Math Competition for Deaf and Hard of Hearing Middle School Students

Deaf and hard of hearing middle school students from across the country can participate in the Rochester Institute of Technology’s fifth annual Math Competition for Students Who are Deaf or Hard of Hearing, April 8—10, 2011 at RIT’s National Technical Institute for the Deaf in Rochester, NY.

This competition for middle school students in grade 6 - 8 who are deaf or hard of hearing, is designed to promote math as fun and engaging and features three rounds that test speed and accuracy, teamwork and additional math skills. Cash prizes will be awarded to team and individual winners in several categories. The competition features problems from MATHCOUNTS, a national enrichment, coaching and competition program that promotes middle school mathematics achievement and involvement in every U.S. state and territory.

Registration is $80 per team or $20 per students who register individually. For more information, contact sesnca@rit.edu or call (585) 475-7695 (v) or 585-286-4625 (vp) or visit their website at www.rit.edu/ntid/mathcompetition.

Worry, Anxiety & Stress In Children

Saturday, April 2, 2011
Ramada Plaza Hotel
1718 Underpass Way, Hagerstown, MD 21740

A workshop on how to identify, relieve and address excessive anxiety in children and adolescents.

Presented by:
Erin D. Martin-Berman, Ph.D.
National Institute of Mental Health

All children suffer anxiety at some time in their lives. The first day of school, a big test, doctor’s appointments or meeting new people can cause stress. But when a child develops severe anxiety parents and caregivers may have questions about when and where to seek help. Dr. Erin Martin-Berman, a clinical psychologist with the Emotion and Development Branch at the National institute of Mental health at Bethesda, will discuss symptoms and treatments for anxiety disorders in children.

Conference is $10.00 per person
Workshop includes morning refreshments, lunch, free books and gift bags
Registration deadline March 21, 2011
Space is limited, please register early!!

For more information or to register, please contact Family Support and Resource Center at (301) 766-8221 or partners@wcboe.k12.md.us

Sponsored by Western Maryland Family Support & Resource Centers.
### Good Parenting Tips

Being a good parent is probably the most joyful job you will ever have, and the hardest. Being a good parent takes time, attention, patience, and strength. But most of all, it takes love.

#### Teach Appropriate Behavior
- Set clear, easy to understand rules for children to follow.
- Make sure your child understands the rules and why following your rules is important.
- Discipline with love. The difference between discipline and punishment is that discipline teaches your child to do the right thing. Punishment is a penalty for doing something wrong.
- Be consistent when you discipline your child. For example, don’t tell your child they’re not allowed to do something today and then let them do it tomorrow.

#### Teach Social Skills
- Let children learn that helping others can make them feel good too.
- Teach your child it is important to have good manners, to share, to listen, to respect others’ needs, opinions, and differences.

#### Encourage Independence
- Let your child try new things that are right for his/her age and experience.
- Give your child safe places for him/her to explore and discover.

### Helping Kids Like Themselves

#### Tips to Build Your Children’s Self-Esteem
- Spend one-on-one time with your children. Ask them about their day. Let your children talk about things that bother them. Listen.
- Let your children know that what they do is important. Give them tasks that they're old enough to do, like setting the table for dinner, and then tell them they've done a good job.
- Don’t forget to praise your children for the things they do right, instead of only scolding them for the things they do wrong.
- Take your children's ideas and feelings seriously. Their feelings are as real to them as yours are to you.

#### Be A Role Model
- Let your children know that you feel good about yourself.
- Let your children see that you, too, can make mistakes and can learn from them.

#### Don’t Expect Too Much
Keep in mind that they are still children. Talk to them about choices they make, and how they can make good choices. Allow them to make mistakes and learn from them as long as their choices are not harmful.

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**Research Study Focused on Hearing Parents of Children with Hearing Loss!**

If you and your spouse are hearing parents, raising your biological child who has a hearing loss of 71dB or more, your child is between the ages of 5 - 9, you are eligible to participate in the study.

