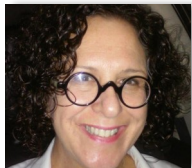




VISIT OUR WEBSITE



## A MESSAGE FROM PRESIDENT PAULA HAMP

Greetings LDA-IA members and friends,

I pray this greeting finds you well. This is truly a time unlike anything we've ever experienced, but we will get through this, and we will learn from it on so many different levels. During this time, we need to focus on Executive Functioning skills such as:

- **Emotional Control** – Keep feelings in check. This would be a great time to have your child start journaling. Have your child spend a little time each day writing about what's happening in the world, how it affects them and the people around them, and what activities they participate in throughout the day.
- **Flexible Thinking** – Adjust behavior to unexpected changes. Teach your child coping skills when unexpected things happen to them. Teach your child breathing exercise and/or meditation.
- **Working Memory** – Keep key information in mind. Play a fun memory game with your children.
- **Self-Monitoring** – Self-awareness of how one is doing in the moment. Ask your child how they are doing throughout the day. At dinnertime play the game "1 and 3" - everyone names one thing that made them sad followed by 3 things that made them feel grateful.
- **Planning and Prioritizing** – To set and meet goals. Each evening before going to bed plan out the next day and set daily goals. Keep a routine: time to get up and go to bed, learning time, play time, journaling time, snack time, activities, etc...
- **Task Initiation** – Take action to get started on a task. Make a list of five tasks that can be completed. Have children start a task on their own and complete it such as: write a letter to a family member, make a card for a teacher, nurse, doctor, make cookies for an elderly neighbor or a care package for the homeless.
- **Organization** – Take a little time each day to organize something in the house such as a drawer, closet, cupboard, toys, etc. Utilize this time to teach basic executive functioning skills to your children and maybe even your spouse.

Until we chat again, please make sure your membership is up to date, and share this information with someone and encourage them to join .

Stay strong, stay healthy, we'll make it through this, and we'll be stronger for it – now go wash your hands!

Paula

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## CONTACT US

LDA Iowa: We are all at home, but continue to be here for you!  
Contact us today!  
Phone: 515-209-2290  
Website: [www.l daiowa.org](http://www.l daiowa.org)  
[learningdisabilitiesofiowa@gmail.com](mailto:learningdisabilitiesofiowa@gmail.com)



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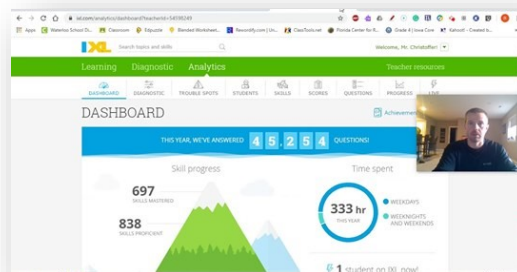
## MISSION STATEMENT

The Learning Disabilities Association of Iowa is dedicated to identifying causes and promoting prevention of learning disabilities and to enhancing the quality of life for all individuals with learning disabilities and their families by:

- Encouraging effective identification and intervention,
- Fostering research, and
- Protecting the rights of individuals with learning disabilities under the law.

## VIRTUAL SCHOOL: WHAT'S IT LIKE?

Ryan Christoffer teaches 4th grade at Highland Elementary in Waterloo, Iowa. He just won the Gold Star Teacher Award! His usual teaching had encompassed technology before the pandemic, so his learning curve wasn't as high. Thanks for allowing LDA Iowa to share your good work, Ryan.

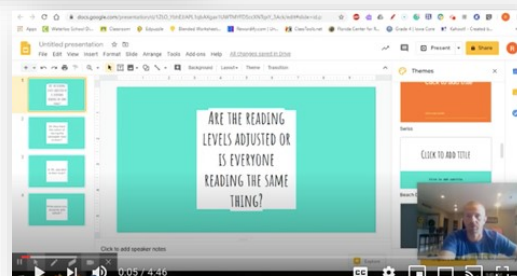


Click on this image to view the first of two videos, an Overview of Teaching Virtually.

Ryan's second video:

"Q & A with Kim Miller" on Adjusting for Students with Extra Needs in Virtual Learning

Click image to view.



