



# **TBRI In The Classroom**

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"Capture their heart and you can take their behavior anywhere." Dr. Karyn Purvis



**LISTEN TO HOW TBRI  
HAS PROFOUNDLY  
CHANGED A YOUNG  
BOYS LIFE IN SCHOOL**



# TBRI Tools for School

Many of our children fall through the cracks of the education system, they are not impaired enough to receive services but are impaired enough to fall behind their same aged peers.

1. Have you child's back. Be their voice in the classroom and ensure their needs are attended to. Share evaluations . Explain sensory needs. Share tools! Fight for them!
2. Think Sensory: 80 of children from hard place have sensory issues. Suggest lighting changes, flexible seating, wobble seats and fidgets. Movement calms the brain.
3. Download Chapter 4 of the Connected Child and share with your teacher. Equipping them with the skills to disarm fear will do wonders to help regulate your child's behavior. Post the link below into your browser.  
<http://child.tcu.edu/wp-content/uploads/2015/06/The-Connected-Child-Chapter-Four.pdf>
4. Stabilize Blood Sugar- Stabilize Behavior: Advocate that your child has a high protein snack every two hours. Don't let the hangries take over! Bring snacks for the class if needed. Your teacher will appreciate it!
5. Hydrate. Hydrate. Hydrate! Keep the neurotransmitter glutamate from spiking ! Dehydration is related to learning issues, aggression and mood regulation. Keep those water bottles full and accessible!
6. Team up with your teacher! They are tired too and want your child to succeed. Don't overwhelm them with information. Take two or three tools and help them implement them. Then introduce a couple more.
7. Be present- Volunteer in your child's classroom. Your presence will help the teacher and may calm and focus your child. You will also gain insight into where your child is struggling in the classroom.
8. If your child does not qualify for an IEP, try a 504 plan instead! A 504 plan will allow a parent to request accommodations that can help your child be more successful in the classroom, such as being allowed to chew gum for concentration, ensure seating close to the front of class and/or near teacher, being able to complete testing in a setting without distractions, be able to resubmit homework assignments with low grades. Words of wisdom from an adoptive parent! " A 504 plan also gave the classroom teachers a way to better understand if my son was struggling or acting out in class. Some teachers were more understanding than others, but it was a great tool to have beyond communicating one-on-one. With a 504 plan parents' have a mandated check in time each school year with the 504 coordinator where the accommodations are reviewed and revised as needed!

# PARKA Program

## is going Statewide



PARKA stands for Preparation and Adoption Readiness for Kids in Alaska. PARKA is a small intensive, dynamic adoption preparation program.

PARKA serves ten families a year who are interested in becoming the healing adoptive family for a legally free child through the State of Alaska foster care system. The children matched through this program are usually school aged and/or sibling groups. There is no fee for the PARKA program and support is offered at all levels to help the child thrive in your family. Enrollment is open to families statewide. (Solid internet service required)

**Interested in learning more?**

**Contact**

**Brenda Ursel at [bursel@nwresource.org](mailto:bursel@nwresource.org).  
for more information**



**Remember, you are not alone.  
You've got this and we've got  
you! Support is only a phone  
call away.**

**Alaska Center for Resource  
Families**

**1-866-478-7307**