



Utah
Parent
Center

Special needs,
extraordinary potential



Holiday

Utah Parent Center December eConnections



Family Fun Guide for Holiday Fun in & Around SLC



Keep this master list close by from Kidsoutandabout.com as you plan some activities with friends and family this holiday season. They have covered it all from Tree Farms, winter hay rides, santa sightings and more.



Disability Scholarship Program

In honor of National Disability Employment Awareness Month, Wells Fargo & Company (NYSE: WFC) has committed \$1 million over the next four years to Scholarship America to implement a special scholarship program to help people with



disabilities obtain the education or training necessary to succeed in the career path of their choice. Scholarship America, Wells Fargo Invite Students to Apply for Disability Scholarship Applications accepted through Dec. 6, 2018.

[Scholarship Information Link Here >>](#)



Inclusive Tips to Enjoy the Holidays with your Special Needs Child

Avoiding Crowds

- Visit display windows at off hours
- Consider taking car drive to see the lights
- Visit a local flower nursery where holiday greenery and strung lights offer a mini-wonderland
- Instead of attending professional or dance events with your child consider smaller venues that are less formal and less expensive. [FM 100.3](#) has a local concert series at the Sandy Southtowne Mall. Listen to local talent such as Genre & Joshua Creek for free. All performances start at noon and take place at a stage in the middle of the mall. Check out dates and the artist line-up [here](#).

"Bits at a Time"

- If your child can only handle a few hours at a time at family gatherings or events, decide ahead of time what hours are the most important. Stick to your plan and let extended family know ahead of time your plan.
- Find seating at events near easy exit access
- Simplify shopping trips by looking up gifts online with your child or visit just one store while encouraging your child to pick out a gift for someone. Involvement is key here so they can experience the joy of giving.



Be Kind to Yourself

- Give yourself the right to walk away from difficult situations without feeling guilty. Not everyone, including family, may know the reality of your situation and it's okay to pack up early and leave.
- Find time to recharge and take care of yourself and that may mean attending an event on your own. Reach out and ask for help.



New Dyslexia Handbook for Parents & Educators to Support Struggling Readers

The Utah State Board of Education is pleased to offer this handbook to educators and parents as a resource to support those who are struggling with reading due to conditions of dyslexia.



The Dyslexia Handbook offers guidance, resources, and appropriate supports and interventions for readers with dyslexia. It is also a communication tool for teachers and parents to work together.

The pdf handbook can be downloaded by clicking the handbook image or can be purchased from the [Decoding Dyslexia](#) website for a minimal fee.



Dr. Jenkins Addresses Depression & Anxiety Using Positive Parenting Techniques

[Uplift Families](#) puts on a yearly conference filled with great presenters to empower parents. This specific presentation tackles a topic that a lot of our kids are experiencing on a daily basis. This is a 20 minute clip worth watching.

[Video link here >>](#)



Study on the Psychosocial Development of Adolescents with Disabilities

Myles Maxey is a doctoral student Utah State University. His dissertation research is looking specifically at psychosocial development of adolescents with disabilities. This development includes aspects of self-esteem, identity formation, autonomy, and attachment. As part of the study, existing measures for adolescent psychosocial development will be modified to assist in accurately measuring this important construct with young people who have mild to moderate disabilities.

Our research team requests your assistance and input from your adolescent child with disabilities in the modification process. If you agree to participate in the study, we will send you an electronic copy of the original measures along with instructions about how to proceed.

Please contact Myles directly at myles.maxey@aggiemail.usu.edu if you are willing to participate or if you have any questions about the study. There will be a \$10 compensation incentive for those involved.

