



Tween Emotional Well Being



As our children grow into Adolescence, their emotional needs will change. At this age our children are exploring their independence as well as experiencing social, emotional and physical changes.

As adults, we may recall the challenges we had at this age and can be a valuable resource for our children to assist them as they work through these changes. Having frequent conversations with our children about what they are experiencing can help you and your child become more comfortable in navigating life's ups and downs.

For tips on how to keep the communication open between you and your tween, follow the links below.

- [Tips for Parenting Tween](#)
- [Social & Emotional Health](#)
- [Self Awareness Worksheet](#)

Your Generous Contributions Make a Difference

With your support, the UPC was gifted \$19,947.86 through our silent auction, opportunity drawing, and private donations. *Thank you for seeing value in our mission!*

We also appreciate your contributions of art and merchandise. We couldn't have done it without you!



**Community
Never Cancels
Art & Merchandise
Auction**

**Thank you
for your support!!!**

**You donated
\$19,947.86**



Thank you to our incredible and generous auction sponsors:

Rachel Sabin's Forty-Two Studios and USU Center for Persons with Disabilities

If you missed our auction event, there's still time to make a gift.

Give Now

Anti-Bullying Month

October is National Bullying Prevention Month

1 out of **5**
students is bullied

5 out of **5**
can help prevent that



We encourage families, students, schools, organizations and other groups to become better informed about the issues around bullying. With the Utah Parent Center (UPC) and our sister organization the PACER Center we work to prevent bullying in several ways

Prevent bullying by encouraging kindness, acceptance and inclusion. Learn what you can do at pacer.org/bullying/



You can read to become more informed about bullying, its impact, strategies for prevention and remediating the effects by visiting our parent center page dedicated to bullying supports [here](#).

Engaging in conversations at your child's school will help you better understand what is being done to prevent bullying and address it when it occurs.

What is a Surrogate Parent? Become One Today!



Train to
be a
Surrogate
Parent
Today!



Continue your interest of becoming a surrogate parent volunteer by filling out the following interest form [here](#). The purpose of this form is to share your interest in becoming a trained Surrogate Parent for your community. The Utah Parent Center will use this information to send all interested individuals notification about planned virtual trainings to become a certified Surrogate Parent.

FREE Autism and ADHD Summit Offered to Parents



**PARENTING
ADHD
SUMMIT**

Oct. 19-22, 2020
30 ADHD Experts
1 Free Online Event

Go to: bit.ly/20ADHD

Learn from the world's experts in ADHD and parenting right at home. We're talking masters like Carol Stock Kranowitz, Dr. Dawn Brown, Seth Perler, Debbie Reber, and many more. It's 100% online and free! If you want free access, be sure to click the get



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free access button.

[Click Here to Sign Up >>>](#)

button if you are wanting to experience this event for free.

[Click Here to Sign Up >>>](#)

Special Needs Martial Arts Classes Offered



Special Needs MARTIAL ARTS

Every Friday until the end of October!
Come try your first 2 classes for FREE!

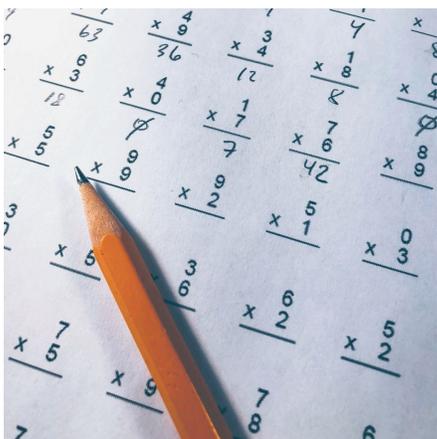
TEXT OR CALL
(801) 610-4336

TO LEARN MORE & RESERVE YOUR SPOT NOW!



