

SPRING

As the snow begins to melt we will start to see signs of Spring! With Spring comes March Break, Easter, St. Patrick's Day and more outdoor fun opportunities. All of us at the Learning Disabilities Association of Wellington County hope this season starts with fun and laughter enjoying these events!



St Patrick's Day is a public holiday in the Canadian province of Newfoundland and Labrador on the nearest Monday to March 17 each year. It remembers St Patrick, a missionary who converted many of Ireland's inhabitants to Christianity in the 5th century. His feast day also celebrates Irish culture.

Cultivating Resilience - Helping Children Develop Skills To Thrive in Good Times and in Bad

When we look at our 5 year old jumping rope or over-texting pre-teen, we do not see the 35 year old that they will eventually be. While we need to consider their happiness and success today, we also need to consider the skills they will need to navigate the increasingly complex world and become that well-adjusted 35 year old. In order to overcome adversity and view challenges as opportunities, they need resilience. Resilience is the capacity to rise above difficult circumstances, allowing our children to exist in this less than-perfect world, while moving forward with optimism and confidence.



Every parent wants to shelter their child from physical pain, worry, heart-break or regret. Wouldn't it be great if we didn't have to be concerned about bullying, divorce, peer pressure, terrorism or poverty. But does sheltering children from "life" really benefit them? Consider that even if we could immunize children from disappointment and stress, they would never have the chance to experience the satisfaction of facing a challenge, overcoming the adversity and thereby discovering that they are able to cope with stress and misfortune.

To appreciate success or experience joy, we need to be faced with some struggle, failure or rejection. Recognizing good fortune required experiencing

misfortune. What factors make someone resilient? Resilience begins with a positive attitude. Resilient people are optimistic. They can regulate their emotions and see failure as a form of helpful feedback.



Resilient people have the ability to change course and move forward even after misfortune. Resiliency is a mindset. Resilient people see challenges as opportunities and believe that they ultimately strengthen them. They seek solutions to problems rather than self-doubt, victimization or a "why me" attitude. Resilience is often uneven. Sometimes a person can be extremely resilient in one area of their life, but need extra support in another. Resilience is not a trait of "perfect people".

Those seeking perfection are fearful of making a mistake and thus won't take chances unless they are sure of success. Resilient people do take risk, confident in their ability to overcome a failure and move forward. In his book, *Building Resilience in Children and Teens*, Dr. Kenneth Ginsburg set out the 7Cs:

The Essential Building Blocks of Resilience Competence: When we notice what young people are doing right and give them opportunities to develop important skills, they feel competent. We undermine competence when we don't allow young people to recover themselves after a fall.

Confidence: Young people need confidence to be able to navigate the world, think outside the box, and recover from challenges.

Connection: Connections with other people, schools, and communities offer young people the

security that allows them to stand on their own and develop creative solutions.

Character: Young people need a clear sense of right and wrong and a commitment to integrity.

Contribution: Young people who contribute to the well-being of others will receive gratitude rather than condemnation.

They will learn that contributing feels good, and may therefore more easily turn to others, and do so without shame.

Coping: Young people who possess a variety of healthy coping strategies will be less likely to turn to dangerous quick-fixes when stressed.

Control: Young people who understand privileges and respect are earned through demonstrated responsibility will learn to make wise choices and feel a sense of control.



Bottom Line #1: Young people live up or down to expectations we set for them. They need adults who believe in them unconditionally and hold them to the high expectations of being compassionate, generous, and creative.

Bottom Line #2: What we do to model healthy resilience strategies for our children is more important than anything we say about them. While

no parent wishes adversity upon his or her child, realistically we know “life” happens.



Our children need to be capable of handling what the “road of life” throws at them—the ups, the downs, the bumps and the curves. They need to be prepared to cope with difficult situations and bounce back. If we want our children to fully experience the world—with all of it’s pain and all of it’s joy—our goal has to be resilience.



You can find Dr. Ginsburg’s book in the local library or visit his website at: www.fosteringresilience.com to learn more.

