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Parent to Parent



News for Special Education Parents in Granite School District!

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Reducing Stress During the Holiday Season!

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While the words "stress-free" and "the holidays" don't often go together, we want everyone to enjoy this special time of year. No matter what holiday your family celebrates, the following tips and strategies can help everyone enjoy the season, especially those with special needs.

1. Give your child a schedule of events for special activities, particularly on days with lots of transitions. Whether it's written or one with pictures for younger kids, your child will feel calmer and safer knowing what is coming up.

2. Have a code word your child can use if he or she feels overwhelmed and needs a break. Assure your child if he or she uses the code word, you will respond right away.

3. Before you leave for holiday parties or other fun events, have a quick family meeting so your whole family knows how long you plan to stay and how you expect them to behave. This will benefit neuro-typical children as well, since any child can get overwhelmed with the excitement of the holidays.

4. Children with significant sensory sensitivities may require a little extra planning to enjoy holiday festivities. For example, you may need to bring along ear plugs if you will be in a noisy environment or sensory fidgets if the child is expected to sit still. For sensitive kids who need to wear dress clothes for events, bring along some soft clothes for them to change into as soon as possible.

5. If your child has food sensitivities or allergies that prevent them from eating holiday treats, plan ahead to offer alternatives like all-natural candy or a gluten-free treat from home if possible.

The holiday season doesn't have to be a stressful time of year for your special needs child! We hope these tips help your whole family enjoy this fun time of year.

Written by www.brainbalancecenters.com



Mark Your Calendar!

Upcoming Events!

From Homework Horror to Homework Happiness

Are you struggling to help your child with his or her homework? If so, this workshop is for you! This session will focus on realistic and practical techniques parents can do to take some of the pain out of homework! Learn how technology can help parents to support their children to get organized, study effectively and monitor their child's progress.

Thursday, December 4, 7:00-9:00 PM

Utah Parent Center
230 West 200 South, Suite 1101

Online Registration: <http://conta.cc/Zoq78a>

From "NO Where" to "KNOW Where" Transition to Adult Services

The transition to adult life can leave parents feeling they are "NO Where"- totally lost! Get to "KNOW Where" by learning about transition planning and related issues. We will also discuss how to prepare your teen to participate in the transition planning process.

Wednesday, January 7

6:30-8:30 PM

Granite Education Center, D-102
2500 S. State Street, South Salt Lake

Online Registration: <http://conta.cc/1ASnfvE>

Check out these resources from the UPC!

These resources have been provided to you by the Utah Parent Center (UPC). The UPC does not represent or endorse any particular service or point of view. These resources are provided as an informational resource ONLY. We encourage readers to personally research each resource.

Utah Medicaid Autism Waiver

The Utah Medicaid Autism Waiver program will be accepting applications for the waiver for a three week period from November 17, 2014 through December 7, 2014. The application will be available on this website, both online and in paper format. For information please contact the Utah Department of Health at 801-538-6357.

Program Information

- The Medicaid Autism Waiver is a program to assist children age 2 through 6 who have been diagnosed with an autism spectrum disorder (ASD)
- The waiver provides in-home services using treatment methods that have been proven to be effective for children with ASD
- Approximately 290 children will be served by the Medicaid Autism Waiver each year

Requirements

- Be between 2 and 6 years of age
- Have an Autism Spectrum Disorder diagnosis from a clinician who is authorized within the scope of their licensure
- Only the child's income and assets are used to determine eligibility for the program
- All other factors of Medicaid eligibility must be met (ex. US Citizen or qualified alien, etc.)



For more information visit: <http://health.utah.gov/autismwaiver/>



Find Us on Facebook!

Stay up to date on upcoming events, and meet other parents in Granite with special needs kids! Look for "Granite Parents of Special Needs Students"

New UPC Videos About Accessing Services Throughout the Lifespan!

Have you ever wondered what options might exist for your child with disabilities as they become young adults? This new video series explores innovative ideas for finding and creating services for adult family members with disabilities. By thinking outside the box some Utah families have found unique ways to meet their needs. Enjoy these success stories and be inspired to create your own solutions. The videos include ideas for things such as housing, recreation, employment and transportation. To watch the video's go to: <http://www.utahparentcenter.org/accessing-services-across-an-individuals-lifespan-a-sail/>

