



For a parent with a child with special needs, it may be difficult to find recreational, physical, and meaningful activities that focus on the child's ability rather than their disability. Swimming is an ideal activity because it can showcase the special ability or hidden talent of each child. But it's important to make safety a priority to protect children and others in and around the water.

Most parents are aware that swimming is a lifesaving skill that must be taught at an early age. Sadly, drowning remains the second leading cause of unintentional injury-related death for children between one and fourteen years of age, and children with intellectual challenges are at an even higher risk. As an alarming statistic, drowning is the number one leading cause of death of children with autism.

#### Tips to keep your child safe around the water:

- **Enroll your child in swimming lessons.** If children participate in formal swimming lessons by the age of four, the drowning rate is reduced by 88%.
- **Teaching your child how to swim DOES NOT mean your child is safe in water. Constant supervision is still required when your child is in and near water even if they know how to swim.**
- **Put a fence around your pool.** Use gates that self-close and self-latch higher than your children's reach.
- **Remove all toys or items of interest from the pool** when not in use.
- **Neighbors with pools should be made aware of these safety precautions** and if your child has a tendency to wander.
- **Learn CPR.** Parents have a million things to do, but learning CPR should be on the top of the list. It will give you tremendous peace of mind – and the more peace of mind you have as a parent, the better.

*The American Academy of Pediatrics does not recommend swimming classes as the primary means of drowning prevention. Constant, careful supervision and barriers such as pool fencing are necessary even when children have completed swimming classes. All families are encouraged to seek training in swimming, lifesaving, first aid and cardiopulmonary resuscitation.*

Retrieved from: <http://nationalautismassociation.org/resources/autism-safety-facts/>, <http://www.safekids.org/watersafety#sthash.YBGL0zWj.dpuf>, <http://www.specialneeds.com/activities/general-special-needs/swimming-life-saving-skill>

## Swimming Lesson Classes can be found at:



- The YMCA- [www.ymca.net](http://www.ymca.net)
- Boys and Girls Club- <http://bgca.org/Pages/index.aspx>
- American Red Cross- <http://www.redcross.org/>
- Check your local school districts– many schools offer swim programs.

## Parent Technical Assistance Center (PTAC)

Located at the Southern Tier Independence Center  
135 E. Frederick St.  
Binghamton, NY 13904

Phone: 607-724-2111  
E-mail: [ptac@stic-cil.org](mailto:ptac@stic-cil.org)  
Web: [www.ptac-stic.com](http://www.ptac-stic.com)

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Southern Tier PTAC



Building Effective Partnerships Between Schools  
and Families of Children with Special Needs



PTAC is committed to providing parents and families of children, ages 3-21 with special needs, information and resources needed to navigate and work collaboratively within the educational system.

What we do:

PTAC provides the families information regarding the special education CPSE, CSE process including referrals, evaluations and transitions.

PTAC will also work to enhance family's skills and abilities to effectively advocate for their child's needs and work cohesively with the educational system.

Educating families on their rights and options regarding: special education mediation, resolution sessions, due process, impartial hearings and appeals and state complaints are some of the training topics that will be offered through PTAC.

Trainings for professionals and staff within the educational setting will also be provided upon request.

PTAC is also available to assist with school and community parent groups.

### PTAC Trainings

- **Diploma/ Credential Options for a Student with Disabilities-** This training will provide families with important information to help them understand the diploma and/ or credential options available to their child with special needs and how to become an active participant in the transition planning process.
- **Effective Communication-** Effective communication has a positive impact on students, parents and schools. During this training, parents/guardians will learn about the special education process, how to communicate effectively with school districts as well as discover the role of the parents in the mediation process.
- **Parent Member Training-** This training will provide the background information and tools necessary to be an effective parent member of the CPSE/CSE, and to assist in building an effective relationship between the parent member and other members of the Committee.
- **Special Education 101-** This training educates families about the special education process, services, their role in the special education team, and a description of what the Individualized Educational Plan (IEP) should include.
- **Transition-** This training provides families with pertinent information about the transition process, and their role and the school's role in the process. This training can be tailored to focus on a particular age group (Preschool aged or high school aged).

*\*This list includes some but not all of the trainings that PTAC can provide. PTAC trainings can be tailored to meet the needs of the group. Contact us with any special needs or requests for trainings.*

### Upcoming PTAC Sponsored Event

James Ball Ed. D., BCBA-D presents, "Evidenced Based Strategies for Learners with Special Needs and Autism"

This presentation will discuss those evidenced based, State-of-the-Art strategies that have been proven effective when working with a person with a special need. The focus will be on teaching specific skills, developing reinforcement systems to enhance motivation, and the concepts of maintenance and generalization.

**When:** Friday September 11, 2015

**Where:** Doubletree by Hilton in Binghamton, NY

**Time:** 9am- 3pm

To register contact PTAC via the web at: [www.ptac-stic.com](http://www.ptac-stic.com) or by phone at 607-724-2111

This event is recommended for parents, educators, mental health professionals, first responders and community service professionals

