

HAWAII FAMILIES AS ALLIES
PRESENTS

Your Time To Sparkle

BECOMING A BETTER PARENT
ADVOCATE



HFAA Disclaimer

This training is made available to you by parents for parents and community partners for educational purposes only. Our intention is to give you a general understanding of information that may help you navigate the different systems of care and make choices that you feel will best support you and/or your child. We do not give legal and/or medical advice.

Learning Objectives



BRIEF OVERVIEW OF LAWS & HAWAII'S SYSTEMS OF CARE



EFFECTIVE COMMUNICATION



EFFECTIVE NEGOTIATION



DOCUMENTATION



Learning Objectives



YOUR PARENT JOURNEY



SELF-CARE



ACTIVITY: A NOTE TO SELF



Advocate

- (Noun) One who defends, vindicates, or espouses a cause by argument; upholder; defender; one who pleads for or on behalf of another; intercessor; one who pleads the cause of another in a court of law.



Laws
&

Hawai'i Systems of Care

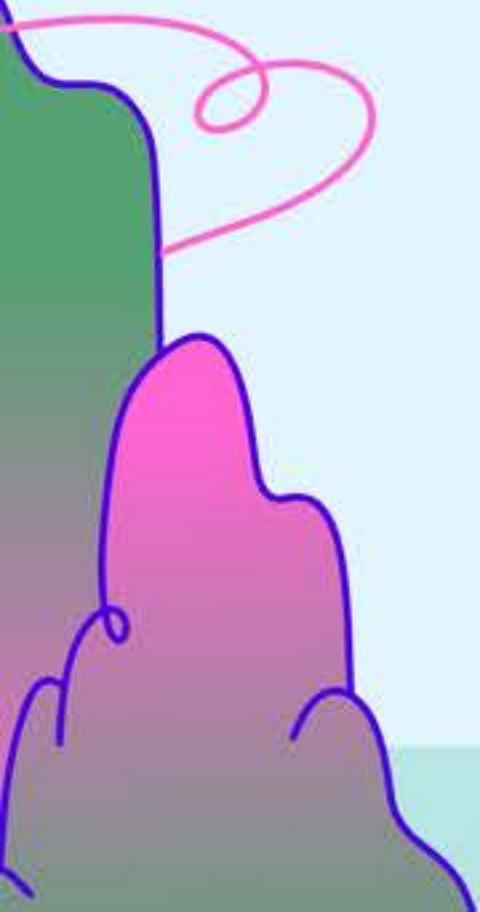


Overview of laws



THERE ARE 4 LAWS THAT MAY AFFECT YOUR CHILD WITH DISABILITIES

2 of the 4 are civil rights laws, intended to prevent discrimination in school settings and in the community



Overview of laws

SECTION 504 OF THE REHABILITATION ACT OF 1973

- This requires that students with disabilities have equal access to educational services
- A individual 504 Plan is developed for qualifying students, which enables modifications and accommodations to ensure that students receive an education comparable to non-disabled students, including extra-curricular activities
- All students who have a disability which affects their education are covered under Section 504
- 504 Plans are generally developed for students with moderate needs, who don't otherwise qualify under Individuals with Disabilities Education Act (IDEA)

Overview of laws

AMERICANS WITH DISABILITIES ACT (ADA)

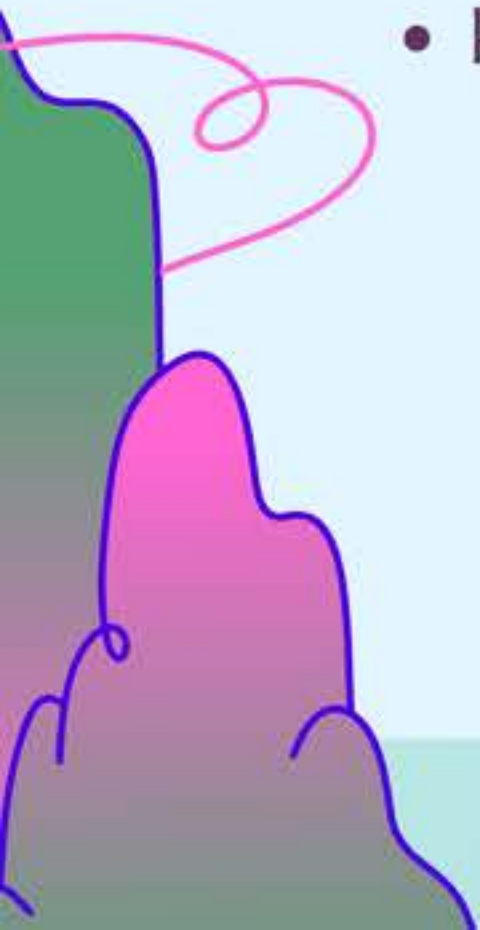
- Bars discrimination on the basis of disability in employment, public transportation, government services, and places for public use (parks, restaurants, stores, schools etc.)
- ADA for students w/disabilities are generally provided information in alternate formats (Braille or American Sign Language), modifying tests.
- Improving accessibility by redesigning equipment or building features

