



CST CHATTER BOX

A GUIDE FOR PARENTS: HELPING YOUR CHILD SUCCEED AT HOME

All parents want their child to succeed in school. Research shows that children from homes with parents who are involved with their children's education and school are able to perform better on tests and overall earn better grades. Parent involvement increases the possibility of graduating from high school and going onto college.

PARENT TIPS

- *Have daily conversations about everyday events.
- *If you read, then your child will most likely read as well.
- *Plan family activities that ex-

pose your child to new experiences; library, zoo, museum, specialty store, and more.

- *Help your child establish a daily routine to become more independent.
- *Help your child with time management. Plan ahead!
- *Set limits on use of the television, phone and computer.
- *Be knowledgeable about what your child is watching on television and doing on the computer.
- *Provide a quiet place for your child to complete school work at home.
- *Check your child's homework planner or agenda book.
- *Check your child's progress in school by using the school's website monitoring system (In

Wharton Borough, it is called ON COURSE.). Contact the school office if you need the password information for your child.

For additional tips, checkout the website www.adi.org for accessing the Academic Development Institute.



Eleven Ways Parents Can Help with Homework

Instilling some basic and consistent routines can help preserve family harmony, limit nagging, minimize resistance, and ensure your child focuses on building the skills needed to be successful in school.

1. Provide a suitable environment and materials.
2. Make homework a tech-free time for the whole house. Turn off the television, radio, cell phone, etc. The goal is to create a "library atmosphere."
3. Establish a consistent homework time and schedule. Setting up a consistent "homework hour" allows parents to move away from the language of threats ("if you don't, you won't be able to...").
4. Be available as a resource. Parents should be nearby or present during homework time to answer questions, provide encouragement, or look over work.
5. Resist the urge to do work for them. Instead, ask questions that help your child find the answer on his or her own.
6. Make sure your child is using his or her planner and regularly check what is in it.
7. Connect with your child's teacher and the school.
8. Review graded work and mistakes. Don't scold your child for bad grades or mistakes; discuss errors to be sure your child understands the material.
9. Keep up healthy habits: 8.5+ hours of sleep, time to unwind after school, healthy eating, regular exercise.
10. Keep it positive. Offer praise using specific language. Instead of "Good job" try "I like how you sat down immediately and got to work." Expect that not all days will be easy and appreciate moments of frustration.
11. Build in choice and breaks to help motivate your child and reduce power struggles. Agree on the length of the breaks.

Winter 2014

Volume 1, Issue 2

February-March 2014

Special points of interest:

- ☺ This issue is dedicated to "Supports Outside of School"
- ☺ Need assistance paying for child care?
- ☺ Check out educational websites
- ☺ Learn about the Challenger League and SNAP
- ☺ Even More on FIS!
- ☺ Special Feature on Brooke Hanenberg and Stacy McCoy

Inside this issue:

Technology Tools	2
NJASK Test Prep	2
Children & Family Resources	2
Extra-curriculars	3
Family Intervention Services	3
Who are you going to call?	3
Get to Know CST	4

Technology as a Learning Tool

The students are constantly talking about their new computers, laptops, ipods, ipads, tablets, etc., that they have at home. It's time to start using technology to assist our kids in learning! Explore the following websites with your kids:

<http://www.raz-kids.com/main/Login>

Online guided reading program with interactive ebooks, downloadable books, and reading quizzes.

<http://www.fun4thebrain.com/> Each game goes through important information for a certain subject matter for grades Kindergarten through 6th grade.

<http://earobics.com/gamegoo/index.htm> Provides a research based, comprehensive reading intervention program that helps improve reading skills.

<http://kids.discovery.com/> Contains a variety of different games and puzzles for a wide array of academic areas.

<http://www.arcademicskillbuilders.com>

[/](#) Boost student engagement with our free multiplayer educational games, math games, language arts games, and much more.

<http://www.readingresource.net/websitesforkids.html> Favorite reading web-

sites for kids that teach Letter Knowledge, Phonemic Awareness, Alphabetic Principle (Basic & Advanced Code), Fluency, Vocabulary, and Comprehen-



sion!

