



Utah
Parent
Center

Special needs,
extraordinary potential

Utah Parent Center eConnections

November 2018



LOVE UTAH
GIVE TUESDAY

THE COMMUNITY FOUNDATION OF UTAH



Donate Directly to UPC

Tuesday, November 27th, is Love Utah Give Utah, a statewide day of giving to those causes you care about most. Please remember the Utah Parent Center as you consider your gifts. Your donations help families like Niesha's...

The Utah Parent Center is such a great resource for me and my family. The thing that helps me the most as a mother of a special needs child is seeing all the helpful tips on Facebook from the UPC and not feeling so alone in this journey with a special needs child. Like a lot of people, I am busy with a full time professional career and motherhood of two handsome boys. I hope to continue to see these helpful tips, advice and support from UPC on Facebook! Thank you!

UPC services are able to help 1 in 6 children throughout Utah. We know we serve over 25,000 individuals a year, but there are 151,000 who could benefit from services. Your donations and gifts help us reach additional families who need our support.

Do you have a story on how the UPC has impacted your family? Please send your story and a picture to jennied@utahparentcenter.org and your family could be featured in our outreach materials.



The Family Gathering Survival Guide: 7 Tips

Talk to your hosts early: "A child who has behavior difficulties at school is going to have them at grandma's house," warns Dr. Dickstein, a child and adolescent psychiatrist. So make sure their expectations are realistic.



With the holiday season approaching it can be a fun and exciting time to gather loved ones to celebrate. Sometimes the most magical moments we have anticipated all year long can add more stress and anxiety to our kids with special needs. These 7 tips from [The Child Mind Institute](#) will help our kids be at their best and have fun too.

Minimize conflict over behavior: Have the conversation with your kids on expected behavior and rules of a different household vs. your own.

Plan ahead for some peace and quiet: For our kids who are easily over stimulated, find a place where they can take a break and just be quiet.

Keep kids occupied: Long drives ahead? Getting out of the car to run around for a few minutes may be beneficial for kids who get restless or have impulsive behavior

Discuss Social Expectations: Communicate to extended family ahead of time and don't assume the same social expectation for every kid.

Think about the menu: Picky eaters and sensory diets? No problem. Communicate with your child that it is ok to explore new foods but that you can bring along things foods they like to eat as well.

Manage your expectations: "Above all, give yourself a break," says Dr. Dickenstein. "You can't make everyone happy, and perfect holidays are nonexistent."



CHARITY NAVIGATOR
Your Guide To Intelligent Giving

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Did you know potential donors and foundations often look at Charity Navigator to review information about non-profit organizations? Will you help the Utah Parent Center earn a rating? Please vote for us to be reviewed by going to www.charitynavigator.org, entering Utah Parent Center, and then click on the **VOTE button** to help us be considered. Thanks for helping us earn our stars!

Addressing Meltdowns vs. Tantrums & How to Support Your Child

In this webinar hosted by Understood.org, Dr. Ellen Braaten gives expert advice on how to help your child learn to self-regulate and gives parents strategies to manage such outbursts.



[Webinar link here >>](#)



Register Now

Want to learn about the basics of epilepsy? Asking yourself, "Do I qualify for Social Security Disability?"? Looking to see another perspective on the challenges of living with seizures?

Nov. 10th, 2018
9 a.m. to 1:30 p.m.
University of Utah Clinical
Neurosciences Center: 1st Floor
Auditorium 175 N. Medical Dr.
– SLC, UT

FREE Event

Santa for Super Kids FREE Event

Come visit Santa and Mrs. Clause before the holiday rush in an indoor, small group environment, while avoiding viruses as much as possible.

Date: Monday, November 12th
Time: 6:30-7:30 pm
Where: McKay Dee Hospital
Education Center West Auditorium



Click [here](#) for further details regarding this event.

November Workshops

- [Nov. 15 - Validating the Emotion without Condoning the Behavior – Lindon](#)
- [Nov. 16 - IEP Workshop – Salt Lake](#)
- [Nov. 27 Parents as Parents in the 504 Process - Salt Lake City](#)
- [Dec. 5 - Basic and Pro Se Guardianship Class – American Fork](#)

Visit utahparentcenter.org/events to find scheduled workshops for 2019.

