

The GRIT Program

The gift of a fun and joyous childhood

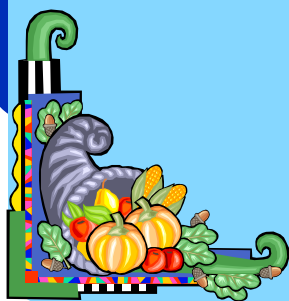
Special Points of Interest

- ☺ **CPI Fundraiser**—Wine Tasting & Silent Auction -**October 21** in support of GRIT
- ☺ **SIBSHOP**
- ☺ **ERC - October 12.**



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Inspiring Inclusive Futures

ALUMNI

October & November 2011

We Are Family...Sibshop

Learn with other

parents while your children have a stimulating, playful workshop. Then celebrate your learning together at noon and at the end of the workshop.

Date: Saturday, November 19, 2011

Time: 9:30 am—3:00 pm

Location: GRIT office: 14930—114 Avenue

***pizza lunch provided**



Cost: There is no cost for GRIT Alumni Families, however we welcome any donations you make towards future programming at GRIT! See our website to make a donation or come by in person!

Community members: \$40.00/ family

Registration begins September 1st: please visit our website for a registration form or call the office at 780.454.9910

ERC

Edmonton Regional Coalition for Inclusive Education

Advocacy through Collaboration

Wednesday, October 12, 2011

Successful inclusion is grounded in teamwork and mutual respect. Learn from other parents on how to create a valued parent role on your child's learning team.

Facilitators: Sandy Price & Leah McRorie (GRIT Alumni parents)

Where: Gateway Association
104, 18304—105 Avenue

Time: 7pm—9pm

“We are a collective and unified voice within the Edmonton region for inclusive education. Through education and advocacy, we promote access for students with special needs to receive the support they need to learn, academically and socially, as valued members of regular classrooms in their neighborhood schools or schools of choice.”

Upcoming Events for GRIT!!!



For 30 years GRIT has been offering an exemplary, fully-inclusive early childhood program for families in the Edmonton area.

We feel this is an anniversary to be celebrated!

As part of our celebration throughout the year, please plan on joining us.

Watch our newsletter and website for upcoming Events !



★
★  ★
★ **VOLUNTEERS NEEDED!!** ★
★ **Help us break a record!!** ★
★ **For the first time ever GRIT needs over 120** ★
★ **Volunteers ALL IN ONE WEEK!!!** ★
★ Come meet new friends and have fun while ★
★ supporting a great cause!! ★
★ **Casino March 13 & 14, 2012** ★
★ (Tuesday & Wednesday) ★
★ **Oilers 50/50 March 16, 2012 (Friday)** ★
★*****



Join CPI Construction
at a fundraiser event to benefit
The GRIT Program

Friday, October 21, 2011

Muttart Conservatory

Wine Tasting & Silent Auction

7:00 pm—11:00 pm

Tickets \$70



For more information on volunteering or to purchase tickets:
Contact Heather Luciw at 780.454.9910 or gritprog@gritprogram.com



The Value of Child Guidance...



Children communicate their wants and needs through a variety of different behaviors. As caregivers we must have an understanding of our child's developmental needs and what the behavior might be trying to tell us.

Appropriate child guidance meets the developmental needs of the child AND builds:

<p>Self-control the ability to balance one's own needs with those of others</p>	<p>Self-discipline the ability to take ownership for one's own actions and understand the consequences of one's behavior</p>	<p>Self-esteem to be independent and have a feeling of self-worth</p>
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PREVENTION: Preventing undesirable behaviors should be 80% of your focus!

- ☺ **Plan for transitions:** verbal/visual warnings, picture schedule, predictable routines, etc.
- ☺ **Arrange the environment:** remove distractions, set out appropriate number of materials, etc.
- ☺ **Be child-directed:** developmentally appropriate activities, allow the child to make choices (i.e. what to play, how to use materials, etc.)
- ☺ **Use positive and effective communication:** listen to the child's feelings. Use simple, positive language (tell the child *what* to do, *not what not* to do).
- ☺ **Model appropriate behavior:** e.g. sit at the table to eat, stay calm and count to ten when frustrated.
- ☺ **Take care of yourself!**



INTERVENTION: How we respond to a child's behavior must guide the development of their self-control, self-esteem, and self-discipline.

