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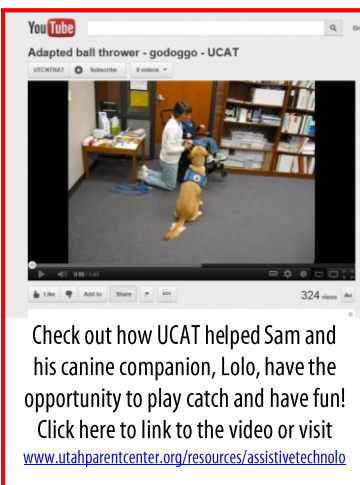
The staff of the Utah Parent Center has been busy this month compiling **two new topical e-Journals!** [Click here to view.](#)

- Assistive Technology
- Fetal Alcohol Spectrum Disorders

Past e-Journal topics include:

- Autism
- Bullying
- Caregivers
- Response to Intervention
- People with Disabilities in Faith Communities

The UPC Website has online information, webinars and training videos available 24 hours a day – 7 days a week. Visit www.utahparentcenter.org to find out what's new!



ASSISTIVE TECHNOLOGY DEMONSTRATION AND OPEN HOUSE

If you are looking for a way to get a first-hand look at some of the assistive technology possibilities, please join the **Utah Center for Assistive Technology (UCAT) at their Annual Open House**

Date: Wednesday, October 3, 2012

Time: 3:00-6:00 p.m.

Location: Judy Ann Buffmire Building, 1595 West 500 South, Salt Lake City

Questions: Call UCAT at 801.887.9380 or visit them at <http://ucap.usor.utah.gov>

UCAT will provide the opportunity to explore the iPad and its many possibilities, electronic aids for daily living, demonstrations, hands on exploration, communication devices, adaptive computer products, modified van manufacturers, wheelchair vendors, funding information and informal question and answer sessions.

OCTOBER IS NATIONAL BULLYING PREVENTION MONTH

The End of Bullying Begins with Me: That's the message during National Bullying Prevention Month in October. It's a time when communities can unite nationwide to raise awareness of bullying prevention through events, outreach and education. Resources provided by PACER's National Bullying Prevention Center make it easy to take action. PACER provides a variety of resources that parents, educators, students and other can use to prevent bullying where they live. Visit www.PACER.org/bullying/nbpm to learn more.

Wednesday, October 10, 2012 is Unity Day!

On this day, scores of individuals across the country will "Make It Orange and Make It End!" Students will wear orange and come together in the community, and online to raise awareness and show support for their peers who have experienced bullying.



HOW TO SUPPORT YOUR CHILD'S POSITIVE BEHAVIOR AND ENCOURAGE SCHOOL SUCCESS

Originally printed by PACER, Pacesetter Newsletter, Fall 2012. Adapted for use by the Utah Parent Center, September 2012.

Helping your child learn positive behaviors at home can encourage success at school. One proven strategy for teaching positive behaviors is called Positive Behavior Supports (PBS), a method families can put into practice at home.

Some schools are using Positive Behavior Interventions and Supports at school, since research shows that it supports all students and creates a positive environment at school that makes it easier for students to learn. Families can also make a Positive Behavior Supports plan at home for their child.

Before You Begin

Before you make a PBS plan at home, it's important to understand the meaning of your child's behavior. Behavior is the way people communicate what they need.

At each stage of development, children use the language they know to get what they need. Infants may cry when hungry, toddlers might throw a toy to gain attention, and elementary-age children may scream to express their anger. In middle school, children often argue when they disagree. High school students may refuse to follow rules when denied a privilege.

If children get what they need because of their behavior, that behavior will continue. You can help your child meet his or her needs by using appropriate behavior.

What Are Positive Behavior Supports?

Managing and improving your child's behavior isn't about punishment or consequences. Although punishment might temporarily stop negative behavior, it doesn't teach your child the behavior you would like to see. PBS is a process that teaches children how to behave appropriately by focusing on teaching, practicing, and rewarding good behavior.

How Parents Can Use Positive Behavior Supports

This strategy works well at school, but it can work just as well at home. Teach the behavior you want to see. Then support and reinforce that positive behavior. Helping your child use appropriate behavior also means changing the environment so that it reinforces the new behavior. To make this work, your family will need to decide what behavior you expect, how you are going to teach the new behavior, and how you will reinforce it.

