



## STaR Association

For children with disabilities and special learning needs.

A research based service offering inclusive child care placement to children with disabilities and additional needs.

Our mission is:

**“To empower children with disabilities and/or special learning needs, and those who support them, through research based information.”**

Our vision is:

**“To be a highly professional organisation providing research-based education and support to children with disabilities and/or special needs, and those who support them.”**

## Welcome to STaR's first newsletter of 2009

The STaR Association would like to wish everyone a Happy 2009 and extend a warm welcome to our new STaR families. This is STaR's first newsletter of 2009 and you will receive it bi-monthly throughout the year.

In the newsletter you will find updates about the STaR Association, and STaR Caring for Carers. We hope that you and your family will contribute with questions, ideas, suggestions or information you wish to share.

### STaR Caring for Carers

Welcome to the STaR Association's Caring for Carers. For new families, my name is Elise de Jong and I am the co-ordinator of the program. Caring for Carers is a service that STaR families receive in conjunction with the STaR Project. Caring for Carers provides carer information sessions and packages, networking opportunities and 1:1 support if required by families. In 2008 we provided information sessions on topics such as 'Negotiating the Information Maze', 'Selecting Schools', 'Sign Language' and 'Managing your child's behaviour'. These will again be offered in 2009 plus other topics such as 'Managing your child's behaviour' and 'Acceptance of Difference' – dealing with the public, family and friends, and sessions just for dads.

Caring for Carers can also provide 1:1 support if required, and over the next few weeks we will be organising morning teas to be held at the child care centres so that we can introduce ourselves and also provide you with the opportunity to meet other 'STaR' parents.

The STaR Association also has a website ([www.star.org.au](http://www.star.org.au)), and has established a section under its services for Caring for Carers where further information can be found.

Caring for Carers is here for the parents and families. If you need assistance with accessing resources or information, or simply to talk, please ring Elise on **02 9888 3717**.

### Great News - A STaR Supported Playgroup

STaR is expanding its support by offering a supported playgroup session for families and young children with disabilities/developmental delay, and their siblings.

It will be held on Mondays during term time from 10am-12noon at the Special Education Centre (MUSEC), Macquarie University. I have enclosed a brochure with more information. Please ring me on 02 9888 3717 to find out more. We would love to see you there!

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