- ☺ **Ignore minor behaviors** (note: if the child has been rewarded for the behavior in the past, expect it to increase before it decreases. BE CONSISTENT once you choose to ignore a behavior.
- ☺ **Redirect:** use songs, dancing, a new activity, or go outside when you observe a potential motivator for behavior or see behavior escalating.
- ☺ **Limited Choices:** this is different from providing choices as good practice; it builds self-control when intervention is necessary. Keep in mind the developmental understanding of the child. e.g. Child is unsafely standing on a chair at snack time. "You can sit on the chair, or you can stand beside the chair."
- ☺ **Natural Consequences:** this is when an obvious consequence presents itself (e.g. cleaning up water that has been spilled onto the floor, helping a peer rebuild a tower that has been knocked down, etc.)
- ☺ **Logical Consequences:** choose a consequence to minor inappropriate behaviors that fit the situation and are developmentally appropriate. (e.g. "You are still throwing sand on the floor; you need to stay out of the sand box for five minutes.") NOTE: return to the activity after the stated time so the child can practice how to behave appropriately.
- ☺ **Problem Solving:** for children who have the ability to think of possible solutions and choose their own resolution. Children need support of adults to follow through on the solution chosen.
- ☺ **Time Away:** Removal from an activity or setting, with support of an adult, to engage in problem solving, calming, etc.

ONLINE RESOURCES FOR GUIDING BEHAVIOR:

- <http://www.child-encyclopedia.com/en-ca/key-messages-list.html>
- <http://raisingchildren.net.au/>
- <http://www18.triplep.net/?pid=20>





Parent Information and Learning Opportunities



Corinne Eckert Child & Adolescent Psychology

Training in Core Social Skills

Level I: "The Hidden Conversation"

Level II: "Successful Communication"

Level III: "Positive Peer Interaction Skills"

Target Group: Children who may have difficulty interacting successfully with others due to social skill deficits.

Cost: \$42/session (There are 8 child sessions and 1 parent session, so total cost = \$378)

These sessions are taught directly by psychologists, along with highly skilled special needs professionals.

Location: St. Albert: Leo Nickerson Elementary School (10 Sycamore Ave.)

Edmonton: Glenora Community League (10426-136 St.)

Dates: Programs start November 7 and run through till February—please contact Corrine for a full handout

Registration: Please complete a registration form and mail with payment to Corinne Eckert at: #301, 10222-140 St. Edmonton, Alberta T5N 2L4

Email ceckert@telus.net or call (780) 454-4634 to discuss whether this group would be appropriate for your child.



6 - 8 year olds

Saturday, October 16, 1:00pm - 3:30pm

John Walter Museum \$25.00

13 - 15 year olds

Tuesday, November 20, 10:00am - 2:00pm

Muttart Conservatory \$30.00

For more info, contact Debi Currie at 780-496-7318 or debi.currie@edmonton.ca



TRANSITION PLANNING FOR ADULTHOOD "Planning Positive Futures"

JOIN US FOR A SIX PART SERIES WHERE WE WILL EXPLORE A VARIETY OF TOPICS DESIGNED TO HELP REMOVE MANY OF THE UNCERTAINTIES YOU ARE FEELING INCLUDING:

- INTRODUCTION TO PDD AND THE VARIOUS FUNDING AND SERVICES AVAILABLE
- ENGAGING YOUR TEEN SO THE DECISIONS MADE REFLECT THEIR DREAMS AND VISIONS FOR THE FUTURE
- WHAT IS A MEANINGFUL DAY? STRIVING TOWARDS ACTIVE, ENGAGED AND PURPOSEFUL LIVES FOR YOUR TEEN AS THEY ENTER ADULTHOOD

WORKSHOP DATES AND TOPICS: FALL 2012

ONE: October 24, 2011

What is the role of the Parent/Guardian now that your teen is an adult?
Visioning- Creating a Vision Statement, an ESSENTIAL foundation for life

TWO: November 7, 2011

Social Inclusion/Individual Rights/Valued Roles, and Person Centred Planning

THREE: November 21, 2011

Post Secondary Educational Opportunities, Employment, and Social Connections/Leisure

FOUR: December 5, 2011

Service Delivery: How does it work?

Creating a "plan"/approaching service providers.

FIVE: January 16, 2012

The Who? What? Where? of funding (PDD), and what other resources are available

SIX: January 30, 2012

Next Steps/Wrap-Up/Open Forum

*Sessions are designed as a progressive, connected series and are not independent workshops. Registration is for the series in entirety.

ALL SESSIONS RUN FROM 7:00-9:30PM

TO REGISTER:
(780) 454-0701 ext. 221
registration@gatewayassociation.ca
www.gatewayassociation.ca

SPACE IS LIMITED SO REGISTER EARLY TO AVOID DISSAPPOINTMENT
NEXT SERIES: SPRING 2012



TOGETHER WE MAKE A DIFFERENCE



CEREBRAL PALSY ASSOCIATION PROGRAM SCHEDULE

Our vision is to be a leader in delivering programs and services, educating the public and providing information on treatments and resources relating to cerebral palsy in the province of Alberta.