When your child is doing the positive behavior, it's important that you notice. A good rule to remember is to recognize the positive behaviors five times more frequently than you recognize the inappropriate behaviors.

For example, you could put a golf tee in a jar every time you "catch" the child doing the right thing, and then create a reward system so that the golf tees can be used to gain a reward. Most families find that it works well for children to be rewarded with "alone time" with a parent for a special activity. Would your child like to fish, hike, go to a movie, or play a game with you? Remember, effective rewards don't have to cost money.

Putting It All Together

Parenting isn't always easy, especially if your child has challenging behaviors. It will take effort to help your child develop positive behavior: you will need to teach the expectations, reward positive behaviors, and model and practice them yourself. Yet research shows that PBS is effective.

Using PBS can refocus your family on the concept of working together, will help you create a more enjoyable and harmonious home life, and will support your child's progress at school. For more information on PBS and understanding challenging behaviors, please call the Utah Parent Center at 801-272-1051 or Toll Free in Utah at 1-800-468-1160.

WHAT IS A GRANITE SPECIAL EDUCATION PARENT LIAISON?

Each preschool, elementary, junior high and high school principal has been asked to designate and work with a parent liaison in support of special education programs in Granite School District. Parent Liaisons will attend monthly meetings at the district office and bring valuable information back to their individual school communities.

Granite District realizes that being a parent of a special needs child is hard work. It is often confusing to navigate the special education system, and know what resources are out there. This program is meant to help educate parents, and help to open up the pathways of communication between parents, educators and the district. The goal is for parent liaisons to feel more educated about special education issues and resources, and help to bring this information back to their local schools. The parent liaison can then help facilitate distribution of the information to parents at their local school.

Interested in becoming a Parent Liaison for Your Child's School in Granite District?

As a parent liaison, your responsibilities will include:

- Volunteering to act as liaison to your child's school(s)
- Working with your school's LEA representative to support special education
- Supporting special education students in your school through:
- Learning about programming that is available and building awareness of special education issues.
- Developing positive advocacy skills.
- Facilitating distribution of material out to parents in your school on upcoming events and resources.
- Directing parents to appropriate support people or resources.
- Parent liaisons are not expected to serve as an advocate for the Special Education department or students receiving special education services. If a parent has a concern or question you will direct them to the appropriate person or resource.

Qualifications: In order to serve as a parent liaison, you must have a child who is currently on an IEP (Individualized Education Program) and attends school in Granite School District. You must also be able to attend one monthly meeting beginning in October 2012 from 1:00-2:00 in the Granite Education Center.

Become a Parent Liaison for your Child's School!

If you would like to volunteer to be the parent liaison from your school, please contact Michelle Murphey, Parent Consultant at (385) 646-4190. You may also E-mail her at michellem@utahparentcenter.org. The positions will be filled on a first come first serve basis, so be sure to respond now!

EARLY LITERACY AND LANGUAGE ACTIVITIES

Washington Learning Systems has made available, **at no cost**, parent-child early literacy activities available in English, Spanish, Vietnamese, Mandarin, Somali, Burmese and Russian. The materials include home and community activities for adults and young children (birth through age 5) that encourage early language and literacy development. They are appropriate for both children with disabilities and children who are developing typically. Each activity includes a description and hints for making the activity fun and developmentally appropriate. To view and download materials, visit <http://wlearning.com/resources>. You will need to create a logon account using your email address and password.

The development of these materials was supported in part by a grant from the US Department of Education, Office of Special Education Programs, Washington Learning Systems and the WK Kellogg Foundation through the Great Start, Great Parents program at Calhoun Intermediate School District in Battle Creek, Michigan.

DO YOU HAVE A YOUNG CHILD WITH AUTISM? NEW SERVICES AVAILABLE

This fall, Utah will begin a two-year pilot program to assist children, ages 2 through five, who have been diagnosed with autism. The Medicaid Autism Waiver Pilot is designed as a two-year pilot to provide services statewide to children who have an Autism Spectrum Disorder diagnosis. Data has shown that early intervention with intensive individual support services such as Applied Behavioral Analysis (ABA) has the ability to improve outcomes for children.

