



# COFFEE TALK 4 (PODCAST): INCLUSION AT HOME DISABILITY AND FAMILY DURING THE PANDEMIC

## Featured Resource Organizations for Families

### Family Support Network of Central Carolina (FSNCC)

Family Support Network of Central Carolina (FSNCC) is a non-profit organization serving families in Guilford and surrounding counties of North Carolina whose children have been diagnosed with special needs or have experienced a NICU stay. FNCC provides support, education, and caring connections. Services are confidential and offered at no cost.

### Family Support Network of Southern Piedmont (FSNSP)

Family Support Network of Southern Piedmont (FSNSP) is a non-profit organization providing support, education and caring connections to families in the Southern Piedmont region of North Carolina who have an infant born prematurely or a child with special needs. Services include: parent-to-parent matching, information and referrals, support groups for families and siblings, workshops for parents & families, and more!

### Family Support Network of North Carolina

The Family Support Network™ of North Carolina is comprised of 12 regional affiliates across the state and the FSN University Office. The programs featured in this Coffee Talk were the Family Support Network of Central Carolina and the Family Support Network of Southern Piedmont. FSN affiliates provide parent-to-parent support, information and referral, support groups, workshops, and social activities for families with children (birth - age 22) who have disabilities or special needs and their service providers statewide. The FSN University Office supports Affiliates with funding, technical assistance, program development and evaluation, and statewide information and referral. FSNNC also offers resources and support for children and families with disabilities specific to the impact of Covid-19 <https://fsnnc.org/COVID-19-Resources>

### Parent to Parent USA

Parent to Parent offers a national network of core resources for families with children who have a special health care need, disability, or mental health concern. Check out their webpage to find programs in your state and region. The programs featured in this Coffee Talk were the Family Support Network of Central Carolina and the Family Support Network of Southern Piedmont.



# COFFEE TALK 4 (PODCAST): INCLUSION AT HOME DISABILITY AND FAMILY DURING THE PANDEMIC

## DeAnna's Recommended Resources for Parent/Family Support

Podcast:

### Empowered to Connect

ETC is a community focused program that exists to support, resource, and educate caregivers. ETC's resources are especially helpful for caregivers of children who have experienced adverse childhood experiences (ACEs), toxic stress, and maltreatment.

Books:

- The Connected Parent: Real-Life Strategies for Building Trust and Attachment by Lisa Qualls & Karyn Purvis
- The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by Daniel J. Siegel & Tina Payne Bryson

### Sibling Support

National support program for siblings with a brother or sister with a disability.

## DeAnna's Recommended Useful Assistive Technology Tools

- Read & Write for Google Chrome
- Voice Recognition for Google Chrome to support "dictate-to-scribe"
- Logitech Crayon
- Large Print Black on Yellow Bluetooth Keyboard

## North Carolina Specific Supports

### First in Families

Local Chapters offer support to families and individuals according to their self-defined needs. Examples of supports include computers, home furnishings or modifications, childcare or respite, or repairs to vehicles. Support can also be the connecting of an individual to vocational, social, and educational opportunities in the community; whatever it takes - for people to live and participate fully in their community.

### Triple P (Positive Parenting Program)

Triple P is the flexible, practical way to develop skills, strategies and confidence to handle any parenting situation. Triple P is available online at no cost for NC parents. All of the Family Support Network™ programs offer Triple P Stepping Stones for families of children with disabilities.



# COFFEE TALK 4 (PODCAST): INCLUSION AT HOME DISABILITY AND FAMILY DURING THE PANDEMIC

## Additional National Resources & Organizations

### Center for Parent Information & Resources

This webpage is the central hub for all US Office of Special Education and Rehabilitative Services' parent resource centers found in every state, the District of Columbia, Puerto Rico, U.S. Virgin Islands, and Pacific entities. The page is a rich source of information for families with children who have disabilities and those who serve them.

### Council for Exceptional Children

The Council for Exceptional Children's website has everything from policy updates to instructional resources to service delivery supports for all settings, ages, and disabilities.

### National Center for Learning Disabilities

The National Center for Learning Disabilities provides resources for families, schools, educators, and advocates to promote effective instruction and intervention for students with disabilities virtually, at home, or in school during the pandemic.

### The Center on Positive Behavioral Interventions and Supports

The Center on Positive Behavioral Interventions and Supports provides resource, tips, workshops, trainings, tools, & supports for implementing Positive Behavior Support in classroom, distance and online learning environments. The Behavior Teaching Matrix for Remote Instruction is particularly useful in supporting appropriate behaviors during remote instruction.

### Partnerships for Action Voices for Empowerment (PAVE)

Partnerships for Action Voices for Empowerment (PAVE) is a parent-directed non profit organization based in Washington state providing comprehensive support and resources for families of children with disabilities. This page has some tips from PAVE for reinforcing positive behaviors at home.



# COFFEE TALK 4 (PODCAST): INCLUSION AT HOME DISABILITY AND FAMILY DURING THE PANDEMIC

## COFFEE TALK PANELISTS:

### **DeAnna Patterson**

Parent & Pediatric Nurse Practitioner

DeAnna.patterson@gmail.com

### **Nancy Micca**

nancym@fsncc.org

Executive Director

Family Support Network of Central Carolina

[www.fsncc.org](http://www.fsncc.org)

### **Carol Cranford**

ccranford@fsnsp.org

Executive Director

Family Support Network of Southern Piedmont

[www.fsnsp.org](http://www.fsnsp.org)

## NIP COFFEE TALK PODCAST FACILITATOR:

### **Dr. Amanda Kloo**

amandakloo@inclusionproject.org

Director of Standards and Accreditation

National Inclusion Project

**PLEASE NOTE:** Responses listed here represent information provided by NIP partners and participants contributing to the Coffee Talk series—lists are not exhaustive or exclusive.