




STRIVE 2024

- What does being emotionally well mean today?
- What is self-advocacy and what do our children need to learn to do?
- Love Language
- Step by Step as a Parent
- Resources
- Q and A

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What Does Being Emotionally Well Mean?

We know ourselves

- Likes and dislikes
- Strengths
- How and when we experience different emotions

We know how to control ourselves

- How to reflect before reacting
- Different coping strategies that work for us
- When we need a break from others

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We know how to communicate with others

- How to distinguish between our heart and our fear
- How to respectfully share our thoughts and feelings
- How to speak to ourselves with respect

We know how to set goals and work towards them

- That everyone has different skill sets/gifts
- Learning ways to use our gifts





What is Self-Advocacy?

...When we take action on our own behalf.

Successful adults with learning disabilities have identified the ability to self advocate as an important factor contributing to success.

“Students with learning disabilities who are supported to develop these skills are more likely to be proactive, take charge of their life at school, persevere in the face of obstacles, and learn from their mistakes.”

(LD@School)

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Students should:

- Know and understand their Learning Disability
 - How they learn
 - What are their strengths and needs?)
- Be involved in the creation of the IEP and understand what they are entitled to
- Learn to use the vocabulary of self advocacy – role play to practice
- Be involved in setting goals
- Develop organization and time management skills





Examples of Accommodations

- Extra time for tests/assignments
 - Use of assistive technology
 - Preferential seating
 - Chunking of information
 - Visual Supports
 - Duplicated notes
 - Assistive technology
 - Graphic organizers
 - Time-management aids
 - Alternative/Quiet Setting for Assessments
- 

5 Themes of Resiliency





What is Our Role as Parents?

- **Understanding emotions**
- **Modelling healthy coping skills and boundaries**
- **Encouraging and modelling respectful communication**