Overview of laws



FAMILY EDUCATION RIGHTS AND PRIVACY ACT (FERPA)

- Protects the privacy of student records for all public school students.
- Gives parents the right to review their child's education records at any time.
- Parents request copies, sometimes a small fee is charged for copies
- Parents can request changes in the record, when appropriate.



Overview of laws



INDIVIDUAL WITH DISABILITIES EDUCATION ACT (I.D.E.A)

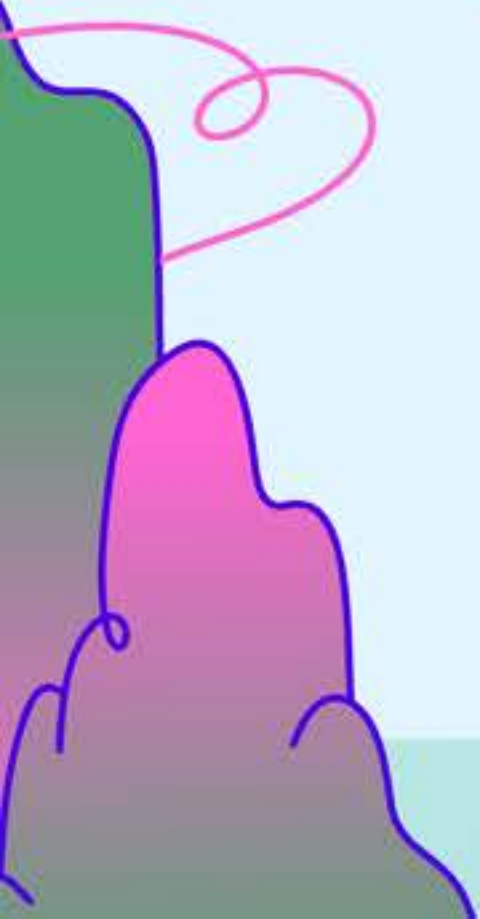
- IDEA is the education law passed by Congress in 1975
- First law defined special education and spelled out what schools must provide to students with disabilities
- Special education is specially designed instruction - at no cost to the parent
- Must meet the unique needs of a student with a disability

