



GRANDPARENTS RAISING AND NURTURING DEPENDENTS WITH DISABILITIES



VOLUME 13/ISSUE 2 August 2019

August Project GRANDD Support Groups

Fulton County Daytime Session

Third Tuesday of Every Month from 10am to 12:00pm

***Location Change* -See Flyer for Details**

**Martin Luther King Jr. Recreation Center
110 Hilliard St SE, Atlanta, GA 30312**



This month: **Tuesday, August 20th, 2019**

Topic: **Strategies for Advocating for Your Child with Behavioral and Learning Challenges in the School Setting**

Presentation by Georgia Appleseed

DeKalb County Daytime Session

Second Thursday of Every Month from 10:30am to 12:30pm

**Covington Branch of DeKalb Public Library
3500 Covington Hwy, Decatur, GA 30032**



This month: **Thursday, August 8th, at 10:30am**

Topic: Family Ties: Family Health History and Diabetes
Presentation led by the Ruby E. Neeson Diabetes Foundation

GRANDDS and KIDS Evening Support

Join us for an Evening Support Group for Grandparents Raising Grandchildren with Special Needs & Children's Support Groups



**Monday, August 26th, 2019 from 6:00pm to 8:00pm -
Dinner Served 6:00 to 6:30**

Metropolitan Library 1332 Metropolitan Pkwy SW

Topic this month: Advocating for your Child at School
Presented by Georgia Appleseed

All are invited to attend an evening support group for grandparents raising grandchildren with special needs and separate mental health support groups for children aged 8-18. Childcare will be provided for children under 8. Register to attend by email to lauraw@isdd-home.org or call 470-310-3458 by August 23rd.

Project GRANDD Annual Family Fun Day Photos!

Thanks to everyone who came out to Family Fun Day at Xdrenaline! We had a wonderful time jumping around. Over 35 families attended the event. We hope to see you next year!



Welcome, Asia!



Please join ISDD in welcoming our Program Assistant, Asia Wilkerson. Asia is a recent graduate from Savannah State University where she received her Bachelor of Arts Degree in Mass Communications.

She will be helping the team plan events and call to remind you of support groups. We are excited to welcome Asia to the ISDD team!

**Need Help?
Have a Question?
Contact Us**

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HEALTH CORNER— Ways to Parent an Extreme Child

By: Brynn Burger

Adapted from: <https://www.additudemag.com/parenting-extreme-adhd-ld-elementary-public-school/>

Parenting is messy and hard. Teaching is messy and hard. Both are exhausting beyond words. So this is a list from a teacher who is also the parent of a child with invisible disabilities that will help to educate educators and prepare parents for what parenting our children through public education might look like.

1. Build your village. Words don't do this step justice. This is the most important thing you can do to arm yourself for the battle of public schooling children with invisible disabilities.

As parents of children with behavior disorders, we face judgment daily, but there is no glare like the look of an educator who makes you feel that he or she disapproves of your child or your ability to parent them.

I have received daily notes, letters from daycare, calls to my work, referrals from the bus driver, and seen weeks of sad faces or heated notes in my son's planner. They all have one thing in common: When I read them, it made me angry, hurt my feelings, or made me feel defeated, but it always made me defensive of my son.

I would think: "They just don't understand." "They can't expect him to behave like all of the other kids!" "They are just nit-picking him."

Regardless of how I might feel, until we can afford for one of us to stay home and to homeschool our son, or to send him to a private school (which will not be in the foreseeable future), we must be able to remain calm and keep the peace with his educators. To do this, we must build our village.

2. Understand that you won't always be...understood. This one is painful. Truly. I can sit here and type these words knowing that this afternoon something will happen with my son that will cause me to go into a panic, get defensive, or lose control and lash out in anger at him. No one will fully understand what that feels like and, for that, I should be grateful.

Parenting is the hardest job you will ever have, but these kids....are, well, a special treat. Some moments they are the sweetest angels and you are reminded why you would do anything for them. But all that can change in a second. So we shouldn't expect others to understand our journey, because it isn't theirs to take.

3. Keep fighting. For us, this battle will never end. So now that you've built your village and prepared for battle, get the armor out because you're going to need it.

When people tell you that they cannot accommodate your daughter, you find another way.

When the teacher says she can't give different work to your child, only extra work if they need to be challenged, you ask someone else.

Don't stop fighting. Many times, especially while our children are very young, we are their only voice. Keep fighting for them. Our children need to know that we are their biggest advocates.

4. Breathe. You will cry in meetings. It is inevitable. At least it is for me, because that is what I do when I am overwhelmed and angry and can't just flip out like I want to do.

In order for me to survive, I need to understand that, while it may feel like they just have no clue about my child or they are personally attacking my ability to parent him, they are (in most cases) sincerely trying to do the best they can while following school policies and procedures.

So, breathe. It won't always make sense, but if we act out like our children do, it won't solve anything. You know, like we tell them when they are on the brink of a complete loss of sanity?

RESOURCE CORNER – Afterschool Programs

Centers of Hope Afterschool Program – Atlanta Department of Parks & Rec

The Centers of Hope afterschool program provides engaging educational, recreational, and cultural programming. Our safe, supportive, and structured environment promotes a healthy and active young lifestyle. The combination of education and play empower our youth to tackle the next school day with a positive outlook on life and community.

Locations: Adams Park, Arthur Langford Jr., Anthony Flanagan, Bessie Branham, C.T. Martin, Dunbar, Grant Park, Grove Park, Rev. James Orange, M.L. King, Jr., Peachtree Hills, Perkerson, Pittman, Rosel Fann, William Walker

Register Online or Call Your Local Atlanta Department of Parks & Rec Center All Locations Listed Above

PROJECT GRANDD
A program of Innovative Solutions for
Disadvantage & Disability
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