



A P R I L
E - N E W S

"Good Enough" Parenting Is OK

An article posted from the Anxiety and Depression Association of America reminds us that being a "good enough" parent is ok during this uncontrolled situation. A few suggested highlights are:

- Keep Familiar Routines
- Include Parent Self-Care
- Exercise
- Meditation
- Read, Listen and Write
- Engagement & Learning



For examples and access to this full article, follow this link [here](#).

Disability Law Center Suggests Disability Specific Protection Steps During Crisis to Utah Governor

Massive efforts and supports have been outlined by state leaders in confronting the current pandemic situation here in our state of Utah. The

Disability Law Center expressed concerns through a letter to Governor Herbert addressing some they believe are necessary in protecting our Utah citizens with disabilities.

[PDF Letter Access Here](#)

Benefits of High Expectations



As parents, one of the best gifts we can give our children, youth and young adults with disabilities is to set high expectations for them at home, school and in the community.

At the Utah Parent Center, we believe that high expectations matter for kids with special needs.

It is up to us as parents to believe that our children are capable of great things. We should give them opportunities to try new things in life and sometimes even fail and learn from their mistakes.

Check out these *NEW* resources below to support your child's path to success.

[Elementary Supports](#)

[Middle School Supports](#)

Crisis Nurseries are OPEN

The Family Support Centers offer FREE Crisis Nurseries and hope to continue to stay open during the COVID-19 crisis.

Services are offered for children ages 0-11 in three locations throughout the Salt Lake Valley.

Reasons for care can include:

- Child(ren) at Risk of Abuse or Neglect
- Family Crisis/Emergencies
- Stress/Respite Breaks
- Treatment/Medical Appointments
- Legal/Work Obligations
- And More

As guidelines from the CDC and the state of Utah are being implemented

for health and safety, you must call and reserve a space for your child before heading to the center.

Call [801-967-4259](tel:801-967-4259) to schedule or visit the link [here](#) to be directed to their website.



Spring-Break Plans Get Cancelled?

Did your spring break plans get de-railed? Well, don't fret because we have some fun places you can visit from your home computer! These links will keep your kids captivated and you can visit far away places in live mode. Hang tight parents, because we have you covered for a few hours at least!

12 online
museums



Bryan SJS, Wikimedia Commons // CC BY-SA 2.0

Learn to code for
free

Animal
livecams

Underwater
livecams



Astronaut story reading while in
space

Story Pirates
Podcast



125 at home entertainment
ideas

Live Lunch and Learn Sessions



JOIN US FOR A LUNCH DATE!

UPCOMING LIVE SESSIONS

Using Facebook Live
Tuesday, April 7th,
from 12- 1 pm.
Topic: Soft School Closures
and Students with Disabilities:
What Families Can Do

Using Zoom- Limited to 50
Participants
Thursday, April 9th,
from 12-12:30 pm
Topic: Virtual Activities and
Accessing the Outside World

Using Facebook Live
Tuesday, April 7th, from 12- 1 pm

**Soft School Closures and Students
with Disabilities: What Families Can
Do**

<https://www.facebook.com/events/532704397449011/>

Wondering what to do with your student at home? Concerned about the confusion and isolation your student may be experiencing?

Learn how to navigate remote learning for students with disabilities during the soft closure of schools in

**Using Zoom- (Limited to 50
Participants)**

Thursday, April 9th,
from 12-12:30 pm

**Virtual Activities and Accessing the
Outside World**

[Registration link](#)

During Utah's "Stay Home, Stay Safe" directive, access to the outside world is still a possibility and can provide hours of family fun.

Come join us on an exploration of the outside world from the comfort of your own device. During the

the state of Utah. You will hear about the expectations for these students, the most common concerns facing families, and receive practical tips.

presentation, you will have an opportunity to experience these activities first-hand and become informed on how to enjoy these alongside your family members.

