

A NEW DAY PEDIATRIC PSYCHOLOGY

Healing the hurt. Educating the mind. Inspiring the soul.

A New Day Pediatric Psychology, PLLC falls under the vision of Dr. Ann-Louise T. Lockhart, Pediatric Psychologist and Board Certified in Child and Adolescent Psychology.

A New Day specializes in evidence-based behavioral health treatment, interventions, and psychological evaluations for children, adolescents, and adults with known or suspected behavioral health and/or medical conditions affecting all aspects of development and functioning.



INDIVIDUALIZED EDUCATION PROGRAM: THE ROAD TO SUCCESS

BY ASHLEY MOHESKY
FEATURED WRITER

Individualized Education Program (IEP) is for children with disabilities who receive special education services while in a school setting. The purpose of an IEP is to outline a child's strengths and weaknesses, and how special education personnel can help the child reach their full potential. IEPs can be beneficial for children because they identify goals that a child can aim to achieve while they are in school. Certain goals depend on the child's disability, as well as what parents want for their children.



In an IEP meeting, parents and special education teachers discuss how the child is progressing, as well as improvements to be made. Often times, these meetings will leave parents in despair because the IEPs can highlight the child's weaknesses more than their strengths. In doing so, parents feel that society only views the child by what they can't do, instead of what they can do. Therefore, parents must fight for their children in order to ensure that the school system is helping them to meet their goals. However, IEPs do not have to be daunting, as there are ways to discuss the improvements without only talking about the negative qualities of the child. One way is to talk about how the child is enjoyable to work with and how they make a difference in each person's life. Another way is to speak of the positive qualities that the child has. By doing these small things children are seen as more than their diagnosis.

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No one can predict the future for a child with a disability. However, building a village and creating realistic goals can help the child live a better life. There are always going to be people who think they know what is best for children with disabilities, but it is ultimately the parents that are in charge of ensuring that the child is able to have a fulfilling life despite a diagnosis. Even though IEPs can have a negative reputation, it is important that they are in place so that children are able to receive the services needed to help them to be successful in their own way. When the focus begins to shift from diagnosis to seeing children with disabilities as people, it is amazing to watch how they grow into outstanding adults.

504 Accommodations and Modifications

**These are a few of the requests that can be made for a child with a disability and an IEP.*

Excerpt from eBook by Dr. Lockhart, "You Are Not Alone"

- Implementing changes in how content is taught, supported, or tested that will help these students participate
- Providing extra time on tests or assignments
- Allowing students to sit at the front of the class to reduce distractions
- Incorporating social skills groups/training (role-play exercises)
- Shortening a child's day to help them manage anxiety
- Giving extra breaks

These and a lot more in the eBook!

**Does every day
with your child feel
like a struggle?
You are not alone!**



Visit
www.anewdaysa.com
to download
your eBook NOW.

STAY TUNED

This newsletter is issued every first and third week of each month.

The purpose of this newsletter is to educate, inspire, and bring healing and awareness by discussing a variety of behavioral health and medical conditions.

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