A limited number children, ages 2 through the month of their 6th birthday, will be served. Individuals must apply during the open enrollment period in the fall of 2012. For more detailed information on dates, requirements, listserv signup and how to apply please visit: <http://health.utah.gov/autismwaiver>. You may also call the Utah Department of Health at 801.538.6090.

SALT LAKE COUNTY ADAPTIVE RECREATION

The Salt Lake County Adaptive Recreation Program offers individuals the opportunity to participate in a variety of activities including: fitness, Special Olympics, Paralympics Sports, Adaptive Sports and Social Programs. For more information visit <http://www.recreation.slco.org/adaptive/index.html> or view the September – February 2013 calendar at

http://issuu.com/copperview/docs/sept_2012-feb_2013_new2?mode=window&viewMode=doublePage

UTAH HEALTH DEPARTMENT DATA BREACH UPDATE – SEPTEMBER 30 DEADLINE

If you or your family members were impacted by this security breach that occurred in April (your social security number was compromised) you have until **September 30, 2012 to sign-up for free credit monitoring.**

Read the Frequently Asked Questions at <http://www.utahparentcenter.org/?p=4038>

The most recent information and updates on the breach will be available: www.health.utah.gov/databreach

PARTICIPATE IN A NEW AND EXCITING SURVEY ABOUT YOUR CHILD'S EDUCATION

Special educators and graduate students at the University of Utah are requesting your participation in a research study about your child's education experience. This study is being conducted to find out how to better serve students with disabilities throughout their education. Participants' children must be five years or older. The goal is to encourage schools, administrators and teachers to use home and school collaboration to improve student's educational outcomes. All participants in this short online survey will remain anonymous. After completing the survey, follow the link to enter into a drawing for a **new iPad.**

English Survey: <http://despina.ed.utah.edu/surveys/sped/sped-edu-experience.htm>

Spanish Survey: <http://despina.ed.utah.edu/surveys/sped/sped-edu-experience-spanish.htm>

LOOKING FOR INDIVIDUALS ON THE AUTISM SPECTRUM TO PARTICIPATE IN RESEARCH

This study will focus on the differences between males and females with an Autism Spectrum Disorder (ASD) regarding symptoms patterns, social relationships and psychological functioning. Participants must be ages 13 -40 years old, living with or have regular contact with at least one biological parent who is willing to participate, diagnosed with an ASD, and read at a 6th grade level or above.

If you are interested in participating and would like additional information, please call Megan at 801-578-8435. Please leave a message.



UTAH PARENT CENTER WORKSHOPS AND TRAININGS

Provo/Orem:

Transition Mini-Conference – Utah County

Thursday and Friday, October 4-5, 2012 8:30 a.m. - 4:00 p.m.
ScenicView Academy, 5455 North 250 West, Provo

[Click here for printable flyer.](#)

Register at: <http://conta.cc/KFW100>
Please register by 9/30!

Farmington:

From NO Where to KNOW Where: Transition to Adult Life

Tuesday, October 9, 2012 6:30 – 8:30 p.m.
Davis Professional Development Center, (East) 70 East 100 North, Farmington

[Click here for printable flyer.](#)

Register at: <http://conta.cc/QKyb8g>

Salt Lake City:

Parents as Partners in the IEP Process

Wednesday, October 10, 2012 6:30 – 8:30 p.m.
Utah Parent Center, 230 West 200 South, Suite 1101, Salt Lake City

[Click here for printable flyer.](#)

Register at: <http://conta.cc/RSotDP>

Iron County:

Transition Mini-Conference

Thursday, October 11, 2012 5:45 – 8:50 p.m.
Friday, October 12, 2012 8:30 a.m. – 4:00 p.m.

