Working with Children with Special Needs (A-SN)

To satisfy the training requirements for A-SN on your Individual Development Plan (IDP), the following documents need to be reviewed and signed:

a. **Inclusion in Youth Sports Presentation Slides**

Credit:
Jeremy Crisp, MS
www.kit.org (Kids Included Together)

b. **Working with Children with Special Needs Information:**

1. **American's with Disabilities Act and Student Athletes**
2. **Sports and Children with Special Needs**
3. **Coaching Children with Special Needs**
4. **Additional Resources**

Credit:
Audrey L. Peterson-Hosto, M.Ed.
Manager, Exceptional Family member Program

(**Signature required**)

Welcome

Turn on/up your speakers to hear the audio

Type your questions in the chat box on the left

For technical support contact: support@KIT.org

INCLUSION IN YOUTH SPORTS

Copyright Kids Included Together

Jeremy Crisp, MS

- B.S. Psychology
- M.S. Family Life and Youth Development
- Program Manager Kids Included Together Washington, DC
  - Background in Youth and Nonprofit Administration

Learning Objectives

- Given a list, select the 3 types of modifications that can be made in the sports for inclusive participation.
- Apply one strategy to strengthen the team approach in response to a scenario
- Create one phrase you would use to communicate with families in youth sports about inclusion

Making Accommodations: Why?

- Increased participation
- Community building
- Skill development

Image from LandscapeOnline.com

Types of Modifications

- Environmental
- Equipment
- Time Factors
- Rules
- Communication
- Extra support/assistance
- Levels of participation

Image from Miracle League

Appropriateness of Accommodations

Block, M.E. Ph.D.

Do modifications…

- Allow the youth with a disability to participate & be challenged?
- Maintain safety for all participants?
- Negatively affect peers without disabilities?
- Cause undue hardship on staff?

-Martin E. Block, Ph.D. University of Virginia

Concepts for Modifications

- Recognize participant's abilities
- Allow for different ways to participate
- Modify for success
- Focus on what can be done

-www.eparent.com/EP magazine Flaghouse Forum

Common Barriers to Participation

- Impulsivity
- Difficulty in groups
- Mobility
- Limited understanding
- Lack of skill
- Sensory Impairment
- Limited endurance
- Lack of experience

Team Approach

Competitive: relating to a situation in which people or groups are trying to win a contest or be more successful than others | relating to or involving competition

Team

- Working together toward a shared goal
- Demonstrating compassion
- Sharing and recognizing strengths
- Modeling
- Youth-directed accommodations

Supporting Jessie

Rec Soccer

- Jessie is 7 yrs old on a rec soccer league
- Jessie loves being a part of a team, she has a hard time remembering all of the rules, has limited endurance and poor coordination

POLL

What are possible strategies for creating a team approach to support Jessie?

- Encourage competition
- Shared goals
- Modeling
- Youth directed accommodations

Inclusion is Intentional

- "All youth are welcomed and supported in our sports league"
- "Our sports programs provide an inclusive setting"
- "We focus on youth not scores"
- Be intentional in marketing
- Cooperative learning vs. competitive
- Skills will vary and your youth will learn

Build Rapport with Families

- Welcome all families
- Make the first contact a good one
- Respect time constraints
- Schedule time for families

Communicating about Inclusion

- Use welcoming statements
  - *Youth sports is an inclusive experience and we welcome all youth.*
- Reference reasonable accommodations
  - *We make reasonable accommodations so all youth have the opportunity to participate.*
- Encourage collaboration
  - *We want to work together to create a meaningful experience for your youth.*
- Highlight how confidentiality is protected
  - *Information is shared on a need-to-know basis.*

Open the Communication Lines

- Parent meetings
- Newsletters and calendars
- Communication journals
- Email

Communicating Concerns

- Start with strengths
- Communicate clearly
  - Neutral tone of voice
  - Objective observations
  - Supports already in place
- Ask for feedback
- Stay focused on the youth

Communicate with Families

Using the chat box, type one phrase you could use with families to let them know you are inclusive.

Let's Chat!

Accommodations * Games * Learning!

"Play is often talked about as if it were a relief from serious learning. Play is really the work of childhood."

-Fred Rogers

Q & A

Please type your questions in the chat box to have them answered live

Email additional questions to support@KIT.org – these will be answered after the webinar

To help us better serve you and the needs of your program, please take the time to fill out the survey at the conclusion of the presentation (if you are participating live)

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KIT Resources

KIT Online Learning Center

- Earn CEUs
- eLearning Courses
- Instructional Videos
- Additional FREE resources

Inclusion Support Center

- Schedule a call to discuss child-related questions, challenges and concerns. Receive customized suggestions and resources to help

Contact us:

- Army: Amycysshelp@KITonline.org
  877.503.3741

www.KITonline.org

Keep in Touch!