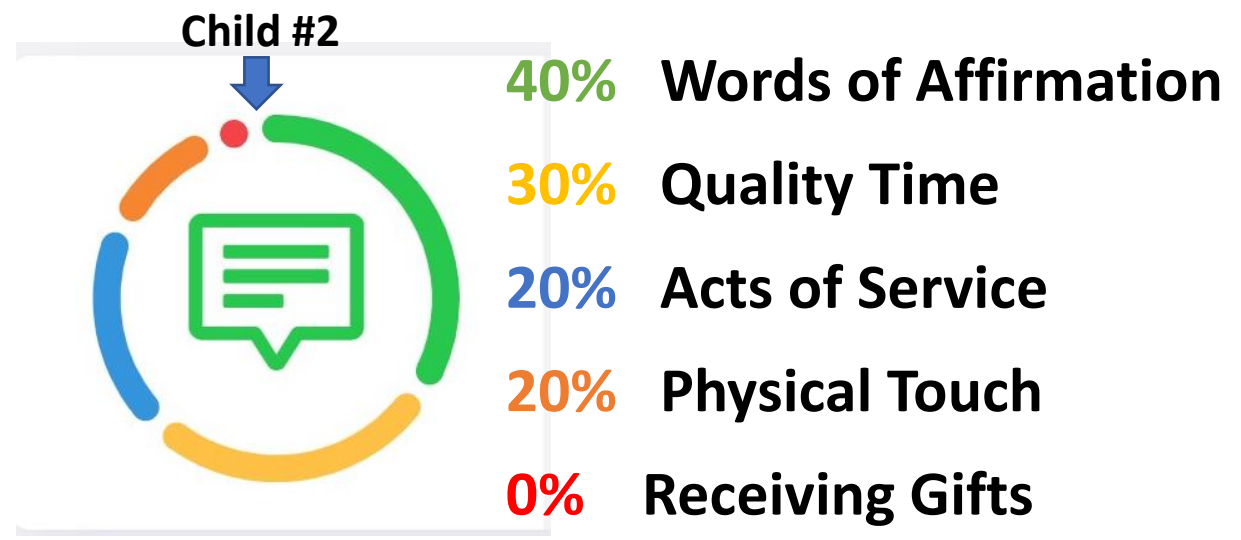
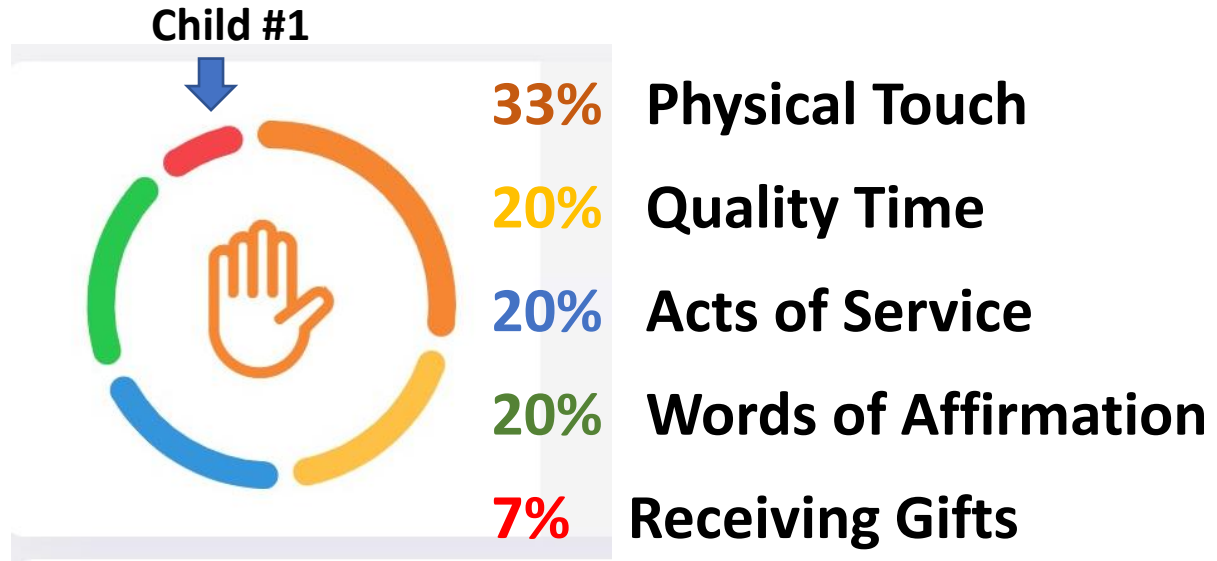
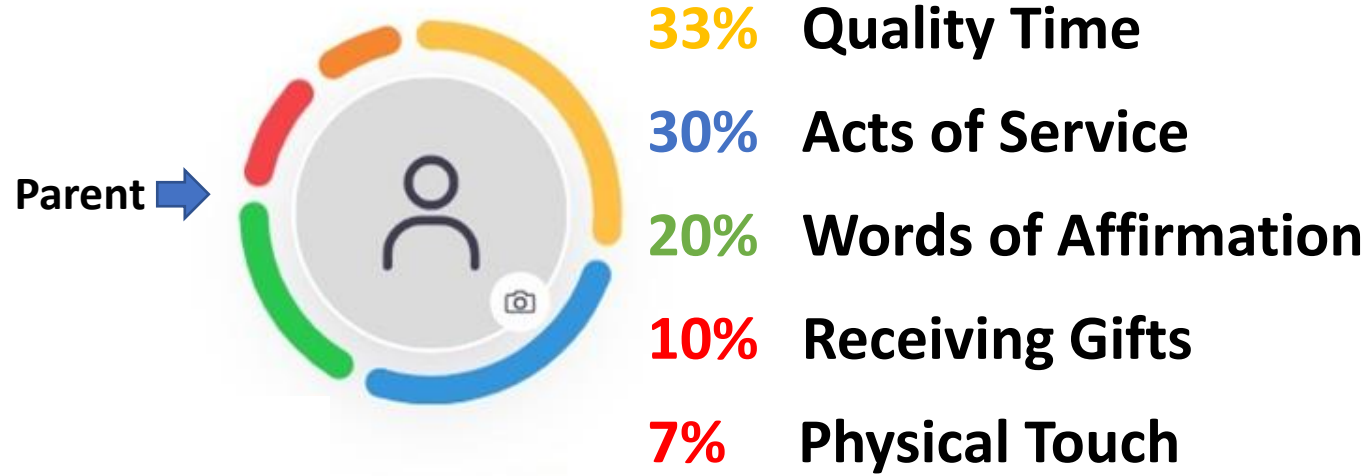




- **Normalizing being emotional in a positive way**
- **Taking ownership**
- **Showing our own vulnerability**
- **Knowing our own triggers**



Everyone is Unique in the Way They Receive and Give Love



Step By Step as a Parent

Steps for emotionally heated moments:

In calm collected moments sit with your children and talk about a new family plan for heated moments. This lets them know that when you are taking space or insisting they take space, there is a purpose.