Location: Iron County School District Office, Board Room

[Click here for printable flyer.](#)

Register online at: <http://conta.cc/UuWIkE>

Sandy:

Parents as Partners in the IEP Process

Thursday, October 11, 2012 9:30 – 11:30 a.m.
Canyons Administrative Building, 9150 South 500 West, Sandy

[Click here for printable flyer.](#)

Register at: <http://conta.cc/QKyP5S>

Sandy:

Section 504: Services for Students in Public Schools

Thursday, October 11, 2012 12:00 – 2:00 p.m.
Canyons Administrative Building, 9150 South 500 West, Sandy

[Click here for printable flyer.](#)

Register at: <http://conta.cc/QKzPqs>

Riverton

Early Transition: Early Intervention to Preschool – Preschool to Kindergarten

Tuesday, October 16, 2012 9:30 – 11:30 a.m.
Kari Sue Hamilton School, 2827 West 13400 South, Riverton

[Click here for printable flyer.](#)

Register at: <http://conta.cc/QA3gLS>

Sandy

Preparing Your Child for the Transition to Middle School and High School

Tuesday, October 23, 2012 6:30 – 8:30 p.m.
Canyons Technical Education Center, 825 East 9085 South, Sandy (East Building)

[Click here for printable flyer.](#)

Register at: <http://conta.cc/QKArws>



UTAH PARENT CENTER WORKSHOPS AND TRAININGS (CONTINUED)

Salt Lake City:

From NO Where to KNOW Where: Transition to Adult Life

Wednesday, October 24, 2012

6:30 – 8:30 p.m.

Register at: <http://conta.cc/QjW5HZ>

Utah Parent Center, 230 West 200 South, Suite 1101, Salt Lake City

[Click here for printable flyer.](#)

Farmington:

Guardianship

Thursday, October 25, 2012

6:30 – 8:30 p.m.

Register at: <http://conta.cc/QKAFn6>

Davis Professional Development Center, (East) 70 East 100 North, Farmington

[Click here for printable flyer.](#)

COMMUNITY EVENTS

- Mental Health Matters Fair** **Tuesday, October 2, 2012** **6:30 p.m. – 8:00 p.m.**
 Taylorsville High School, 5425 Redwood Road, Taylorsville
- Bully Prevention Campaign Family Forum** **Tues, October 2, 2012** **7:00 p.m. - 8:30 p.m.**
 Murray High Commons Area, 5440 S State St, Murray
 Childcare may be available. [Click here for flyer.](#)
- Handwriting Camps** **Beginning October 9, 2012**
 Easter Seals-Goodwill Pediatric Therapy, 350 S 400 East, Salt Lake City
 Call Janae Trujillo at 801-946-1860 for details.
- Unity Day** **Wednesday, October 10, 2012 ALL DAY**
Wear ORANGE to support anti-bullying! Watch for more information or visit
www.PACER.org/bullying/nbpm
- Autism Day at Discover Gateway** **Monday, October 15, 2012** **6:00 p.m. - 8:00 p.m.**
 Discovery Gateway Children’s Museum, 444 W 100 S, Salt Lake City
 Admission: \$5 per person. Museum is closed to the public during this event. <http://autismcouncilofutah.org>

Utah Parent Center Information Disclaimer

Utah Parent Center • Celebrating OVER 26 years of service!!!

Projects of the Utah Parent Center:

Utah Family Voices - Family to Family Health Information Center

Autism Information Resources at the Utah Parent Center

Family to Family Network – Serving families eligible for services from DSPD and more!

Phone: (801)272.1051 • Toll Free Utah: (800)468.1160 • Fax: (801)272.8907

Email: info@utahparentcenter.org • Website: www.utahparentcenter.org

Our Mission: To help parents help their children with disabilities to live included, productive lives as members of the community. We accomplish this through the provision of information, training, and peer support.

The Utah Parent Center is a non-profit organization federally funded by the Office of Special Education Programs under grant #H328M020032. The Utah Parent Center (UPC) does not represent or endorse any particular point of view, unless expressly stated. Every effort is made to provide accurate and complete information. The content of this message is provided as an informational resource ONLY. For items from other individuals or organizations, we encourage readers to contact the original source with questions or concerns. Only approved items will be posted. The UPC is not responsible for content contained on, distributed through, or linked, downloaded, or accessed through this message. This newsletter is NOT a discussion group and you will only receive official email newsletters from the Utah Parent Center. We do not trade nor sell the email addresses of our subscribers. Permission to forward and reprint the information herein is granted with complete attribution. Please forward this information to your friends and colleagues that may be interested in subscribing to this newsletter. You have received this message because you are on the Utah Parent Center listserv. To be removed, please contact the Utah Parent Center at info@utahparentcenter.org