Classes offered are for all age groups and include:

YOGA/ MUSIC THERAPY/ DANCE /ART /COOKING

Check out our website at www.cpalberta.com or call Kim at 780-477-8030 (email: kim@cpalberta.com) for more information.



Parent Learning Opportunities



**The Glenrose needs to hear
your voice!**

Glenrose Hospital- Pediatric Rehabilitation Division is revisiting all of its services and programs for the purpose of optimizing access, quality and sustainability. If you have already contributed to our information gathering phase, thank-you for your input.

If you have not had an opportunity yet please take a few minutes to access our survey and share your views. We would also ask you to forward this message on to your colleagues, families that you work with or anyone else whom you think would like to share their opinions with us.

Thank-you kindly. Your opinion is extremely important to us.

<http://www.surveymonkey.com/s/R7XTZT>

If you have questions you can contact: Val Guiltner, at (780) 735-8229

Inclusive Programming for Students with

Autism Spectrum Disorders

A workshop with SHEILA WAGNER

Friday, October 21st, 2011

This presentation will examine the process of behavior analysis for teachers who have students with autism spectrum in general education classes. This setting poses challenges that must be considered in light of this disability, zero tolerance and student needs. It will identify the key components for analyzing the inappropriate behaviors and identify ways to improve student performance, increasing the likelihood for inclusion.

This session will examine the behavior plans that have proven successful for students with ASD in inclusive classrooms from elementary to high school.

**Register today at www.autismedmonton.com or
call 1-877-9AUTISM**



Presents



Dr. Jan van Dijk

Full 2 day conference only \$45.00!!

**Don't miss this once-in-a lifetime opportunity
to learn from a world-renowned expert in
deaf-blindness and
multiple disabilities!**

The Emotional Brain—October 17, 2011

Child Guided Strategies: The van Dijk

Approach to Assessment—October 18, 2011

Dr. Jan van Dijk has pioneered assessment and teaching approaches for children with deafblindness and other disabilities. He is known as the father of coactive movement strategies, anticipation cues for communication, and calendar systems that have been adapted as strategies for working with children and adults who have other disabilities such as autism and behavior disorders.

For more information contact:

MDRL website: <http://mdrl.educ.ualberta.ca>



LD Edmonton

Learning Disabilities Association of Alberta
Edmonton Chapter

The right to learn, the power to achieve

Parent Information Series

Fourth Wednesday of every month

7:00 - 9:00 p.m.

Our Parent Information Series is a monthly presentation on a topic meant to support families affected by Learning Disabilities and ADD/ADHD. The goal is to give parents information to support youths in their educational setting and at home. All our presentations allow for audience participation and have a question period afterwards. Examples of topics include: understanding an IPP, homework and study strategies, advocating for your child and yourself, making the transition to post secondary education, exploring different kinds of assistive technology, and other informative topics.

This series is not exclusively for parents but may be attended by adults with LD and ADD/ADHD and professionals as well.

Where: Room 24 Fulton Place School 10310-56 Street Edmonton	To Register: Call: 780.466.1011 Email: info@ldedmonton.ca	Cost: Free - members \$10 - non-members
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*The Learning Disabilities Association of
Alberta
Edmonton Chapter
#22 Fulton Place, 10310-56 Street
Edmonton Alberta T6A 2J2*

**Phone: 780 466-1011
Fax: 780 466-1095
E-mail:
info@ldedmonton.ca
www.LDEdmonton.ca**

The GRIT Program
14930 - 114 Avenue
Edmonton, AB

Phone: 780-454-9910
Fax: 780-455-1806
E-mail: gritprog@gritprogram.com
Website: www.gritprogram.com



inspiring inclusive futures

The GRIT Program's Mission Statement

To provide a family centered, early education program which will assist the child with special needs to be fully included in family life and community.

To provide the information and support necessary for the successful transition to and full inclusion in a community school.

To promote public education and public awareness in support of inclusion and inclusive communities.

Do you know how far your donations dollars to GRIT can go?

For example.....If you donate \$500 to GRIT, you receive a \$200 tax credit. That means your \$500 donation only costs you \$300! And GRIT can take that \$500 donation and have it matched by the Alberta Government (Culture & Community Spirit) to make \$1000!..... **In other words we turn \$300 into \$1000!!**

Please keep GRIT in mind for your 2011 tax donations by:

- ◆ designating GRIT as your charity of choice through United Way payroll deduction
- ◆ donating online at CanadaHelps.org* For more information, see our website at www.gritprogram.com
- ◆ monthly donating on your Visa or MasterCard
- ◆ GRIT Staff payroll deductions

For more information please call either Sue, ext. 202 or Heather, ext. 200.

All donations to GRIT support the children's growth and learning, and enhancement of GRIT's service to families. Your support is greatly appreciated!

Thank You



GRIT would like to thank everyone for their kind donations.