



## Resources

- **Learning Disabilities Association of Ontario**  
365 Bloor St. East  
Suite 1004, Box 39  
Toronto, ON  
M4W 3L4  
[www.ldao.on.ca](http://www.ldao.on.ca)
- **SNOW: Special Needs Ontario Window**  
[www.snow.utoronto.ca](http://www.snow.utoronto.ca)
- **The Council for Exceptional Children (CEC)**  
[www.cec.sped.org](http://www.cec.sped.org)
- **Special Education: Resources for Parents**  
[www.edu.gov.on.ca/eng/parents/speced.html](http://www.edu.gov.on.ca/eng/parents/speced.html)



\* If you do not have access to a computer at home, please contact your local C.A.P. site (Community Access Program), or speak to your school principal.

## For More Info

**For additional community agencies in your area, please contact your child's principal or consult the KPDSB Special Education Plan.**



## Keewatin Patricia

DISTRICT SCHOOL BOARD

100 First Avenue West  
Kenora, Ontario P9N 3Z7

ph (807) 468-5571

fx (807) 468-3857

[www.kpdsb.on.ca](http://www.kpdsb.on.ca)



Keewatin Patricia

DISTRICT SCHOOL BOARD



Information brochure produced in conjunction with the KPDSB and the Board's Special Education Advisory Committee.

# You Are Not Alone:

Information for Parents of Children with Exceptionalities

**INFORMATION BROCHURE**



All Students Can Succeed!

## Be an Advocate for Your Child

- Communicate with school personnel – develop a positive relationship with staff.
- Acquaint yourself with your child's teacher each September. Make them aware of your concerns.
- Be firm and persistent. Explain what you're happy with or what you want changed. Never hesitate to ask questions.

## Seek Information

- Learn the terminology.
- Familiarize yourself with the IPRC process. Come to meetings prepared. Know your rights and responsibilities.
- Learn about your child's problems and needs so you can offer suggestions to coaches, neighbours and relatives.
- Get copies of school records/assessments. Maintain a file of all reports and samples of school work
- Become familiar with your child's unique learning style so you can develop effective strategies to use at home.

## Talk to Your Child

- Reassure your child that they are not lazy or dumb.
- Help them understand that learning is not impossible. They are intelligent people who learn differently.
- Encourage them to be aware of their weaknesses and to seek help when needed. Help them become an advocate for themselves.
- Include your child in the decision making process as early as possible.
- Be prepared to deal with emotional issues as well as curriculum issues that may arise.

## Helping Your Child at Home

- Provide a quiet area to focus on school work.
- Develop a consistent homework routine.
- Provide encouragement and praise. Be available to answer questions.
- Maintain a consistent approach between home and school for dealing with your child's difficulty.

## Prevent Parent Burn Out

- Internal stress comes from perceptions and expectations. Develop realistic expectations.
- Note and use personal strengths and talents.
- Develop assertiveness, time management and goal setting skills to make good decisions and deal effectively with school personnel.
- Develop a good support system. Share your feelings of frustration and concern.

## Where To Go For Help In Your Area

- Community Care Access Centre (CCAC)

Kenora	467-4757
Dryden/Ignace	223-5948
Red Lake	727-3455
Sioux Lookout	737-2349
- Integrated Services Northwest  
807 468-2406 ext 277
- Patricia Centre For Children and Youth

Dryden	223-8550
Red Lake	727-2165
Sioux Lookout	737-2086

