

MARC'S SENSORY OASIS

Sensory-based Occupational Therapy

www.otmarclandry.com

School's
In
Session



School is not a natural environment.
Sensory issues can sabotage success.

TIPS AND RESOURCES TO HELP

We all have sensory issues in indoor environments. Prepare and balance.

PRECIOUS!

CHILDREN ARE

Support My Work
recommend someone to my workshop

Workshops that Focus on:

- Brain Differences, Behaviour, & Learning
- Sensory Processing & Self Regulation
- Stress Management & Sensory Diet

And More...

I'm really sorry for missing the last couple months of putting out my newsletter. I've learned first-hand that there is no support in BC for people experiencing depression or mental health issues that come with common life challenges and difficulties. Just like having a child with special needs, help is usually hidden and secretive, too little, too late, and too expensive. I hope to be back and to have more energy and more strength. If I need to alternate months with my newsletters, I'll try that. In this issue, I want to remind you that we all have sensory issues which make it hard to be calm and attentive

in crowded fluorescent indoor environments. Whether you are supporting yourself or supporting a young one, you should have a few strategies to try and also be willing to speak up when necessary. Internalizing your inability to function is harmful in both the short term and the long term. Please refer to past newsletters about fidgets, so you can load up your pockets or prepare a "thinking basket" for your child's desk. (www.marclandry.ca/Marcs_Sensory_Oasis/Newsletter_files/newsletter%20April%202013.pdf) Also, educate yourself about your rights, and what you can expect from your school district. Know what are the

Most children can sit "criss cross applesauce, eyes on the teacher" for more than 20 seconds if they are daydreaming or comatose. There's nothing wrong with prompting kids to respect others' personal space and to practice active listening, but many hold to these words in a dysfunctional manner that judges children and relieves adults of their true responsibility.

roles of teachers and support staff, and how to prepare for your IEP meeting so that you are not intimidated or short-changed. (www.marclandry.ca/Marcs_Sensory_Oasis/Newsletter_files/newsletter%20Sept%202012.pdf) Parenting a child with sensory or learning differences is a demanding job, and you have very few allies, including in your neighbourhood school. While there are exceptions, the shortfalls in training and funding have created a mentality where minimizing the workload and assembly line strategies have become the norm. While you have the right to have your student (or yourself) be treated like a unique individual, you are more likely to encounter hollow promises than sincere supports. Some good political administrators know that presenting a kind and reassuring front will assuage busy and frantic parents and keep them from looking carefully at the environments their children are in. Until we have video cameras in all classrooms, the only way you can know what is going on is through direct observation. If every parent were to spend a day in the classroom every few months, there would always be a parent in the back of a classroom. This would change the classroom dynamic in most settings (for the better) and there'd be a greater sense of community and a lot more to talk about at Parent Meetings (PAC). When this cannot happen, you should have members of your team periodically observing a day of school. Districts have policies regarding this, and observers need to be professional and appropriate, but cannot be excluded when the request is made by a parent. In a few districts, intimidation is common, and parents need to go higher up in order to be able to exercise their rights. Accepting a "no" answer without going higher is a mistake.

THE AUTISM FILE is a great online and printed resource for families and professionals interested in "outside of the box" viewpoints and strategies. Polly Tommey, Jenny McCarthy, and other parents who were not willing to surrender their children to the system have created this resource, which contains information from many disciplines and perspectives. Even if your child does not have autism, there is useful information here for you. This recent issue focused on EDUCATION. It includes

how to prepare for your IEP and sensory strategies that can help your child (and you) to learn the most and benefit from the school experience with as little trauma as possible. You can view the entire contents online!

