

Suffolk Region



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Special Education Report **September 2019**

Happy Fall!! As we start another exciting school year, there are so many things parents and students, with and without special needs have to think about. The anxiety, excitement and uncertainty of new teachers, classrooms, peers and schedules can be overwhelming.

“Making the decision to have a child- it’s momentous. It is to decide forever to have your heart go walking around outside of your body” – Ellen Cantarow, What a powerful and true statement. As our children are trying to navigate this thing called life, we parents are there to guide and support them to make the best decisions that will benefit them now and in the future. In an article on the Scary Mommy website titled: “I never knew how much my kid’s struggles would break my heart” by Rita Templeton, a parents talks about her anxiety and her rush of emotions with dealing with her child’s anxiety. This is something we all can relate to this scenario. When our children are struggling with their anxiety of going to school, getting up and having a rough day, we want to just pull the covers up, snuggle on the couch and watch movies with our child and make everything better; but we know that is not an option, We must give them the words of encouragement, let them know that they can do this (make it through the school day).

Once, they are on the school bus and on their way to school, we have our own emotions to deal with. “Did I do enough” “Did I say the right things, am I doing the right things”. As parent’s we know the struggles and pain that our children will have to deal with, but what others looking at our situation’s do not realize is that we suffer just as much as our children do. The article states” The battles may be theirs to fight, but you are still left bleeding on the battlefield” We spend our day, while they are at school wondering, how they are doing, did they make it all their classes. This is normal, and that’s what parent’s do. We have to continue to encourage, support and lead our children’s in the correct path. Know that if you are experiencing these situations and emotions, you are not alone and there are other parents who deal with the same issues. Joining your local SEPTA and getting involved will introduce you to other parents and children, who have similar and different special needs , but who all have the same common goal-“we want what’s best for not just our child but for every child.”

***On another side note: how awesome was it that the America’s Got Talent 2019 winner was a 23 year old young man who is blind, autistic, who’s amazing singing talent took home the top prize. His story is truly an inspiration. Perseverance, dedication and support will take anyone far. There should be no limitations on our children. We need to advocate as much inclusiveness as possible for all children.