### 2019-20 School Year

**Special Edition**

**SPIN** is co-sponsored by the Disability & Communication Access Board and the Department of Education.

Services include a phone line for information referral and support, a quarterly newsletter, an annual conference and community workshops. SPIN is guided by an Advisory Committee made up of parents, professionals and people with disabilities.

###### SPIN

1010 Richards St. Room 118

Honolulu, Hawaii 96813

PHONE

###### 586-8126

Neighbor Islands dial the ex- change below, then 6-8126

Kauai - **274-3141**

Hawai’i - **974-4000**

Maui - **984-2400**

Molokai - **1-800-468-4644**

Lanai - **1-800-468-4644**

FAX

586-8129

E-MAIL

spin@doh.hawaii.gov

Expanding your Marathon Skills and Family Resili ency

Parenting a child with a disability is no easy task. We face challenges every day, from melt-downs to ordering supplies, IEP meetings to childcare. Sometimes we face those challenges as like we are training for a sprint: *“Just get over with it as fast as we can and things will go back to normal.”* But SPIN’s longtime friend, Ann Turnbull, formally of the Beach Center on Disability, advised us that instead of planning

for a sprint, we should grow our skills as a marathon runner. These endurance skills help us to be more resilient - able to bounce back from challenges - and we can use these skills

over and over again, in any situation. When we model resiliency tactics in our own homes, our keiki

learn valuable skills on how to overcome obstacles, how to trust in themselves and others and to use these skills throughout their lives. Inside, you will find a list of these marathon skills that Ann

and other parents have shared that are really helpful. Some of them you may already know and use, some of them may seem silly or strange, but all of them are worth trying. Resilience can be learned and developed, it is not a static trait. Families who struggle and see parenting a child with a disability as a crisis-causing stressor, leads them to be overwhelmed and demoralized. Families who are able to frame the stress of having a child with a disability as a challenge that provides opportunities for coming together, finding optimism, joy and meaning, face those

WEB

[www.spinhawaii.org](http://www.spinhawaii.org/)

Find us on FACEBOOK

sdfdsfs

#### challenges together and are a stronger ohana for it. We hope you will enjoy this special summer edition and practice these marathon skills with your own family.

**WHAT’S INSIDE**

Building Resiliency:

A Guide to Marathon

Skills 2-3

Calendar of Events 4

# Building Your Resiliency

A Family Guide to Marathon Skills

## Step 1: Love your Child Unconditionally

Unconditional love means to appreciate and value your child in the moment and not get hung up waiting for improvements. Meet them where they are and let them know you love them, regardless of their behavior, talent, success or abilities.

## Step 2: Take Time for Yourself

Step 3: Develop Your Sense of Humor

Step 4: Build a Network of Supports

As a primary caregiver, it's important to find ways to de- stress and regroup in order to keep giving to your child and family. You are important and have interests and abilities that are outside your role as a parent. If you can enjoy yourself more, you can enjoy your family more.

Laughing feels a lot better than crying. It changes our thoughts, emotions and behaviors and allows us to handle stress better. Laughter really is the best medicine, so give yourself permission to laugh and joke around.

It's easy to feel isolated and alone, raising a child that is unique among your friends and family. Discover the value of a Facebook group or monthly parent-to-parent meeting to find others out there walking in shoes like yours. Much of the info that you find helpful is in the hearts and minds of other parents like yourself.

##### Resources: [www.scarymommy.com](http://www.scarymommy.com/) [www.buildingresilienceforchildrenwithspecialneeds.pdf](http://www.buildingresilienceforchildrenwithspecialneeds.pdf/)

2

Step 5: Know Yourself &

Your Family

Finding out what your family needs, values and enjoys is important for getting through stressful situations. Family members deal with stress in different ways. Allow them to deal with it in their own way while offering support and

encouragement in ways they will each find helpful.

## Step 6: Allow Your Child to Take (Small)

Risks

Step 7: Balance Family Needs

We want to protect our kids from hurt, but we must allow them to take some small risks to learn from their mistakes. Often resilient behavior requires us to take action in the face of fear. Overcoming fear and taking small risks safely helps build confidence and competence and allows for growth.

Often the temptation, when you have a child with a disability, is to focus all your time, energy and resources on that child.

Instead, consider how to balance your special child's needs with your other children, your spouse and your work life (and don't forget Step #2 and add some me-time in there too).

## Step 8: Learn to be Flexible

One of the first lessons a parent learns (sometimes the hard way), is that life is about compromise. We need to be realistic and flexible and accept that not all solutions will be perfect. Remember, in a storm, the palm tree bends in the wind and is still standing, strong and tall, after the storm passes.



Step 9: Be An Involved Parent

Get involved in your child's school, attend a PTA meeting, take a class to help you grow your confidence and knowledge. Practice re-framing a problem situation into a positive solution to gain a sense of control over your life. Be an example of resiliency to your children and family and

reap the rewards of a calmer, happier life at home.

##### humormatters.com parents.com mindful.org bouncebackparenting.com

3

**MARK YOUR CALENDARS...**

###### 7/9 “Creating Safe Environments for Our LGBT Youth” $30 - $45

10:00 am - 1:00 pm, Airport Honolulu Hotel For more info, call Hawaii Youth Network 489-9549 or email jclark@hysn.org. For tix, visit the SPIN website calendar of events.

**7/13 “IDEA Marathon Workshop” FREE** 8:00 am - 2:00 pm, sponsored by LDAH Learn about IDEA, the evaluation process and how to develop your child’s IEP.

Inspire Church, 94-877 Lumiaina St. Waipahu To Register, call 536-9684.

###### Side by Side Parent Support Group FREE 7/23 “Executive Functions Challenges”

**8/27 “Functional Behavior Assessments”**

6:30 - 8:30 pm Inspire Church 94-877 Lumiaina St. Waipahu

RSVP for childcare by emailing in advance sidebyside@inspirechurch.tv.

###### Honolulu District Families Embracing Autism Support Group FREE

**8/21 “Bullying”**

**9/18 “Components of Behavior by PBS”** Sponsored by the Leadership in Disability & Achievement Hawaii 6:00 - 7:00 pm

245 N. Kukui Street, Honolulu RSVP for childcare: 536-9684.

To get your FREE copy of our new

**Parent Guide**

give a call 586-8126 or email us at spin@doh.hawaii.gov or visit our website.

**Like us on**

4

**12th Annual Traveling Mini-Conference 2019** Presented by Leadership in Disabilities and Achievement Hawaii. Call for info 536-9684. **8/8** Molokai 3:00 -7:00 pm

Hale Mahaolu, Kaunakakai

**8/22** Lanai 2:30 - 5:00 pm Lanai High & Elementary

**9/7** Hilo 10:00 am - 2:00 pm

**9/12** Maui 4:30 - 9:00 pm

**9/21** Oahu #1 8:00 am - 1:00 pm BYUH, Hauula

**9/28** Kauai 9:00 am - 2:30 pm

**10/5** Oahu #2 8:30 am - 2:00 pm

###### 8/10 “The Reading Brain” $25-35

9:00 am - 3:00 pm Learn why some kids struggle to read and how to help them. Sponsored by HIDA. For a registration link, visit the SPIN website calendar of events.

###### 8/14 Epilepsy Talk Story FREE

5:30 - 7:30 pm, 200 Vineyard Blvd.

5th floor Conference Room, RSVP 528-3058 or email efh@epilepsyhawaii.org

Save the Date!