12447 S Crossing Dr Riverton, UT 84009

Common Core Standards and Your Child's Education



Find out exactly what your student should be achieving

Have you heard the term Common Core Standards used in your child's educational program? The Utah State Board of Education established these standards described in Title 53E-4-202. These core standards explain what your child should be able to do by the end of each grade from kindergarten through 12th grade, yet does not describe the curriculum for how they will be taught. Each district and school has the flexibility in choosing the curriculum they want their school to be using to meet these core standards.

from grade to grade and increase your knowledge with the following links below:

- [Utah Education Network](#)
- [Utah State Board of Education](#)
- [Understood.org](#)

Keep in mind that your student's IEP must be aligned to these grade-level core standards, specifically addressed in goal writing. At your next IEP meeting, ask your child's General Education teacher, who is a required member of your IEP team to discuss these core standards in each subject area. This will help your team identify and discuss how these standards are being applied to your student.



New Transition Elevated Website from USBE

Introducing the Transition Elevated Website from The Utah State Board of Education. This new website will support families and IEP teams in creating and sharing draft transition plans prior to their IEP meetings.

You can use it as:

- A guide for students, families, and educators during the transition planning process
- A user-friendly transition planning tool to help students (and families) create a roadmap for the future
- A transition planning creation tool for students to prepare and participate in their transition IEP meeting

Starting at age 14, all Individualized Education Plans should have a transition section that focuses on a student's future job interests, further schooling desires, and interests. By focusing and developing required skills now, your young adult can increase positive outcomes for after high school.

Access the planning tool [here](#)



Advocacy Corner

The November General Election will be held Tuesday, November 3, 2020. In Utah, every active voter has the option of voting by mail and should get their ballots a few weeks before the election. In addition to mail-in ballots, Utah will also be offering in-person voting this year. Make sure that your voting information is up to date and register to vote by October 23rd.

Don't know where to check your voting status? The State of Utah has created a website where you can register to vote, check your voting status, track your mail-in ballot and learn about the issues and candidates. Click [here](#) to access the State of Utah website.



ADVOCACY
CORNER

Upcoming Events

The Utah Parent Center continues to provide ongoing training for parents and families across the state via Zoom and other technology during the COVID pandemic. Below is a list of upcoming events for this month. For more details and to register, click on the name of the event in blue or visit utahparentcenter.org/events

- **Tuesday, October 6** - [Life Launch Series for those in Eastern Utah including Vernal, Roosevelt, Moab, Price and More.](#) Live Chat with Self-Advocates via Zoom
- **Wednesday, October 7** - [Family Fun Kit Drive Thru](#) sponsored by the Salt Lake County Family to Family Network
- **Tuesday, October 13** - [Life Launch Series \(Part 2\) for those in Eastern Utah.](#) Live Chat with Vocational Rehabilitation via Zoom
- **Tuesday, October 13** - [Coping Tools for the Caregiver](#) sponsored by the Davis County Family to Family Network
- **Wednesday, October 14** - [Rutas Que Conducen a Una Comunicación Constructiva](#) presentado por Utah Parent Center en español [vía Zoom](#)
- **Thursday, October 15** - [Understanding Medicaid and Medicare](#) presented by Utah Family Voices via Zoom
- **Thursday, October 15** - [Roads Leading to Constructive Communication](#) presented by Utah Parent Center Charter Consultant serving Ogden

Preparatory Academy

- **Thursday, October 15** - [No Limits! Raising Expectations!](#) sponsored by the Salt Lake County Family to Family Network via Zoom
- **Tuesday, October 20** - [Life Launch Series \(Part 3\) for those in Eastern Utah.](#) Live Chat with Independent Living Center via Zoom
- **Tuesday, October 20** - [SSI and Medicaid: What You Need to Know](#) presented by Utah Family Voices via Zoom
- **Tuesday, October 20** - [Parents as Partners in the IEP Process](#) presented by Utah Parent Center Parent Consultant serving Tooele County School District via Zoom
- **Wednesday, October 21** - [Caregiver Support](#) sponsored by Carbon/Emery Family to Family Network via Zoom
- **Thursday, October 22** - [Halloween Carnival \(COVID style drive thru\)](#) sponsored by Tooele County Family to Family Network
- **Thursday, October 22** - [Impulse Control: What Is It and How Do We Get It](#) presented by Utah Parent Center Parent Consultant serving Alpine School District
- **Saturday, October 24** - [Halloween Kit Drive Thru](#) sponsored by Utah County Family to Family Network
- **Tuesday, October 27** - [Emergency Preparedness](#) presented by Utah Family Voices via Zoom