1. Walk away or send them away to process and release emotions.
2. Find a grounding technique that helps you come back to your logical brain. We can't think logically when we're emotional. Some suggestions include:
 - a) 8 count breathwork
 - b) walking outside
 - c) aroma therapy
 - d) calming music (solfeggio frequencies)
 - e) journaling



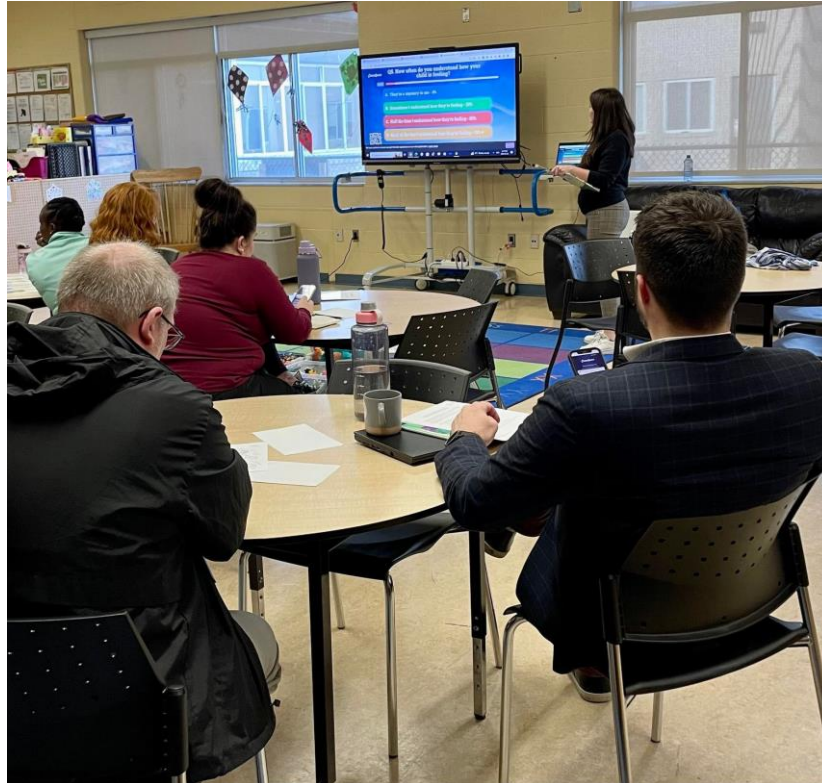
3. Self reflection: Once we're grounded, we can reflect on what happened with a clear mind and problem solve.
 - a. What are you feeling? (Misunderstood, scared, embarrassed, neglected...)
 - b. What are you thinking? (I should have said things differently ... they don't understand ... they must hate me.)
 - c. What is bothering you? (Is this reminding you of something in your past?)
 - d. What do you need? (A hug, to apologize, to rephrase...)
4. Come up with a solution. Given what you discovered in self-reflection, what do you logically think needs to happen to resolve the issue?
5. Once everyone has processed their emotions/thoughts, come back together to talk about what everyone's needs are and create a plan together. The important thing is that everyone learns they are capable of processing and releasing their emotions on their own and sometimes we need help with problem solving, no matter what our age is. Once everyone knows how to self sooth, things will start calming down.



Don't DIS my ABILITY

Imagine the difference it could make if we focused on the strengths of people with **learning disabilities** instead of their weaknesses?

Interactive Community Presentations ... Virtual or In-Person



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Resources

[The Power of Thought Resources](#)

[Emental Health Canada](#)

[Messsmakers](#)

[The Love Language Quiz](#)

[Taking the Helm Podcast](#)

[LD@Home](#)

[Cosmic Kids Yoga](#)

[Learning Disabilities
Association of Ontario](#)

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THE POWER OF THOUGHT

**NURTURING EMOTIONAL
WELL-BEING IN OUR YOUNG
MINDS**

**THE SEEDS WE PLANT TODAY WILL BLOSSOM INTO
A FUTURE WHERE EMOTIONAL WELL-BEING IS AS
VALUED AS ANY ACADEMIC ACHIEVEMENT**

**Make a
PROFOUND
IMPACT**

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