

## SEAC Meeting Minutes

Tuesday February 26, 2008

6:00 – 8:00 pm

Wilshire Park Elementary Media Center

6:00 – 6:55 Cindy Slowiak, Mental Health Professional Presentation

- Importance of utilizing a child psychologist vs. your pediatrician when considering medications for your child.
- Seek an evaluation from a developmental pediatrician whose views don't have a mental health slant. They look more at behaviors, temperament and developmental levels.
- Medications don't cure problems. There is still a need for the child to have control over the situations and develop coping skills/strategies.
- Medications can help, providing it is the right medication and proper dosage. This could take some trial and error to find that right fit.
- Parents need to advocate for their child by giving information to their child's teachers.
- Depression in elementary vs. older students. What to look for? Older students: changes in eating patterns, trouble sleeping, school issues, all of which can be camouflaged. Younger students: lethargic, pervasive irritability\* (biggest one), regressive behavior and whining.
- Not sure? Listen to your gut. You will notice you are feeling different and are carrying your child's struggles.
- Sibling Rivalry - worst span is 3-4 years apart.
- In situations, if adults are trying to reason using logic and it is not working, it's likely an illogical situation. When you are stressed, don't project it. Your child will respond to your stress and it won't help the situation.
- Cindy provided handouts covering common questions of where to turn for help. The resources helped in answering numerous questions. Copies of the resources can be found in the Special Education section of the school's website.  
[www.stanthony.k12.mn.us](http://www.stanthony.k12.mn.us).

7:00 – 8:00 Parent ideas/resources/discussions

- The mission of the **Minnesota Organization on Fetal Alcohol Syndrome (MOFAS)** is to eliminate birth defects caused by **alcohol** consumption during pregnancy.  
[www.mofas.org/](http://www.mofas.org/)
- Michael Reiff, Doctor at the University of Minnesota.  
[www.med.umn.edu/peds/clinneuro/faculty/reiff/home.html](http://www.med.umn.edu/peds/clinneuro/faculty/reiff/home.html)  
Author of "ADHD: A Complete and Authoritative Guide"
- Sibshops. Siblings of children with disabilities spend time together in various activities. **Hennepin County**. Willow Lane Early Childhood Center. Second Saturday of

each month, October through May 7020 Perry Ave. N., Brooklyn Center **Sibshops I & II**  
[www.arcgreatertwincities.org/family](http://www.arcgreatertwincities.org/family)

- Discussed PACER Puppet observation and group consensus/discussion regarding other ways to address disability awareness.
- Michelle will follow up on childcare for future SEAC meetings.
- A parent discussed having an end of the year soccer event that he would set-up.
- Parents discussed creating a parent resource sign up sheet and having it available to new parents; possibly hand out with new brochure during meet and greets.
- Discussion about creating disability specific informational handouts and giving them out to classroom teachers to distribute to student/families.

The next SEAC Meeting is:

April 24, 2008  
6:00 – 8:00

Guest Speakers:

Jean Lynch and Christine Rodrick  
St. Anthony-New Brighton's District ASD Specialists

April is Autism Awareness Month.