Click on the link below the cover to see the issue:



www.pageturnpro.com/Autism-Media-Channel/52865-Autism-File/index.html#1

Most people, in schools or in society, want to do their best and want to support people with differences, but don't know how. Don't try to explain everything you know, as this will overwhelm people. When someone presents you with a problem or asks a question, PLEASE take a moment to breathe and think. Keep your answer as brief and concise as possible, sticking to the immediate concern. I find it most helpful to then go home and write up a more detailed "tip sheet" dealing with that specific issue. After this, you can include more information if you think it is appropriate and relevant. This process allows you

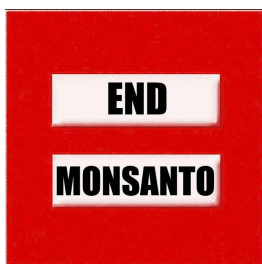
to be more sequential and logical, and also provides a tangible reference that can be reviewed and pondered.

If your child has sensory issues that keep him or her from sitting still, paying attention, or getting work done, you might need to look more carefully at what is going on from a "Sensory Processing" perspective. Many smart people are sensory sensitive. Most children with learning challenges have sensory issues. Most people labelled as behaviour problems have sensory issues that are not respected. Learn more about **The Sensory Profile** and what this tool can tell you in this newsletter:

www.marclandry.ca/Marcs_Sensory_Oasis/Newsletter_files/newsletter%20October%202012.pdf

Smart and caring educators are learning more about the brain and about how to support young learners, and their parents.

Be involved and be informed! We are constantly learning more about the brain and how it affects learning and behaviour.



WHAT DOES THIS CODE MEAN?



- 5 digit: 9-XXXX
Starting with 9
✓ Organic
 - 5 digit: 8-XXXX
Starting with 8
✓ GMO GE
 - 4 digit: XXXX
Conventionally grown
✓ Contains pesticides
- the detox market

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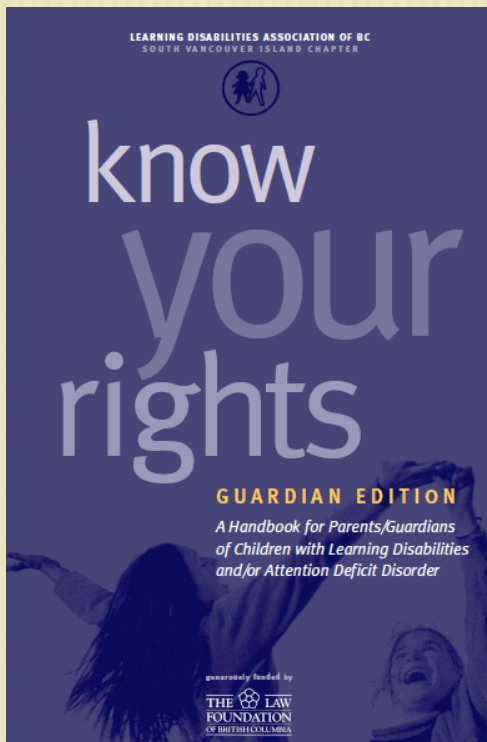
I received a copy of this Parent's Handbook on Inclusive Education. Skimming through it, I felt it was a good resource. I especially liked the idea of SMART iep, acronym for Specific, Measurable, Active, Realistic (and relevant), Time limited. When I looked at the cited website, it was U.S. based. It was really sad (thinking of kids in Canada) when I read the laws, lawsuits, and judgments that make it so clear to me that American children have more rights and protections. I'd also, however, like to know what the dozens of "no-school" families I know would think of Inclusive Education in BC. I speak of families I know who pulled their kids out of bad school situations where they were excluded, ignored, mistreated, and have no choice but to give up on public education and settle for the possibility of an hour per week of tutoring at home, or no support at all. Inclusive is not here, not universally.

[Click Here to learn more about this great Resource](#)



EVERYONE BELONGS IN OUR SCHOOLS:

A Parent's Handbook on Inclusive Education



www.knowyourrights.ca



Flu Shot?

It's very hard to balance all the mis-information put out by government and fed to us on mass media, but science does not support these toxic exposures.

[READ MORE...](#)