

# Additional Points from Parent to Parent Session

- Before you go:
  1. Learn everything about the special needs program at post.
  2. Learn about after school activities.
  3. Learn about the philosophy of the school.
  4. Use websites.
  5. Learn about the post and culture.
- When at post:
  1. Visit the school. Bring the children and do a pros and cons list with them.
  2. Look at ways to volunteer at the school.
  3. Learn how the school likes to communicate with parents.
  4. Look for support groups. If there isn't one, make one.
- Setting the tone at a school meeting:
  1. If you come in all defensive, the school will be defensive back.

2. Try to set the tone yourself.
  3. Bring a photo of the child with you if they cannot attend.
  4. Start talking about the child's strengths instead of weaknesses.
  5. Have a purpose.
  6. Know what you want.
  7. Be organized.
  8. Try to check your emotions at the door.
  9. Try not to feel intimidated.
  10. Do not use jargon the school employees will not understand.
- At home:
    1. Give child some down time.
    2. Do things to build up their self esteem.
    3. Let the child be if they are confident in something.
    4. Look for hidden experts or talents to teach a class.

5. Encourage your child to teach a class.
6. Look at ways to build your child.
7. Be open and creative.
8. Have fun with your children!