<http://www.softschools.com/math/games/>

NJASK Test Preparation Pointers

Once again it is time for the NJASK test. Even a well-prepared student can feel pre-test anxiety. Reinforcement at home will make your child feel more prepared. Here are a few tips to help you and your child prepare and minimize anxiety.

*Review test-taking strategies, work through practice problems, help your child understand the directions (especially vocabulary), and remember to always focus on your child's academic strengths.

*Encourage your child to relax and to view the test as a chance to show what has been learned in the classroom.

*Reassure that it is natural to feel a little nervous and that the important thing is to TRY YOUR BEST!

*Talk your child through the fear of test taking. Sometimes discussing the worst case scenario can actually help reduce the fear.

*Practice relaxation techniques like taking deep breaths and tensing and relaxing muscles. This could be done any time and any place (even during the test!).

*Eat a good breakfast the morning prior to the test. Nutrients help stimulate the brain.

*Get a good night's sleep prior to the test.

Be confident and good luck!

Child and Family Resources

Child & Family Resources (CFR) is an organization that delivers programs to support the development of children and to strengthen families.

As a parent, are you feeling frustrated? Do you find yourself asking: How should I discipline my child? How do I remain a positive parent during stressful times? Am I making good decisions for my child's future? CFR has two certified parenting coaches, Linda Smith and Linda Fleisher, who can answer your parenting questions with resources and

guidance.

CFR also helps parents find safe and dependable child care. They can help determine if you are eligible for assistance in paying for childcare. They can also help determine if you are eligible for the Child Care Assistance program in which low and moderate income working parents can receive assistance for



childcare, including preschool instruction, after-school programs for children up to age 13, and care for children and teens with special needs. Just call 973-601-6146.

They are also knowledgeable about Preschool Advantage, a program in which the first two years of your child's preschool experience can be paid for if you demonstrate a financial need and a commitment to education. Call 973-532-2501.

For more on CFR, visit www.childandfamily-nj.org or 973-398-1730.

Extra-Curricular Activities for Special Needs Children

Every child should have the chance to improve their athletic and social ability outside of school. Many of you may be wondering what options are out there for your child with special needs. Here are a few!

*The Morris County Challenger League offers participation in baseball, soccer, bowling, basketball, and cheerleading for special needs students, ages 5-21. Visit mccll.org.

*The West Morris YMCA in Randolph offers a special program called Kaleidoscope which is swim instruction for special needs children, ages 5-17. Call 973-366-1120.

*SNAP Sports Clinic (Special Needs Athletic Programs) aims to ultimately integrate children into the recreational leagues. Their programs include sports clinics- baseball,

basketball, soccer, and golf. In addition, they have programs for swim, tae kwon do, and yoga. There is also a creative arts group for children and teens with Autism. Finally, SNAP volunteers also offer tutoring weekly on Wednesdays from 6-7 PM in Morristown. Visit www.snapclinics.org!

*Interested in creative arts and play therapy? Colors of Play, LLC provides in home sessions for children, adolescents, and young adults with special needs, autistic spectrum disorders, behavioral problems, loss and bereavement, or emotional and traumatic issues. Call 201-906-6555.

*Looking for a social skills group for your child? Childworks Therapy Center in Morris



Plains run social skills groups designed for children with pragmatic language difficulties. Call 862-219-5678.

*Sometimes, the most important question is what FREE programs are out there? Family Partners of Morris & Sussex Counties offers many programs for families with mental health, emotional, or behavioral challenges. They have parent networking support groups and youth partnership (YP) groups (for ages 13-21) that both meet every Tuesday. On February 18, YP will have a game night, and on February 25, there is a journaling workshop for the Youth. Check out www.familypartnersms.org.

Family Intervention Services

On January 16, 2014, Dahiana Grisales, LCSW from Family Intervention Services gave a presentation to the three shared service districts regarding the programs they offer. Here are a few that may be of help to you!

Family Crisis Intervention Unit (FCIU) provides short-term stabilization therapy (8-12

weeks).

Family Outreach Program (FOP) provides skill building in the home, 1-2 hours a week for about 2-6 months.

