



**Special Education Report**  
**November 2019**

I read an article in the Scary Mommy magazine that really hit home with me and probably will with many other people. In the article titled *"No, Not Every Child Has A Special Need"* by Rachel Garlinghouse, she talks about getting unsolicited advice about her special needs children. According to the article, Ms. Garlinghouse stated that once she shares her children's needs (she has 4 children, 3 different diagnoses), she is met with a myriad of responses "Boys will be boys, all kids do that, isn't he too old to be acting like that, have you tried a time-out or a spanking". Ms. Garlinghouse stated that the unsolicited advice, and lack of understanding and support, can lead to frustration and the annoyance. Ms. Garlinghouse asks, "please do not try to minimize our children's needs and our realities by claiming all kids have something, it is untrue and dismissive." The truth of the matter is that not every child has a special need. We must remember that not every parent is parenting a child with special needs, but the love parents have for their child is the same; it runs deep and instead of rendering judgement, we should empathize.

On December 10, 2019 in Albany, NY, New York State PTA in partnership with GoGuardian will hold the Mental Health Conference. This one day conference will have workshops on different topics.

- 1) Mental Health and Wellness 101
- 2) Navigating the Intersection of Mental Health & Substance Use Prevention
- 3) How Does This Work? Mental Health & Your School Counselor
- 4) Lessons Learned While Building on AI for Student Mental Health
- 5) Applications of Big Data and Machine Learning in Mental Health

We have attached the flyer and registration information with this month's report for anyone interested.

We hope you have a safe, healthy and happy Thanksgiving.

**Resources:**

ScaryMommy: [www.scarymommy.com](http://www.scarymommy.com)

New York State PTA: [www.nyspta.org](http://www.nyspta.org)