

**WISHING  
YOU  
A  
WONDERFUL  
HOLIDAY**



## Utah Parent Center December eConnections



### Inclusive Tips to Enjoy the Holidays with your Special Needs Child



#### 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 your plan ahead of time.

#### 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. That may mean attending an event on your own. Reach out and ask for help when needed.

#### Avoid Crowds:

- Visit display windows at off hours.
- Consider taking a car drive to see the lights.
- Visit a local flower nursery where

- 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 in a way that is appropriate for them.
- holiday greenery and twinkling lights offer a mini-wonderland.
- Instead of attending professional events with your child, consider smaller venues that are less formal and less expensive.



## UDDC Requesting Public Feedback



Utah Developmental Disabilities Council

### Who they are:

The UDDC collaborates with the legislature, public and private agencies that serve individuals with disabilities to strengthen the service system. The focus of all the activities of the Council is to promote consumer and family directed services that increase self-determination in individuals with disabilities and their families.

### Be Engaged:

The Utah Developmental Disabilities Council is hosting Town Hall Meetings across the state in the coming year. The purpose of the meetings is to solicit public feedback that will inform the UDDC State Plan.

- Salt Lake City January 9, 2020  
SLC Independent Living Center, 4pm
- Salt Lake City January 23, 2020  
Asian Association Building, 6pm
- Ogden February 20, 2020  
Roads to Independence, 6pm
- Provo February 6, 2020  
Ability First 6pm
- St. George March 5, 2020  
Red Rock Center for Independence 4pm
- Logan April 9, 2020  
Options for Independence 6pm

Full PDF flier [here](#)

*Dates and times are subject to change and are for general planning purposes*



## Family Holiday Fun Activity Guide

Keep this master list from *Kidsoutandabout.com* close by 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 much, much more!

[>> Event List Here](#)

# Merry & Bright Merry & Bright Merry & Bright Merry & Bright Merry & Bright Merry & Bright Merry & Bright Merry & Bright Merry & Bright

**DECEMBER  
PARTY  
AND  
EVENTS**

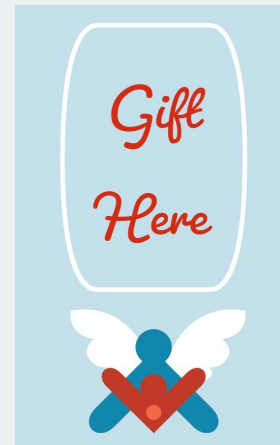


## Help Us Bring HOPE to Families

Please consider the gift of a donation this holiday season and help us reach more families and caregivers raising children with disabilities and special healthcare needs by providing them access to resources and needed services here in our state of Utah.

Your donation is tax deductible and will go directly toward programs and services for families.

Click directly on the gift button, or you can text directly to the number **52182** with the included message **upcdonate**.



*While our services can't change a diagnosis,  
we can bring HOPE to Utah families!*



## Webinar on Utah High School and Graduation Completion Requirements

Learn to understand the choices for Utah high school graduation and completion for students with disabilities in Utah in this informative webinar.

For further information and definitions outlining Utah's diploma and completion options, visit the link [here](#) to be redirected to the Utah State Board of Education webpage.