Scholarships Available to Students with Learning Disabilities

Association of Universities and Colleges Awards Program

600-350 Albert St., Ottawa, ON K1R 1B1 Phone: (613) 563-1236 Fax: (613) 563-9745 Website: www.AUCC.ca

Mattinson Endowment Fund Scholarship for Disabled Students: For undergraduate studies in a degree granting program; \$2,500 one time

Imperial Tobacco Canada Limited Scholarship Fund for Disabled Students: For university or college studies by students with disabilities; \$5,000 annually



The Justin Eves Foundation

595 Bay St., Ste 1202, Toronto, ON M5G 2C2 Phone: (416) 586-0085 Fax: (416) 586-1480 Website: www.justinevesfoundation.com

Justin Eves Foundation Scholarship: For students with learning disabilities attending college or university

365 Evans Ave., Ste. 202, Toronto, ON M8Z 1K2 Phone: (416) 929-4311 Fax: (416) 929-3905 Website: www.LDAO.ca



Shire Canada ADHD Scholarship Program:

www.shireadhd scholarship.com/CA-EN/default.aspx

The Program will award recipients with a unique scholarship that combines financial support for tuition (\$1,500) as well as one year's worth of ADHD coaching services provided by the Edge Foundation (approximate value: \$4,400). The deadline for applications is April 20, 2015

This Scholarship is intended for individuals who are: Legal residents of Alberta, Ontario, or Québec;

Accepted to or enrolled in a post-secondary program at a Canadian accredited two-year to four-year college, university, trade school, technical school, or vocational school located in Alberta, Ontario, or Québec;

Of the age of majority in their province of residence; and

Diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD) and under the care of a licensed health care professional for ADHD



Online Scholarships Resources:

- www.neads.ca National Directory of Financial Assistance Programs for Post-Secondary Students with Disabilities posted by the National Educational Association of Disabled Students
- www.studentawards.com/english/can/ Canadian database of thousands of scholarships, bursaries, fellowships, grants and other financial awards

How can I get free money for my kids?	What do I need to do to get the Canada Learning Bond?	Canada Learning Bond Facts
Get the Canada Learning Bond! This is a Government of Canada program that provides \$500 in education money to children born on or after January 1, 2004 whose families receive the National Child Benefit Supplement. And, the Government will add \$100 more every year your child is eligible, up to age 15. Your child could get up to \$2,000.	<ol style="list-style-type: none"> 1 Visit a Service Canada Office to get your child a Social Insurance Number (SIN). 2 Start a Registered Education Savings account (RESP) that is right for you. Make sure the provider you choose signs you up for the Canada Learning Bond. Visit SmartSAVER.org for our list of no-cost, no-risk plans. 3 Grow your child's savings. Even if you can't contribute, the Government will deposit the Canada Learning Bond in your account. 	<ul style="list-style-type: none"> • All eligible children receive at least \$500 • No family contribution is required to start an RESP or to receive the Bond • If you do make a contribution, the Government's Canada Education Savings Grant will add up to 40% more • Some RESP providers charge fees. Visit SmartSAVER.org for our list of no-cost, no-risk plans. • Act now and you can get your additional Learning Bond payments. When you apply you will receive \$500 plus \$100 for every year your child was eligible

March Break

Activities Your Kids Will Love

What's the catch?

The Canada Learning Bond can only be used for your child's education after high school or later on. Your child has up to 36 years to use it. The Canada Learning Bond can be used for part-time or full-time studies at college, university or outside the country.

SmartSAVER

www.smartsaver.org

with help from **Canada**

By Dee Van D
www.canadianliving.com

It happens every year. A long, cold Canadian winter gives way to the first whisperings of spring and Canadians are filled with a sense of renewal and energy. March break activities provide the perfect opportunities to get outside, connect with the family and embrace the season.

1. It has to be fun.

Can you impart the same sense of excitement and fun you have for the season to your children? Seasonal preparations have to be fun for both yourself and your children, so commit to finding entertaining and creative ways to get chores done.

2. Plan the summer garden.

Kick off yard cleaning with an end in sight: planning the family garden. Whether the garden is a large plot in the backyard or a few [planting pots](#) off the back deck, give each child an area of responsibility/opportunity. Allow them to plan what they will plant for the growing season. Consider going out to buy the seeds with your children, once the yard work and garden planning are done.