Technology resources that Ryan currently uses:

- ⇒ [Class Dojo](#) (Home-School Communication)
- ⇒ Google Classroom
- ⇒ [Morning Video](#) (Day 9) using *ScreenCast-O-Matic*, a Google Chrome Extension
- ⇒ Google Hangouts/Chats
- ⇒ Book Talks (using Google Meet)
- ⇒ Math Talks (using Google Meet)
- ⇒ [Wizer.me](#) (interactive worksheets)
- ⇒ [Peardeck](#) (add on to [Google Slides](#))
- ⇒ [Edpuzzle](#) (create videos with embedded questions)
- ⇒ [IXL](#) (for teaching online math)
- ⇒ [Raz Kids](#)
- ⇒ [Epic Books](#)
- ⇒ [Fun Friday](#) (using Google Forms)

See more on Ryan's YouTube Channel! Click the image below.



## PARENTS: KNOW YOUR RIGHTS DURING THE COVID-19 CRISIS

The Iowa Department of Education has provided information for parents in the document, "FAQs for Iowa Families and Parents of Students with Disabilities receiving Special Education, or Parents of Children receiving Early Intervention." Be sure to check the website regularly as guidelines are updated per the direction of OSEP-Office of Special Education Programs.



[COVID-19 IDEA Parent Guidance](#)

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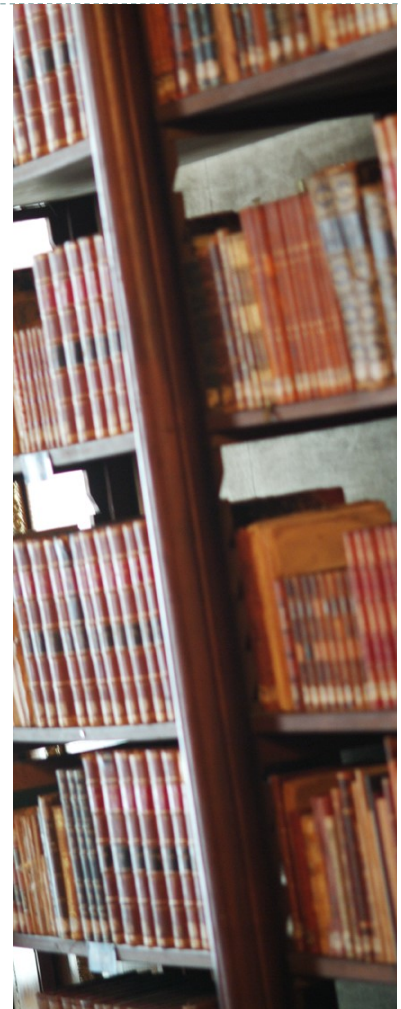
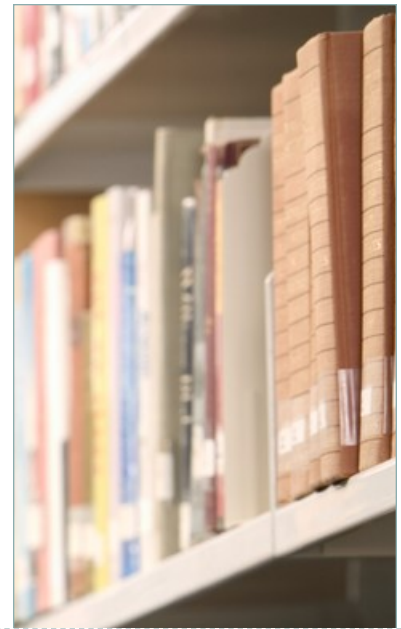
*If educational services are provided for all students (such as online learning), the school must provide FAPE, or Free Appropriate Public Education to students receiving special education services.*

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Currently, if school is closed due to COVID-19 and no services are being provided, the school is not required to provide special education services. If enrichment activities are being provided by the schools and it is optional for students to participate, the school is required to provide a range of activities so that any student in the school, including those with disabilities, can access activities. If educational services are provided for all students (such as online learning), the school must provide FAPE, or Free Appropriate Public Education to students receiving special education services. This will require the IEP teams to work together to make sure that students with IEP's receive services comparable to that of other students.

Under the latter circumstances, will schools continue to provide for FAPE during the COVID-19 school closures? At this time, the answer is yes; however Congress has given a 30-day window to use the option to waive all FAPE to the US Secretary of Education, Betsy DeVos.

LDA America and LDA Iowa continue to let congressional leaders know about our opposition to the waiver.





## FREE PARENTING TIPS WE ALL CAN USE!



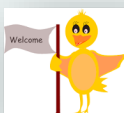
We love our kids, but sometimes all this “pandemic togetherness” can be challenging! At LDA Iowa, many of us are also facing the challenge of parenting and educating our children at home, so we have been looking for free resources to help us all. The Centers for Disease Control and Prevention has some excellent information for parents including helpful information about child development, positive parenting, safety, and health at each stage of your child’s life (ages 0-18 years.). Be sure to check it out!

information for parents including helpful information about child development, positive parenting, safety, and health at each stage of your child’s life (ages 0-18 years.). Be sure to check it out!

