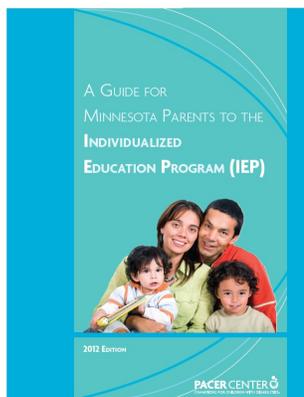




# TeleFamilies Times

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*PACER has a publication will help you to understand the process and value of an Individualized Education Program (IEP)*

<http://www.pacer.org/parent/php/PHP-a12.pdf>

*"Weeds are flowers, too, once you get to know them."*

— A.A. Milne

## Working with Schools

If you have a child who is receiving special education services, you are more likely to be very involved with your child's school and teachers—including planning, reviewing and assessing your child's educational program. The fall is a good time to update your child's Individualized Education Program (IEP)—if your child has one—or any other school plans. Parents should have received a "know your rights" packet from the school as part of the IEP meeting. Be sure to review the packet. Write yourself notes if you have ideas and/or questions and then follow-up with the school staff as needed.

CADRE's *Steps to Success* publication ([http://www.directionservice.org/cadre/pdf/Steps%20to%](http://www.directionservice.org/cadre/pdf/Steps%20to%20Success.pdf)

[Success.pdf](http://www.directionservice.org/cadre/pdf/Steps%20to%20Success.pdf) funded by the US Office of Special Education) suggests some approaches that will help you to be successful in developing and maintaining a strong partnership with your child's school. Consult the publication for details.

- Be mindful of your emotional pressure gauge
- Prioritize and plan
- Actively listen to understand the other person's perspective
- Clarify your statements if you see a puzzled look on someone's face; ask for clarification if they say something that puzzles you
- Have options in mind and offer them for discussion as needed
- You are only human
- In the end, ask for the "yes."

## Meet Scott Lunos, TeleFamilies Statistician



Scott Lunos

Scott Lunos is a Research Fellow at the University of Minnesota's Biostatistical Design and Analysis Center where he provides statistical support — from study design

to final analysis and publication — for research projects. His role on the TeleFamilies project is to help guide the analysis of the survey and calendar data reported by families. He has lived in Minnesota most of his life having grown up in

northern Minnesota — 10 miles from the Canadian border. Scott graduated with a MS in Biostatistics from the University of Minnesota in 2001. He has worked at the U since 2007 where he has co-authored numerous publications.

In his free time, Scott enjoys traveling, camping, and watching basketball. Scott lives in the north metro with wife, two daughters, and their dog, Lena. His most recent parenting challenge: potty-training 2-year-old Flora while welcoming their newborn daughter, Sylvie.

## Seasonal Illnesses



Is your family ready for the upcoming flu season? Are they up-to-date on their vaccinations? The single best way to protect your family from influenza (“flu”) is to **get vaccinated** every year. All people six months and older need an annual flu shot. Another step you can take to prevent illness is to **wash your hands** with soap and water. Hands should be washed for at least 20 seconds before and after

eating, after using the restroom, and after blowing your nose or sneezing.

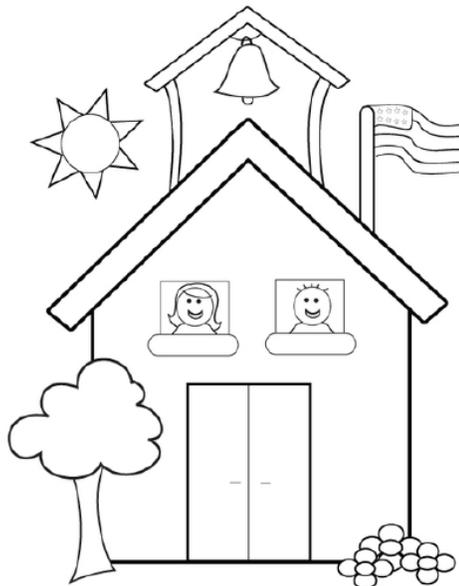
The changing seasons can also expose people to unexpected triggers that may make their asthma or allergies worse. Be sure that you are ready and have your child’s **prevention plans and medication refills** in place. This includes contacting your pharmacy if you need refills and sharing your child’s updated medication form and asthma action plan with their school.

*“Don't tell me  
the sky's the limit  
when there are  
footprints  
on the moon.”*

—Author Unknown

## Kids Corner

# I Love School!



### The TeleFamilies Team:

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