

Parent CONNECTIONS

ADA For Parents

What is the Americans with Disabilities Act?

The Americans with Disabilities Act (ADA) is a federal civil rights law. The ADA says that people (children and adults) with disabilities are entitled to equal rights in employment, public services, and access to public accommodations. The act was created to remove barriers that often limit basic opportunities and choices.

Does the ADA apply to my child care provider?

Yes, "public accommodations" include family child care homes, preschools, child care centers and group homes. Child care as a business, in a home or center, cannot refuse to serve a child just because he or she has a disability. The ADA says they must make "reasonable accommodations" to serve children with disabilities. "Reasonable accommodation" means adaptations that are not excessively expensive and that do not cause them to make fundamental changes in their setting or program.

How providers comply with the ADA

- Providers must take time to talk to parents who call about child care for a child with special needs, discuss how they could meet the child's needs, and find out if the child requires adaptations or accommodations.
- They must make their decision whether or not to serve a child on an individual basis. It may be helpful for the parent to direct the provider to a professional who has expertise in the child's disabilities.
- Providers must evaluate their policies and procedures, to make sure they don't screen out children with disabilities.



- Providers must be ready to make simple changes in activities that allow all children to participate.
- Providers may not have higher rate that applies just to children with disabilities. (For example: If they charge based on age, they must charge the same rate for special needs as they do for normally developing children of the same age category.)
- Providers may exclude children who pose a substantial risk of serious harm to others health and safety. The threat of harm may not be based on past behavior or general health concerns.

For more detailed information about this law, go to: www.ada.gov/childq&a.htm

To learn about subsidy programs that may be able to supplement child care rates, please call CCRN: 842-2591 lisaw@jobcouncil.org

Parenting Challenges

Have parenting challenges? Have a child with challenging needs?

If you have concerns about your child's development, here are some resources to consider:

- **Jackson County**
Asante Child Development Center – 789-5252
Developmental Disability Services – 774-8205
- **Josephine County**
Early Childhood Services – 956-2059
Developmental Disability Services – 474-5490
- **Child Development & Rehabilitation Center**
800-673-0700 (A department of Oregon Health Sciences University)

For classes or support groups on parenting, here are some resources to consider:

- **Community Works** – 770-2393
- **Oregon Family Support Network** – 210-2487 for support groups in Jackson & Josephine Counties for families of children with social, behavioral, or emotional concerns
- If you have a child with challenging behaviors, your local county mental health department may also have services that will help.

If your child needs a high level of accommodations in the child care setting:

- **The Inclusive Child Care Program** – 866-837-0250

There are too many services for children and families to list here. If you have questions about how you may find help for a particular need, give us a call- 776-1234 or 800-866-9034

Did You Know...?

Did you know that childrens' brains grow as a result of what they see, hear, taste, touch, and smell?

In extreme cases, children who are deprived of sights, sounds, tastes, smells and touch in the first years of life have smaller, severely underdeveloped brains.

Everyday experiences are learning experiences for children, and their brains are actually stimulated to grow and develop from these experiences. That is why children need a sensory-rich environment full of activities and interactions, lots of time to play, and very limited screen time. Children are not just born ready to learn, in fact, they are born **NEEDING TO LEARN**.



Did you know that children who are talked to by the adults in their lives learn about 5,000 more words by the time they enter kindergarten?

You really are your child's most important teacher. Children experience better success in school when their preschool years are full of learning beyond their numbers and alphabet. Your voice and your words are powerful shapers of your child's future.

Involve even your youngest child in everyday activities. Talk about what you are doing and why, what the colors, textures, smells and feelings may be. Allow them to experience and help with activities that are safe and appropriate. This early language development will set the foundations for reading, mathematics, social skills, and reasoning.



Did you know infants need to learn to trust their worlds before they can begin to explore their worlds?

By providing security and a loving, predictable routine for your children, they will learn that you are a stable foundation that will protect them as they begin exploring their world. When children face too much change and disruption their development can slow, they can revert to younger ways of behaving, they can become fearful of experiencing new things. By responding to the cries of your child you are demonstrating you are a person they can rely on to take care of their needs and to keep them safe. They will then have permission to be brave, find a love of learning, and move towards broader experiences.

Struggling with Child Care Payments?

See if you qualify for Employment Related Day Care, through the Department of Human Services. These offices also handle food stamps, Oregon Health Plan and cash assistance programs.

Ashland, 482-2041; **Medford**, 776-6172; **White City**, 846-8700; **Grants Pass** 474-3101; **Cave Junction** 592-4149

Online: www.dhs.state.or.us, click on Children & Teens, Child Care-Parent Info, Copay Estimate