The study will take place in your home and will include an interview with you, one observation of you and your child, and ten days of journal entry.

The study will require approximately 3-4 hours of your time, you and your child will be compensated.

If you would like more information or to participate contact: Rachael Plotkin at Rachael.plotkin@gallaudet.edu

Rachael is a Clinical Psychology Graduate Student at Gallaudet University.

**Websites of Interest**

- [www.cdc.gov/hearingloss](http://www.cdc.gov/hearingloss)  This is a nice website from the Center for Disease Control with an information page on hearing loss.

- [http://www.deaflinx.com](http://www.deaflinx.com)  This website talks about how and where to find ASL Classes. Has a nice page about Deaf Culture and answers to many frequently asked questions.

- [http://blog.deafpolitics.org](http://blog.deafpolitics.org)  An interesting website that is all about spreading non-partisan awareness about both deaf related and non-deaf related political issues.

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Reprinted from ValueOptions, Value Behavioral Health of Pennsylvania (877) 615-8503, www.vgh-pa.com
Goodbye Diapers

Think of it as potty learning, and mastering toilet time will be easier for everyone involved.

The most important thing to keep in mind about children learning to use the potty is this: sooner or later, barring an interfering medical condition or aggressive adult meddling, it will happen. The second thing is that using the potty is one of those acts, like sleeping and eating, that can’t be forced on a child. That’s why we call it potty “learning” instead of potty “training.” It’s just something your child has to achieve on his own. Be patient; any effort to hurry things along is bound to backfire.

When To Start

As logic would have it, you start when your child is ready. Many parents are eager for potty learning before a child turns two and often mistake early signs of readiness for the real thing. Grunting, pointing to the diaper, and going off to a corner to grunt in privacy are early signs, but don’t be fooled. If you jump in too soon, your child will make it clear that you’d better back off. Instead, wait for these signs:

Sitting still. In the first months after a child learn to walk, she’ll be reluctant to stay in one place for long. Once she gets the hang of walking, she’ll be able to sit still for long enough to sit on the potty.

Putting things away. A child who knows where to get the toys from and where to put them away is ready to understand that the potty is where the pee and poo go.

Imitating. A child who has begun to imitate will copy her parents’ actions. She wants to be like you and knows how to copy your use of the toilet.

Communicating. A child who can say or sign “I’m not ready” will know when she is and will be able to let you know.

The Challenges

As grown-ups, it may be hard for parents to understand the magic and mystery of poo and pee for a child. Where does this stuff come from? How did it get there? Where does it go? These questions may not be of much interest to you, and you may have all kinds of ready-made ways of answering them. But children have just a few ways of understanding these things, they know only what they can see and touch. Potty learning pushes them to their limits because they can’t see where their bodies’ contents come from nor where they end up. On top of that, they are frustrated and confused by the fact that they are forbidden from touching it, which is one of the primary ways young children learn.

It may not seem like it, but you cask a lot of your child when you encourage him to sit on the potty, go, flush, and say goodbye. While children struggle at first to learn the new process, the challenge for us is to hold back our own sense of urgency and to accept that our children’s bodies must remain under their own control.


Leadership Opportunities for Teens (LOFT) 2011

Applications are now available for the 2011 session of AG Bell’s acclaimed Leadership Opportunities for Teens (LOFT) program. LOFT is a four-day program designed for participants to develop skills in individual leadership, teamwork, understanding group dynamics, communication, public speaking and self-advocacy.

According to one parent who’s teen participated “I thought LOFT might be a good opportunity for my daughter to meet and feel connected with other teens like herself. I had no idea that she would come back changed. She has always been reserved, shy, holding herself back a bit. LOFT seems to have broken down those walls.”

The 2011 program will take place July 24 - 28, 2011 at the Omni Shoreham in Washington, DC. More information can be found at the AG Bell website at www.agbell.org

Nominations Being Accepted for ASDC’s 2011 Lee Katz Award

The Lee Katz Award is presented every two years, and the next awarding will be during ASDC’s 22nd Biennial Conference. Lee Katz was the first president and executive director of the International Association of Parents of the Deaf (IAPD), now the American Society for Deaf Children (ASDC).