3. Get the [spring-cleaning](#) done inside the house.

It's hard to put a fun spin on housework, but it's possible. Since spring is a time of renewal, why not use this opportunity to mix cleaning with

redecorating? It doesn't need to be big or expensive, but have your kids plan one new thing for their room. It might be a fresh coat of paint (their colour choice, of course!), a new picture for their wall or wall shelves.



4. Plan a cabin fever outing.

Once your objectives have been met, [get out of the house!](#) Take in a movie or an outing to a nearby attraction. Go out for ice cream

5. Hold a garage sale.

Garage sales are a national weekend pastime. [Garage sales](#) provide a fun opportunity to make a little extra money and are great way to get rid of things you no longer use. Decide in advance how the family will split up the money.

Will everyone keep the proceeds from their own sales or will the family pool the money? Both have distinct advantages. If everyone keeps their own take, the money might be spent on decorating individual rooms.

If the family pools the money, it might be used for something the whole family can enjoy -- a foosball table or air hockey game. Just make sure the whole family knows -- and agrees with -- the decisions about the money.

6. Set goals and celebrate their completion.

A day's worth of work well done deserves a reward! Has everyone met their (attainable) objectives? [Celebrate!](#) Order in pizza and a movie and have a pajama party in the living room. Or have a backwards meal -- start with dessert and move to dinner.

Useful Links

Canadian ADHD Resource Alliance

<http://www.caddra.ca/>

People for Education

<http://www.peopleforeducation.ca/profile/child-advocacy-project-cap/>

Putting a Canadian Face on Learning Disabilities

<http://www.pacfold.ca/>

Special Needs Ontario Window (SNOW)

<http://www.pacfold.ca/>

Totally ADD

<http://totallyadd.com/>

The We All Learn Differently Organization

www.thewald.org

Learning Potentials

www.learningpotentials.com

Family Anatomy

www.familyanatomy.com

Contact us

LDAWC 24 hour answering machine: 519-837-2050

Mailing address: 233, 17A -218 Silvercreek

Parkway N. Guelph N1H 8E8

Email address: info@ldawc.ca

Website: www.ldawc.ca

Don't forget to like us on facebook for the chance to learn about information and events happening in your communities!

www.facebook.com/LDAWellingtonCounty



Events

It's so much work to be your friend: Helping the child with LD's find social success-Burlington

Rick Lavoie is the author of the book *It's So Much Work to Be Your Friend: Helping the Child with Learning Disabilities Find Social Success* (Touchstone/ Simon and Schuster, 2005). The book addresses the direct link between learning disabilities and social skills issues that many children face. Rick provides specific strategies for parents, teachers and caregivers about how to assist the child in making and keeping friends. The Library Journal praised the book as "a breakthrough."



Date: Saturday May 6th 1:00pm-5:00pm
Time: 1:00-5:00pm
Location: 50 Fairwood Pl West
Cost: \$100 non member \$80 LDA member
To Register: visit www.ldahalton.ca



5th Annual Solutions for Learning Conference: Minds That Matter 2

This event will provide a full day of important information sharing for parents, educators and other paraprofessionals connected to individuals diagnosed with Learning Disabilities and/or ADHD.

Date: Tuesday, March 22
Time: 8:00 am - 3:15 pm
Location: Holiday Inn Burlington Hotel & Conference Centre 3063 South Service Road, Burlington, ON
To Register: www.LDAHAlton.ca

Kids can't wait Radiothon

On Friday, April 29, KidsAbility will be hosting its annual Kids Can't Wait Radiothon at Conestoga Mall. Please use contact information below to obtain more information

Date: Friday April 29, 2016
Location: Conestoga Mall, Waterloo
To Register: cbrown@kidsability.ca

LDAWC Workshops

We are very excited to announce that we will be facilitating monthly workshops starting in April 2016, a listing of all of our workshops offered from April to June will be listed in our April newsletter so please stay tuned!

Please feel free to contact us anytime at info@ldawc.ca with feedback around topics you would like to learn more about

Join our membership