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>

*“We love our kids, but sometimes all this “pandemic togetherness” can be challenging!”*

### WELCOME TO LDA’S NEWEST STATE AFFILIATE!



LDA America recently announced the opening of a new state affiliate.

Welcome, LDA of Connecticut!

We’re so glad that your state is joining with LDA America and all the other state affiliates to further our mission to create opportunities for success for all individuals affected by learning disabilities through support, education and advocacy!

## QUESTIONS AND ANSWERS ABOUT LEARNING AT HOME

Parents, you are not alone if you have questions about your child’s education services during school closures.



The Iowa Department of Education has developed a handout on the frequently asked questions and answers about education and the coronavirus. The information is updated on a regular basis, so be sure to check the website frequently, and of course, your school is another good source for information. This is a new situation for everyone, and we all need to work together.

### Links:

- Iowa Department of Education Website: <https://educateiowa.gov/>
- Iowa Department of Education “Frequently Asked Questions For Parents and Families About Continuous Learning”: <https://educateiowa.gov/documents/pk-12/2020/04/frequently-asked-questions-parents-and-families-about-continuous-learning>





## PARENTS: ARE YOU LOOKING FOR FREE RESOURCES FOR TEACHING AT HOME?

Your first source of information should be your child's teacher or school. They will likely have a license for online programs that you can access at home for free. Your child's teachers may have some specific programs in mind that are most appropriate for your child.



If you are still looking for more ideas, be sure to check our [Facebook page](#).

While you are on Facebook, take a look at [LDA America's page](#) for even more resources!

Here are a few of our favorite FREE resources:

\*[Florida Center on Reading Research](#): Multiple resources for reading, math/science and general education.

\*[EdHelper: Daily Free Learning Workbooks for Teachers to Share with Parents while Schools are Closed \(Grades K-12\)](#)

\*[The Parent's Guide to Google Classroom](#): List of sites for families to use for free while school is closed; includes resources for all grade levels with the following categories: virtual field trips, reading and writing, math, screen-free activities, STEAM and other.

Parents, if you have any questions or need additional help finding resources, feel free to contact us!

## JOIN LDA TODAY!

<https://ldaiowa.org/membership/>

## MEMBERSHIP IS IMPORTANT!

As an advocacy organization, membership is what keeps LDA thriving and allows our voices and those of the children and families we serve to be heard.

Please consider joining today. Click "Join us" below to find out more about membership.

**Join us!**

## CONTACT US

LDA Iowa: We are all at home, but continue to be here for you!

Contact us today!

Phone: 515-209-2290

Website: [www.ldaiowa.org](http://www.ldaiowa.org)

Email:

[learningdisabilitiesofiowa@gmail.com](mailto:learningdisabilitiesofiowa@gmail.com)

## BUILDING RESILIENCE

While it's important to meet the needs of our students and our families, it's also important to take care of ourselves. LDA Iowa President Paula Hamp offers a few ideas to build your resilience.

- **Daily Self-Care:** Exercise, eat healthy, and socialize to maintain good mental health.
- **Practice Finding Gratitude:** Re-frame your thoughts from "I have to" to "I get to;" Strengthen bonds with family and friends. This is a perfect time to share your gratitude with others. Send them notes or letters or phone calls or zoom to let them know how much they mean to you.
- **Accept Negative Emotions:** Be mindful of your emotions. Sit with them without judgement. Know that these will pass because emotions are impermanent. If you avoid negative emotions, they will become stronger and last longer.
- **Reflect on Your Life:** Pay attention to your life, behaviors, and beliefs. Are you happy with them? If so – how can you continue to strengthen them? If not – how can you change them? It's a perfect time to start a journal to write down your reflections.
- **Do something for someone else:** Without them knowing, do something for someone else. Maybe take in your neighbor's garbage cans. Bake a treat and write a note and leave it for a neighbor or elderly friend. Running to the store, stop and ask a neighbor if you can pick something up for them. Doing little things for others is good for ourselves; it heals the soul.
- **Do something for yourself:** Take time for yourself, quiet time that you're not having to tend to the needs of others, maybe this is a time you go for a walk, take time to read, take a quiet bath, but take care of yourself. If we don't take care of ourselves, we can't take care of others.

**LEARNING DISABILITIES  
ASSOCIATION  
OF IOWA**

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**LDA** Learning Disabilities  
Association of Iowa