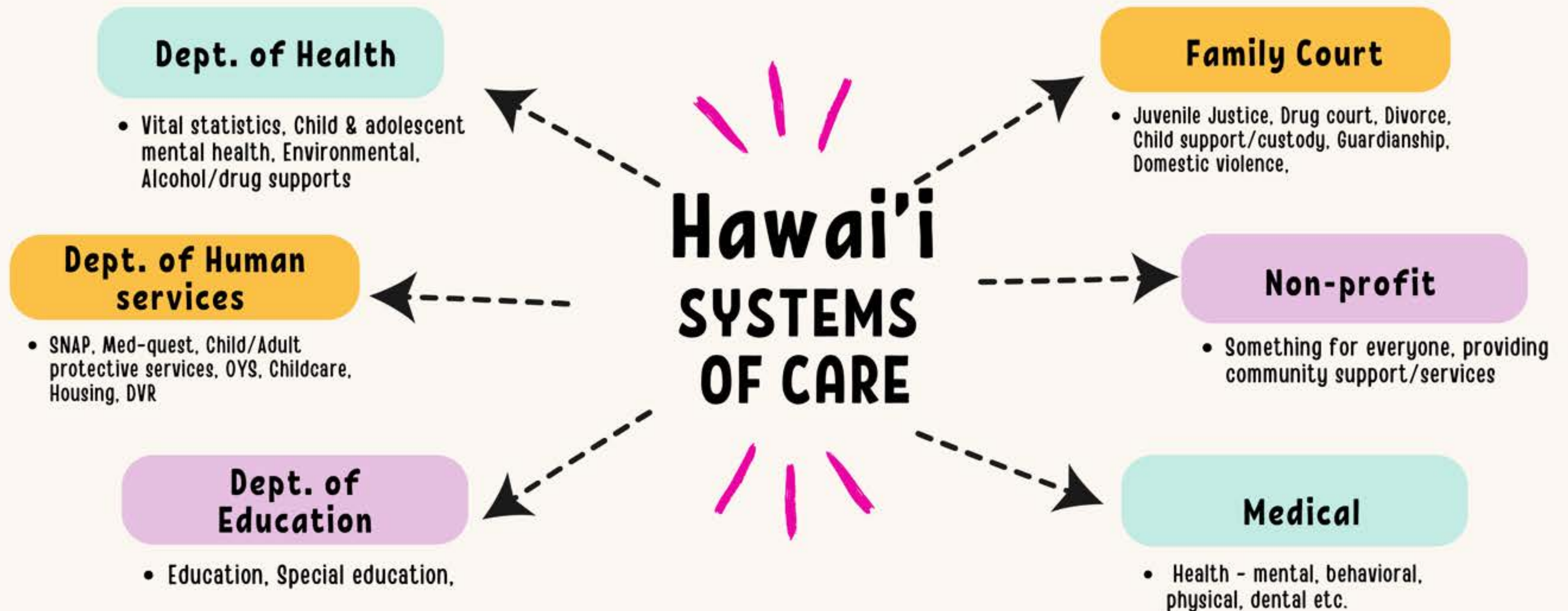


Overview of laws

INDIVIDUAL WITH DISABILITIES EDUCATION ACT (I.D.E.A)

- IDEA Provides a FREE APPROPRIATE PUBLIC EDUCATION (FAPE) to children who because of a qualifying disability, need special education and related services to benefit from education





Effective Communication



Effective Communication Skills



COMMUNICATION IS THE KEY TO UNDERSTANDING

The definition of communication:


- The Latin root of the word “communication” means “come together”
- Communication involves a two way flow of information
- An idea is being transmitted and must be received and understood



Effective Communication Skills



COMPONENTS OF EFFECTIVE COMMUNICATION

- For communication to be effective, there must be a sender, a receiver and a message
 - The sender and receiver should approach each other with respect and integrity
 - The message should be clear and concise
 - Acceptance vs. Agreement
- 

Effective Communication skills

WHAT?

WHAT?!

WHAT?

WHAT?

What the what?!...Eh, What you said?

WHAT?

Share a word or phrase when you were told something and you had no idea what it meant

WHAT?

Effective Communication Skills



TIPS

- Have an Agenda - Yes! you can bring your own agenda and add/use it
- Bring a pen and paper - Jot down questions you would like to address when they come up in the meeting/during note taking
- Take a break - Emotions can run high affecting how we communicate
- Team Roles - knowing the roles of each team member, understanding their function and who to direct your questions/concerns to.
- Audio recorder - This can be helpful for documentation and accountability. ***You must inform the school/team you will be recording.
- Use "I" statements



Effective Communication Skills



TIPS

- Be clear, concise, & direct, expressing much in a few words
- Avoid these:
- Using slang words (pidgin is okay), clichés, or acronyms
- Generalities such as often, once in a while, soon
- Using absolutes like always, never
- “Beating around the bush” - long stories & examples
- Making assumptions or assuming
- Profanity/cus-words
- Interrupting



Effective Communication Skills



TIPS

- Take a break - Emotions can run high, affecting how we communicate

Emotional intelligence skills, including:

- Self-awareness
- Self-regulation
- Empathy
- Motivation
- Social skills



Effective Negotiation



Effective Negotiation !

CORE ELEMENTS TO NEGOTIATION

- The process of problem solving, if done effectively, ensures those involved will have a stronger relationship
- Sharing views that will be heard
- Working as a team to find the best solutions overall
- Apply these skills in all areas of your life
- Make the effort to understand perspectives, even if we don't agree



Effective Negotiation !

ACTIVE LISTENING IS A SKILL THAT TAKES PRACTICE

- Restating
- Reflecting
- Open ended questions
- Summarizing
- Listening to yourself listen



Effective Negotiation !