Pre & Post Adoption Counseling (PPAC) provides about 6 months of therapy for pre and post adoption issues.

Community Program provides short or long term counseling for families, children, and adults. Payment is on a sliding fee scale with proof of income and third party reimburse-

ment.

Children's Mobile Response Stabilization Services (CMRSS) are dispatched one hour in a crisis situation, and it provides 8 week case management services. Referrals must come through Perform Care.

Contact 973-586-5243 to get more information on FIS Morris County Programs!

Who Are You Going to Call?

While services are great, sometimes it can get confusing as to who to call for what! The following is a guideline provided by Family Intervention Services.

Call FCIU when therapeutic services are needed or when there is a chronic crisis (i.e. truancy, repeated calls to the police, repeated behavioral concerns). Call Mobile Response (CMRSS) if the child is

between ages 5-10 years old, if the family has a permanency case with DCP&P, or if the presenting concern is an acute (one time) crisis.

Call other emergency services when a

family member displays suicidal or homicidal ideation with a plan. The hospital and/or police should be contacted.

When there is suspicion/allegation of child abuse and/or neglect, the Division of Child Protection and Permanency (DCP&P) should be contacted (1-800-NJABUSE). Finally, when any acts of juvenile delinquency are committed, the local police department should be contacted.



FAMILY INTERVENTION SERVICES, INC.

Shared Services Child Study Team

Wharton Borough Schools
973-361-3010
Mine Hill Township School (CAS)
973-366-0590

Rockaway Borough Schools
973-625-8605



The Shared Services Child Study Team has made it a goal to increase communication and special education knowledge with parents as well as teachers and administration within the three school districts. As part of this goal, you will now be receiving newsletters from the team three times a year filled with information on special education practices/law, community resources, special needs tips, etc. We hope you find this helpful!

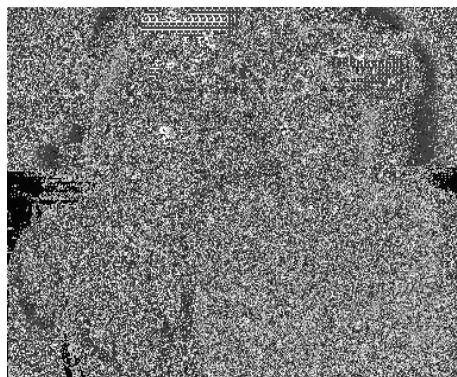
Leslie Mozulay, LDTC
Stephanie Dzikowski, LDTC
Stacy McCoy, School Psychologist
Brooke Hanenberg, School Psychologist
Sallyanne Carbon, School Social worker
Armi Clancy, School Social Worker

Get to Know Your CST

School psychologists are highly trained in both psychology and education, completing a minimum of a specialist-level degree program (at least 60 graduate semester hours) that includes a year-long supervised internship. This training emphasizes preparation in mental health and educational interventions, child development, learning, behavior, motivation, curriculum and instruction, assessment, consultation, collaboration, school law, and systems. School psychologists must be certified and/or licensed by the state in which they work (NASPonline.org).

Brooke Hanenberg has been a part of the shared services child study team for two years and completed her internship in the Kinnelon Public School District. There, she was responsible for designing, implementing and monitoring educational programs for students with special needs. Brooke received her Master's and Educational Specialist de-

grees at Seton Hall University. She has also worked for the New Jersey Early Intervention System providing educational and behavioral services to children under three years old. Brooke's office is located in the Rockaway Borough School District, but she also works with students in the Wharton and Mine Hill School Districts.



Brooke Hanenberg and Stacy McCoy, CST's School Psychologists

Stacy McCoy has been a part of the shared services child study team for three years and completed his internship in the Woodland Park Public Schools. While there, he worked with students ranging from preschool through eighth grade. Stacy received his Master's degree from Fairleigh Dickinson University in 2011. One of Stacy's favorite tasks as a school psychologist is providing counseling services to students with social and emotional needs. Stacy's office is located at the Mine Hill School District, but he also works with students in the Wharton and Rockaway Borough School Districts.