación de su hijo o hija.

Gracias a una poderosa y enérgica ley federal llamada El Acta para la Educación de los Individuos con Discapacidades (“Individuals with Disabilities Education Act,” o IDEA), los niños y niñas con discapacidades tienen derecho a recibir una educación pública gratis y apropiada (“free appropriate public education,” a menudo llamada FAPE). Esto significa que las escuelas deben proveer a los niños y niñas elegibles, que tienen una discapacidad, con instrucción especialmente diseñada para satisfacer sus necesidades únicas, sin ningún costo para los padres del niño o niña. Esta instrucción especialmente diseñada es conocida como la *educación especial*.

IDEA incluye mucha información para ayudar a los estados a diseñar los programas de educación especial para niños con discapacidades. IDEA también incluye regulaciones para proteger los derechos de los padres y de los niños.



Llegar a conocer IDEA será muy útil para usted, porque representa la base de los derechos educacionales de su hijo o hija. También es muy útil conocer la política de su estado y su distrito escolar local. Por ejemplo, Kansas sirve a los niños identificados como superdotados bajo su ley de educación especial.) Esto debe basarse en, y ser coherente con los requisitos mínimos de IDEA, pero con frecuencia explican los detalles importantes acerca de los procedimientos y pautas en su área. Haga clic aquí para obtener la Guía para Padres sobre la Educación Especial en Kansas,

<http://familiestogetherinc.org/wp-content/uploads/2011/08/Parents-Guide-to-Special-Education-in-Kansas.pdf>

Una de las partes más importantes del proceso de la educación especial es crear un plan para la educación de su hijo o hija. Este plan se llama el **Programa Educativo Individualizado** (en inglés, “Individualized Education Program,” o **IEP**).⁶ El IEP es el cimiento para la educación de su hijo o hija, y usted es un miembro muy importante del equipo que lo desarrolla. El IEP de su hijo o hija enumera los servicios de educación especial específicos que su hijo o hija recibirá, basados en sus necesidades. Por estas razones es de gran importancia que usted entienda y ayude a desarrollar el IEP de su hijo o hija.

Hemos reunido mucha información dentro de esta guía. Si usted nunca ha participado en crear un IEP, esta información le puede parecer extraña y desbordante. Le ayudará a pensar en el IEP tanto como un *proceso* como un *documento* a ser escrito. Entienda el proceso paso a paso—tiene muchas partes. Aprenda cómo escribir este documento de la misma manera. También tiene muchas partes.

Se familiarizará pronto con todos los pasos para escribir un IEP. Si su hijo o hija continua recibiendo educación especial cada año, usted mismo se convertirá pronto en un experto en el IEP!

Medications and Your Oral Health

More than 400 prescribed and over-the-counter medications cause dry mouth (xerostomia).

Dry mouth increases the risk of oral disease, tooth decay and gum disease because less saliva coats the teeth with fluoride to wash away food particles and bacteria.

Know if your medications might increase your risk for dry mouth. Ask your dentist, physician or pharmacist to identify medications that have a tendency to reduce saliva.

Use water, sugar free chewing gum, or solutions recommended by your dentist to reduce dry mouth condition. Limit the use of hard candy, chewing gum, and beverages that contain sugar.

Some prescribed and over-the-counter medications have a sugar base. Ask your dentist, physician or pharmacist for a sugar-free substitute, and ask if you should rinse with water after taking these medications.

Similarly, some medications may leave a coating on your teeth. Ask your dentist, physician or pharmacist if you should rinse with water after taking these medication as well.

Los Medicamentos y su Salud Oral

Más de 400 medicamentos con y sin receta causan resequead en la boca (xerostomía).

La sequead en la boca aumenta el riesgo de enfermedades bucales, caries y enfermedad de las encías debido a que menos saliva cubre los dientes con flúor para quitar partículas de alimentos y bacterias.

Averigüe si sus medicamentos podrían aumentar el riesgo de resequead en la boca. Pregunte a su dentista, médico o farmacéutico para identificar medicamentos que tienen tendencia a reducir la saliva.