Follow, comment and like us!
Facebook.com/KidsIncluded

Link up to our Twitter feed
Twitter.com/KITandNTCI

See examples of accommodations
Pinterest.com/KidsIncluded

The American's with Disabilities Act and Student Athletes

The American's with Disabilities Act (ADA) specifies that students with disabilities must have the same opportunities to participate in sports and activities as anyone else. Equal access to team facilities, including fields, courts, locker rooms, meeting areas, exercise equipment, and other amenities must be provided. However, equal access does not mean "special treatment," or give any student an advantage over others. The ADA explicitly states that student athletes with disabilities must be held to the same standards as their teammates. Equal opportunity means that coaches and athletic administrators might need to make appropriate accommodations to allow students to participate. For example, a deaf student on a track team who can't hear a starter's pistol that begins the race might be allowed a signal light to indicate the start of the race. Without giving him or her a competitive edge, those in charge of the track meet have provided reasonable accommodations that allow the student to participate equally.

http://athleticadminonline.ohio.edu/resources/articles/the-american-with-disabilities-act-are-your-sport-programs-compliant/

Sports and Children with Special Needs

All children can benefit from the exercise, energy release, and pure enjoyment of playing sports. This includes children with special needs.

About 9 in 50 children in the U.S. have a disability or chronic health problem. Special needs children are sometimes not encouraged to exercise. Their parents or guardians may fear they'll get hurt. But physical activity is as important for special needs children as it is for any child.

Participating in sports can help boost self-confidence. It can also improve skills in relationship building and working as part of a team. And it can help in managing weight. This is a common problem among today's kids.

The benefits of regular physical activity are many:

- Better overall fitness
- Improved cognitive health
- Better control of weight
- Healthier bone density
- Better emotional and psychological health
- Improved social skills
- Improved motor skills
- More self-esteem
- Reduced risk for diseases such as diabetes

Just about any sport or activity can be altered to give special needs children the cardiovascular, flexibility, and strength-training benefits that allow kids to stay healthy and fit. Children in a wheelchair, for instance, can play basketball or tennis. Children without the use of limbs or those with mental disabilities can enjoy the therapeutic benefits of horseback riding.

Sports and activities especially good for special needs children are:

- Swimming
- Bicycling
- Soccer
- Football
- Handball
- Gymnastics
- Weightlifting

Some sports don't need any changes. For instance, the buoyancy felt in the water while swimming offers a sense of freedom for children using wheelchairs. Other activities can be changed to make them a better fit. Therapeutic riding programs, for example, can help children learn to ride a horse with proper instruction. Also, these programs use special devices to keep children safe, whatever their special needs might be. Competition-level participation is available, too. There are a variety of wheelchair sports teams and leagues. A child can also take part in the Special Olympics.

https://www.urmc.rochester.edu/encyclopedia/content.aspx?contenttypeid=160&contentid=20

Coaching Children with Special Needs

Perhaps the single most important rule to good coaching is placing the interests of the team's players above the desire to win the game. The experience should be fun and rewarding for every member of the team.

When coaching children with special needs it is especially important to emphasize the unique abilities of each player. The strength and weakness of each child's must be identified and game play adapted to those findings. For example a child with a limited attention span may require simple one-step directions and frequent redirection. The very timid child may need extra encouragement and reinforcement to participate. A good technique is to rotate players through the various positions to determine where they are most comfortable and perform best.

The basic rules of coaching apply to children of any age or ability. Coaches should instill a sense of good sportsmanship by teaching their players to accept victory and defeat with equal humility. Particularly with special needs children it is important to stress that trying hard and having fun is the purpose of the game and that winning is just an added incentive. The golden rule of coaching is that everyone plays and there should be no benchwarmers in children's athletics. Bullying or teasing should never be tolerated among teammates or toward opposing teams. Acknowledging successful attempts and signs of improvement gives the child a feeling of a job well done.

Coaching children sports, and particularly those with special needs, can be a wonderful experience. There is nothing more rewarding than watching a child blossom under your encouragement and instruction. Just remember the focus is on fun.

http://www.specialednews.com/educating-children-with-special-needs/coaching-children-with-special-needs.htm

Additional Resources:

COACHART

1. **10 Fun Outdoor Activities for Kids Who Need Different Accommodations**

2. **General Inclusion Tips and Modifications for Kids Who Need Different Accommodations**

https://coachart.org/blog/10-fun-outdoor-activities-for-kids-who-need-different-accommodations/

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I, _____ have reviewed and acknowledge the Working with Children with Special Needs Standardized Training.

_____
Signature/Date