



## Phoenix Periodical-January 2022



### Parents as their Own Advocates

One of the most underrated parts for successful team of students with a disability is the active participation of a knowledgeable parent. The #pffminc way is to empower the parents who partner with us with the knowledge and skills so that they can not only provide support at home, but also actively participate in the decision making process at the doctors office and when working with their child's school team. In this blog series, we provide useful tips, resources, and knowledge to help you become the best advocate for your child. We start with the basics and advance to strategic moves you can do to ensure your child is set up for success at school.

But don't worry! We will still be here to cheer you on, give you guidance, and as always, work as an advocate/consultant for both you and your child's school team should the need arise.

Our blog can be found here: <https://phoenixfreedommaryland.com/learn-more%3A-events-%26-blog/f/you-are-the-best-advocate-for-your-children>

---

### January's Flying Phoenix

Alex J is our Flying Phoenix this month for independently and consistently demonstrating our "MOVE/FREEZE" elopement deterrent strategy. During stressful situations Alex starts singing MOVE & FREEZE (which can be found in the link below). When she is stressed, she asks permission to take a break, sings and dances and returns



to the task! We are super proud of you Alex! Keep *Alex's art*  
showing everyone the #pffmincway . We've included the  
song via Youtube if you are interested in teaching your child the moves.  
MOVE and Freeze song

---

## #PROTIP

Have you ever heard of #youtubeuniversity? It's called that because anything you desire to learn can be found on YouTube.....you can find videos on how to do it or someone presenting a new way of thinking about it. Are you looking for support on how to help your child eat with utensils? Getting your child to talk more? Appropriate apps or tools for sensory building? Search Autism support for \_\_\_\_\_, and you will see the thousands of resources there. The #protip here is to always stick with the professional such as doctors, behavior therapists, school psychologists, speech therapists, etc. Be careful though--you can easily spend hours looking at videos. Finally, keep a log or notebook for your ideas--it will help when you are frustrated or tired.

---

-----> **COMING SOON** <-----

## FREE WEBINAR!!!

**When:** February 23, 2022, 8:00 PM

**WHERE:** ZOOM (Register for Meeting ID and password)

**WHO:** Families of students with disabilities

**WHAT:** Stay tuned for more information on our FREE webinar "Create a path to independence with us: Strategies of success for families of disabled persons". This session will offer advice, support, and guidance to the families of persons with disabilities, topics include parent advocacy, strategies for at home, time and organizational management, goal setting, financial literacy activities for students, and an introduction to our understanding special education for

minorities.

**HOW DO I REGISTER:** Sign up here [Webinar sign up form]

---

[Click here to subscribe to our emails](#)

---

Want more information about our services or want a consultation? Visit our website at [www.phoenixfreedommaryland.com](http://www.phoenixfreedommaryland.com) or contact us at [phoenixfreedomfoundationofmd@gmail.com](mailto:phoenixfreedomfoundationofmd@gmail.com)

Please follow us on both Facebook and IG. Click the links below.



©2022 Phoenix Freedom Foundation of Maryland | 2957 Festival Way, Suite 123, #1037,  
Waldorf, MD 20613

[Web Version](#)   [Forward](#)   [Unsubscribe](#)

Powered by  
**GoDaddy Email Marketing** ®