The Lee Katz Award recognizes extraordinary parents of children who are deaf or hard of hearing. Parent nominees should possess the qualities of leadership, dedication, and service. To nominate someone, please submit the nominee’s name, address, telephone, email address, family circumstances, leadership qualities, service, special accomplishments, and three to five references. The person making the nomination should include his or her name, address, email and phone number.

All nominations should be sent to: ASDC Lee Katz Award Nominee, #2047, 800 Florida Avenue NE, Washington, DC 20002-3695 or emailed to asdc@deafchildren.org. Nominations must be received no later than April 1, 2011. For more information contact ASDC at asdc@deafchildren.org or 800-942-2732.
**VL2 Early Education Longitudinal Study**

The Early Language Longitudinal Study (EELS) is now accepting participants for an important study on early language experiences and education literacy. They are seeking families with children between the ages of 3 - 5, who are deaf in both ears. All communication modes are accepted.

For more information or to sign your child up to participate in this study visit [http://EELSParents.gallaudet.edu](http://EELSParents.gallaudet.edu)

**ODHH Publishes FY10 Annual Report**

Every year The Governor’s Office of the Deaf and Hard of Hearing publishes an annual report based on their fiscal year activities and accomplishments. The annual report for the 2010 fiscal year, July 2009 through June 2010 is now available. To view the annual report visit [http://www.odhh.maryland.gov/pdfs/ODHH20102.pdf](http://www.odhh.maryland.gov/pdfs/ODHH20102.pdf)

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### Mark Your Calendars Now For these Upcoming Workshops

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<tr>
<th>Event Date</th>
<th>Event Description</th>
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| January 25, 2011 | Special Needs Support Group Meeting  
Making Sense Out of Assessments  
How Can I Use Assessments to Help my Child?  
7:00 - 8:30 p.m. | Maryland School for the Deaf—Frederick Campus  
| February 17, 2011 | Cochlear Implant Support Group Meeting  
Assistive Telephone Technology  
7:00 - 8:30 p.m. | Maryland School for the Deaf—Frederick Campus  
| February 24, 2011 | Cochlear Implant Support Group Meeting  
Assistive Telephone Technology  
7:00 - 8:30 p.m. | Maryland School for the Deaf—Columbia Campus  
| March 10, 2011   | Building a Community of Friends  
Presented by: Gina Olivia  
7:00 - 8:30 p.m. | Maryland School for the Deaf—Frederick Campus  
| March 18, 2011   | Connecting with 21st Century Deaf and Hard of Hearing Students  
Decker College Center, McDaniel College, Westminster, MD  
Conference Fee $70.00 Per Person  
Conference Chairperson: Kathy Jones (410) 763-6823 | Maryland School for the Deaf—Frederick Campus  
| March 31, 2011   | Positive Solutions for Families - Part 1  
6:30 - 8:30 p.m. | Maryland School for the Deaf—Frederick Campus  
| April 2, 2011    | Worry, Anxiety & Stress in Children  
8:30-3:00 p.m. | Ramada Plaza Hotel, 1718 Underpass Way, Hagerstown, MD 21740 | [More Information](http://www.odhh.maryland.gov/pdfs/ODHH20102.pdf)   |
| April 7, 2011    | Positive Solutions For Families - Part 2  
6:30 - 8:30 p.m. | Maryland School for the Deaf—Frederick Campus  
| April 14, 2011   | Positive Solutions For Families - Part 3  
6:30 - 8:30 p.m. | Maryland School for the Deaf—Frederick Campus  
| June 22 - 26, 2011 | American Society for Deaf Children Conference  
Maryland School for the Deaf—Frederick Campus  
[www.erin.buck@msd.edu](mailto:www.erin.buck@msd.edu) or (301)360-2054 | Maryland School for the Deaf—Frederick Campus  