THE THREE APPROACHES TO NEGOTIATION

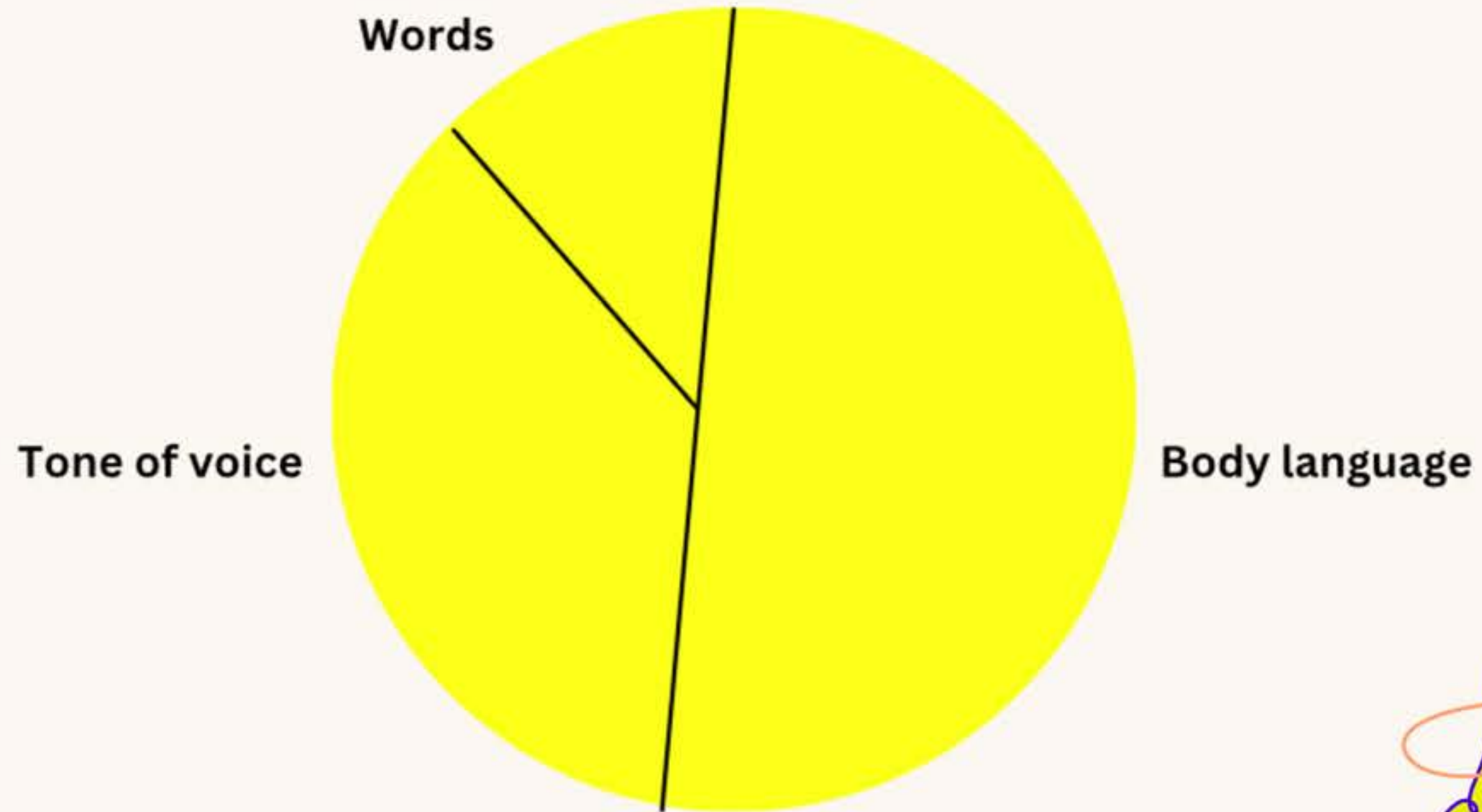


- Establish trust: Throughout the negotiation process, work on building a positive relationship with your counterpart. Be open to hearing their perspectives, practice active listening, and convey genuine interest in their opinions.
- Find uncommon ground: Instead of searching for ways you and your counterpart agree, find areas where your interests and perceptions differ.
- Be ready to improvise: Planning is important, but negotiations can be unpredictable. You don't know what the other party will bring to the table. Understand that you may need to refine your tactics as you learn more about their vantage point.



Effective Negotiation

Other Effective tools



Effective Negotiation !