Kid Workouts for Small Spaces

Are your kids needing a change of routine during the day in between their online studies? These simple, fun, and short workouts are perfect. Challenge your kids to a 7 minute hiit segment or just do the stretch and breathe segment to combat stress. No equipment is needed and the exercises can be adapted to meet your child's specific ability and comfort level. Turn on your child's favorite tunes and start moving!



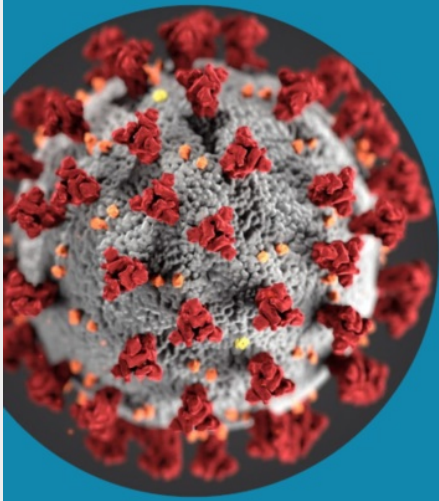
Kids GLOW
Workouts

Is your child's PE teacher wanting him/her to be working out or doing some form of active motion? PE Joe is holding kids' workout classes on his [You Tube channel](#), and he will be doing them every weekday during the school closures.



Resources to Stay Healthy During COVID-19

These resources are updated on a continuous basis.



CORONAVIRUS: RESOURCES TO PROTECT OUR CHILDREN AND PREVENT THE SPREAD OF COVID-19



WELCOME TO



TRANSITION UNIVERSITY



Is Your Child 14 or Older?



Calling families of individuals that will be 14 or older this year. We are going to be having an online discussion on how to prepare for Transition. Early preparation will help you and your child for future success.

We do not have a scheduled date for these discussions, but want to identify those interested in learning more.

[Signup Form Here](#)

Decision Making Supports

Tool for Exploring Decision Making Supports			
This tool was designed to assist individuals and supporters with exploring decision making support needs for each life domain.			
Name of individual: _____			
Name of person completing this form: _____			
Relationship to individual (circle one): Self Family Friend Guardian Other: _____			
How long have you known the individual? _____			
For each question below, mark the level of support you need when making and communicating decisions and choices in the Charting the LifeCourse life domains.			
	I can decide with no extra support	I need support with my decision	I need someone to decide for me
DAILY LIFE & EMPLOYMENT			
Can I decide if or where I want to work?			
Can I look for and find a job (read ads, apply, use personal contacts)?			
Do I plan what my day will look like?			
Do I decide if I want to learn something new and how to best go about that?			
Can I make big decisions about money? (open bank account, make big purchases)			
Do I make everyday purchases? (food, personal items, recreation)			
Do I pay my bills on time (rent, cell, electric, internet)			
Do I keep a budget so I know how much money I have to spend?			
Am I able to manage the eligibility benefits I receive?			
Do I make sure no one is taking my money or using it for themselves?			

This worksheet from the *Charting the Lifecourse Program* can help you determine what areas to seek out support for a successful future:

[Download Full PDF Here](#)

Making Friendships After High School

When a person leaves high school, some of the opportunities for them to be with their friends can diminish. This can be hard for them. It can be hard for a parent to watch. It can take some time trying to forge new friendships, but if we are diligent in looking, the opportunities can open up.



Read about Hunter Kelch who has written a blog of things that he found helped him to maintain and gain new friendships.

Friendship
Tips

Here are some resources that may be helpful in gathering with others.

Recreation
Activities

The Transition University project is funded by the Utah Development Disabilities Council and is supported, in part by grant number 1901UTSCDD-02, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

Classroom Advocacy: How to approach your child's teacher when your child seems unhappy or unchallenged

The *National Association for Gifted Children* has some helpful points for classroom advocacy that covers points such as:

- Chain of command when advocating
- Advocating during the meeting
- Advocating after a meeting



ADVOCACY
CORNER

[Advocacy pdf here](#)