Utilice agua, chicle sin azúcar, o soluciones recomendadas por su dentista para reducir la condición de resequead en la boca. Utilice caramelos duros, chicles y bebidas que contienen azúcar con poca frecuencia.

Algunos medicamentos con y sin receta tienen una base de azúcar. Pregúntele a su dentista, médico o farmacéutico para obtener un sustituto sin azúcar, y pregunte si se debe enjuagar con agua después de tomar estos medicamentos.

Del mismo modo, algunos medicamentos pueden dejar una capa en los dientes. Pregúntele a su dentista, médico o farmacéutico si debe enjuagar con agua después de tomar estos medicamentos.

Del mismo modo, algunos medicamentos pueden dejar una capa en los dientes. Pregúntele a su dentista, médico o farmacéutico si debe enjuagar con agua después de tomar estos medicamentos.

From the Director's Desk

Families and Appointed Advocates:

The staff at Families Together is pleased to continue to serve your needs by phone or in person – even in the summer! Our offices are open Monday – Thursday this summer. If you are thinking about the upcoming school year and trying to prepare, or having difficulties with health care partnerships for your child or young adult, give us a call.

YOU are your child's best and most consistent advocate. Just because the Kansas Legislature is out of session does not mean that you should not be in contact with your representative or senator. Remind them of their commitment to serve your family and the special needs that your family member with a disability or special health care need has.

Have a safe and refreshing summer – READ to your little ones.

Connie



Survey Results



If you're one of the 275 education advocates who submitted your survey, we thank you! Below are some high points of data that were revealed through the survey:

- 83% of respondents felt the IEP met the needs of the child
- 89% believed the IEP was being implemented as written
- 83% felt they were treated as an equal team member
- 78% of education advocates attended the child's IEP meeting
- 50% of advocates have daily, weekly and monthly communication with the child's school
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On the flip side, there were some issues that advocates need to address

- 27% of education advocates reported they "rarely" have communication with the child's school.
- 30% did not receive a 10 day written notice of the IEP meeting
- 52% are not receiving progress notes every nine weeks
- 50% of advocates did not receive written documentation when their appointed child was suspended or expelled.

Please assert your rights as the legal educational decision-maker. You have the right to a 10 day written notification of an IEP meeting as well as written documentation of a suspension or expulsion. You also need regular communication with the school to monitor your student's academic and/or behavioral progress. As always, if you have questions, please feel free to contact [Families Together](#).

Families Make the Difference

Families Together, Inc. founded in 1982, serves as the Parent Training and Information Center and Family to Family Health Information Center for Kansas and provides opportunities for families to come together and meet other families who are navigating the special education and disability services maze. Each year, Families Together, Inc. provides, without fees, direct support to thousands of Kansas families. In addition, through workshops, conferences and partnerships with state, local and national organizations, Families Together provides training to nearly 4,000 families and professionals working with children and youth with disabilities and special health care needs.

[Garden City Center](#) 888-820-6364 or 620-276-6364

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[Topeka Center](#) 800-264-6343 or 785-233-4777

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[Wichita Center](#) 888-815-6364 or 316-945-7747

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Calendar of Events

<i>Sept 25-26, 2015</i>	<i>Spanish Family Enrichment Weekend, Salina</i>	<i>888-820-6364</i>
<i>Sept 30, 2015</i>	<i>Education Advocate Training-Topeka</i>	<i>800-264-6343</i>
<i>Oct 10, 2015</i>	<i>Family Employment Awareness Training (FEAT) Part 1, Overland Park</i>	<i>800-264-6343</i>
<i>Oct 16, 2015</i>	<i>FEAT Part 2, Overland Park</i>	<i>800-264-6343</i>
<i>Oct 17, 2015</i>	<i>FEAT Part 1, Colby</i>	<i>888-820-6364</i>
<i>Oct 30, 2015</i>	<i>FEAT Part 2, Colby</i>	<i>888-820-6364</i>