TIPS



PRACTICE PERCEPTION VS PERSPECTIVE

Perception is how we interpret the world based on our own experiences and beliefs, while Perspective involves understanding the world from an outside (their) viewpoint, often considering the feelings, thoughts and/or needs of others.

Gaining perspective can help improve communication and foster development by understanding with how others see things.



Effective Negotiation !

TIPS



- Prepare
- Actively listen - listening to yourself listening
- Share your view - be ready to share your ideas, concerns and information
- Explore issues - from your perspective and others
- Generate options - brainstorming, there is no bad idea
- Evaluate options - what options are closest to the goals that are being reached
- Finalize the agreement
- Evaluate the agreement

A solution-focused approach enables the best overall outcome.





Document

Document!

Document!

Documentation:

- Shows progress or regression - You will have a detailed history of progress being made
- Proof of eligibility for programs
- Plans/programs are implemented
- In compliance with state and federal laws
- Appropriateness of program/placement-settings/plan changes



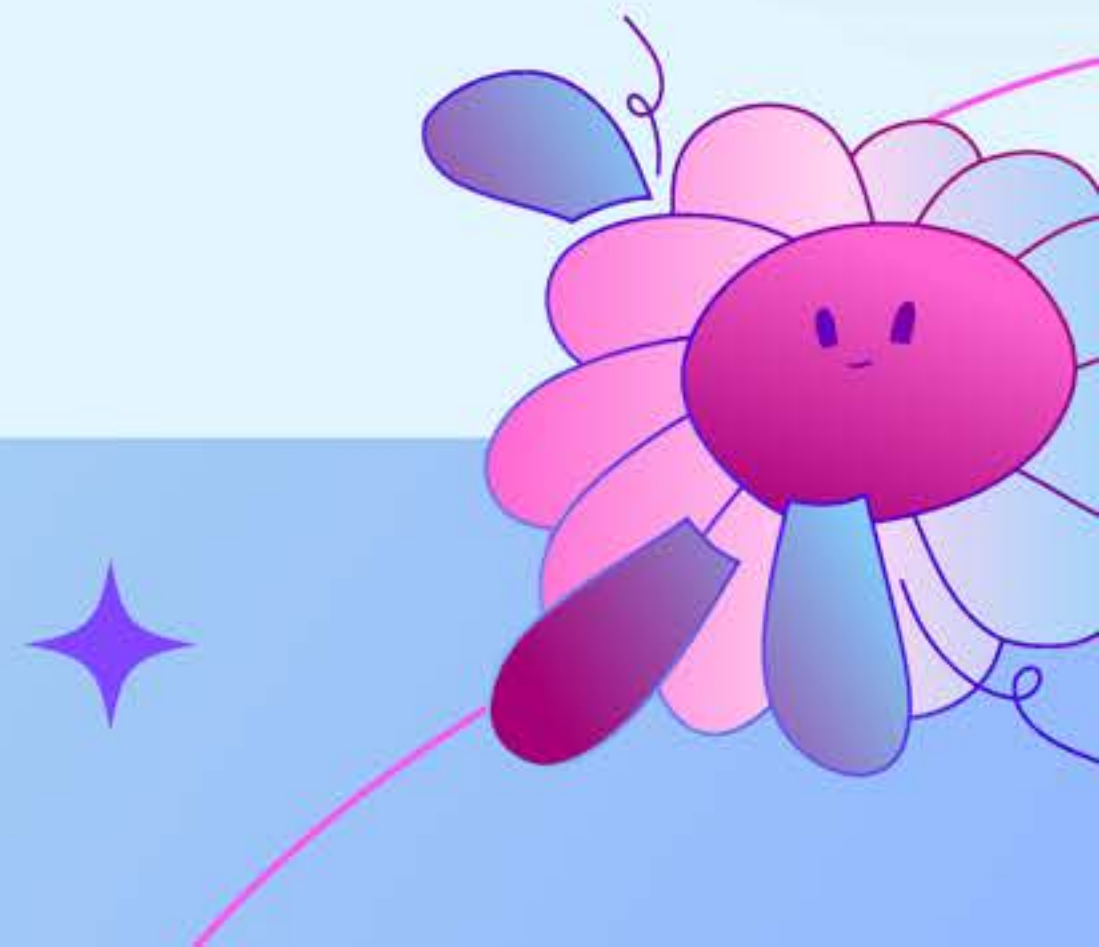
Your Parent Journey



Your Parent Journey

As parents, caregivers, and/or 'ohana, we are often so focused on what our child needs and don't take the time to look back at our journey. Finding meaning in our journey is healing and helps us continue to move forward:

- What we might have needed: non-judgement, to feel heard, valued, etc.
- Give Grace: we may not have had all the answers or the 'should've', 'could've', 'would've'
- Resilience: reminds us how far we have come

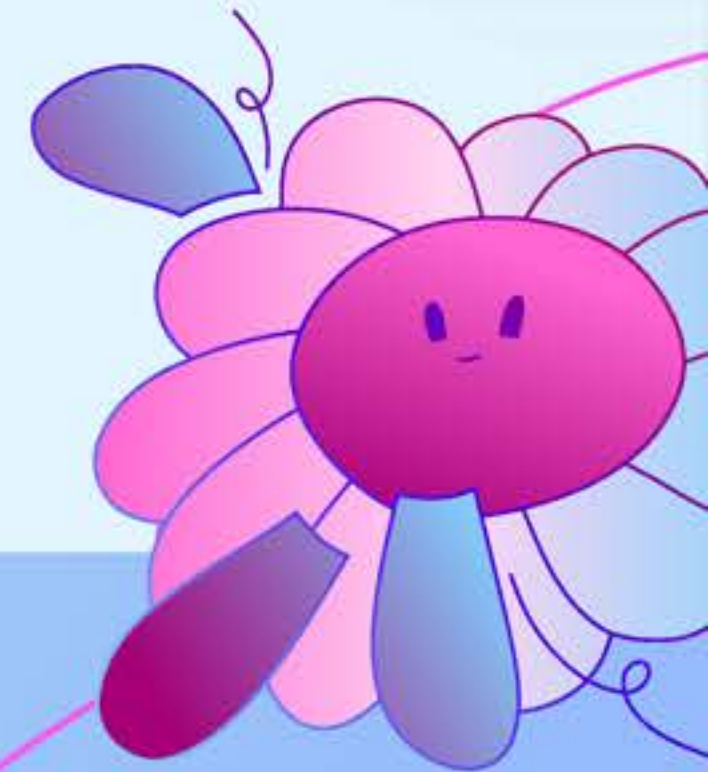


Your Parent Journey

AS PARENTS, WE EXPERIENCE DIFFERENT FEELINGS THROUGHOUT OUR JOURNEY. THE JOYFUL ONES ARE THE BEST PART OF BEING A PARENT AND WE LOVE TO SHARE THEM.

We often suffer in silence when feeling:

- Fear
- Guilt
- Anger
- Loss of hope
- Shame
- Urgency
- Overwhelmed



Your Parent Journey

CONSIDER YOUR OWN JOURNEY...

- We find meaning within your own journey
- The practice of giving grace to yourself and others
- Celebrate the little things too
- It's okay to not have all the answers
- We are all at different places in our journey
- Practice taking time to care for yourself

Reflection - What were some of the things you felt you needed, gave you hope, and helped you through the hard times?



Self-care



Self-care

TAKING CARE OF YOURSELF

Self-care could mean many different things:

Life is stressful. When given in small amounts it's easy to manage, too much stress over long periods of time can affect:

- Health - mental, emotional, & physical
- Relationships - with 'ohana, keiki, friends, & community
- Healthy lifestyle habits
- Employee performance
- Mood & energy
- Staying rooted in your culture and religion



Self-care

TAKING CARE OF YOURSELF

Self-care is not selfish!

Often times we feel guilty when doing for ourself. Like the popular saying goes:

“You gotta take care of yourself before you can take care of anyone else”, there is no greater truth than this.



Self-care

TAKING CARE OF YOURSELF

Self-care is many things:

- Talking a walk, go for a run, swimming, lift weights
- Take a drive - listening to music that makes you feel good
- Taking a nap
- Spend time in the 'aina - beach, mountain, hike, lo'i kalo
- Cultural/religious practices
- Read
- Spend time with family and friends
- Prepare your favorite meal

What are some things you do that helps you relieve stress?



Activity: A note to self

Write personalized statements and/or words for yourself to reflect back on when you need it!

What are your best negotiation skills/traits?

What are your best communication skills/traits?

What action words build hope?

Words that give you strength when you are feeling stressed, overwhelmed, or hopeless!

Practicing self-care reminders, how do you feel after?





Q & A





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Mahalo nui loa !

