



play

Nevada Early Intervention Summer—Fall Family Newsletter

July – August – September 2019 Volume 9 No 4

Message from Part C's State Family Resource Coordinator,
Information & Referral...

Dear Parents/Families,

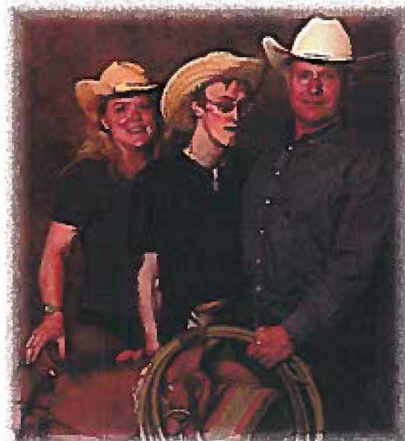
All families enrolled in Early Intervention (EI) programs in Nevada have the same rights. Your rights within the early intervention process begin as soon as you are referred to EI and continue as long as you and your child participate in the early intervention program. The IDEA Part C law governs early intervention policy/services and your families' rights. You can find more information about these laws at <http://idea.ed.gov/> under the section on Statute/Regulations, Part C.

You have the right to take part in decisions about EI for your child and all information about your family is kept confidential. Understanding your family's legal rights is part of becoming an informed advocate. You should have been provided with a copy of the Parent Handbook. If not, ask your service coordinator for a copy. Review it carefully and ask

questions if you do not understand something. If your native language is not English, you have the right to request explanations of services (and forms) in your native language.

You have the right to be fully informed about the EI process and to timely, comprehensive evaluation. You have the right to receive notice before any evaluation of your child or before services are provided. Be aware that you must grant written consent for your child to be evaluated and receive services, and you may withdraw consent at any time. If your child is found ineligible, you can request a re-evaluation at any time. If a disagreement arises, you have the right to file a complaint or request mediation or due process. Your child will continue to receive services while any disagreements are being resolved.

— continued on page 2



Cheryl, Eric, and Dan

NEVADA'S EARLY INTERVENTION SERVICES

IDEA Part C Office

4126 Technology Way, Suite 100

Carson City, NV 89706

Office: (775) 687-0544

Project ASSIST

1-800-522-0066

To receive the newsletter electronically contact us!

ProjectAssist@dhhs.nv.gov

Your rights — page 1 and 2

Volunteers Needed — page 3 and 7

LIBRARY — page 5

Dear Parents/Families,

An invitation to attend...

NEVADA'S EARLY INTERVENTION

INTERAGENCY COORDINATING COUNCIL (ICC)



Nevada's ICC was set up to advise and assist Nevada in the development and implementation of a statewide system of early intervention services for young children with developmental delays or disabilities and their families. It is especially important to hear from families and we encourage you to participate. Meetings are held via videoconference in Elko, Reno, Las Vegas. The next meeting:

Thursday—July 18, 2019, at 9:00 a.m.

Always check the meeting agendas for locations, times and changes—posted at:

<http://dhhs.nv.gov/Programs/IDEA/ICC/Meetings/>

The ICC bylaws and membership can be viewed at

<http://dhhs.nv.gov/Programs/IDEA/ICC/Home/>
under "Who is on the ICC?", click on **Current Membership**.

For information contact us at ProjectAssist@dhhs.nv.gov or 1-800-522-0066

— continued from page 1

There are timelines that must be met by EI programs as soon as a referral has been made. Evaluations and your Individualized Family Service Plan (IFSP) meeting must take place within 45 days of your referral, where you will complete an IFSP. All services on the IFSP must begin as soon as possible after its development, but, in no case later than 30 days after the parent provides written consent or as specified by the IFSP. And you have the right to ask for an IFSP meeting at any time.

Your Participation in the IFSP Process - If your child has been referred for an evaluation for EI services, it's easy to feel a little overwhelmed. There's a good chance that you do not have prior experience with early intervention, and if your child was recently diagnosed with a developmental delay or disability, you may not have previous knowledge of his or her condition. Learn more about your child's delay or disability so that you can help him or her more effectively. You are an important part of the team in planning services for your child. You're familiar with his or her needs, desires and struggles.

Remember that your role in EI and the IFSP processes is critical. Share all of your concerns for your child and family with the IFSP team. If you feel that your child needs extra help or time, you have the right to ask for more or different services. If you feel that the proposed IFSP does not meet your child's needs, speak up and ask for change. Be an active voice in IFSP meetings and don't hesitate to lead the conversation.

Your Participation in Your Child's Services - Your participation in the EI process doesn't end when the IFSP is signed. Ask questions. Work with the professionals who are providing services. They should provide regular progress reports. If they don't, ask for them. Ask about activities to do at home with your child that can improve his or her cognition, communication, social development or other areas that are a challenge. Ask, ask, ask.

You are an important part of planning services for your child. No one knows your child better than you.

Sincerely,
Dan Dinnell

Read your **Parent Handbook** and refer to it often. You can find an online copy at

http://dhhs.nv.gov/Programs/IDEA/Early_Intervention_Programs/

You can find an online copy of the **Nevada Part C Early Intervention Policy Manual** at

<http://dhhs.nv.gov/Programs/IDEA/Publications/>

If you have questions, contact us at: **ProjectAssist@dhhs.nv.gov** or 1-800-522-0066

Navigating Life with a Child who has Special Needs

The subtitle of this January 2019 article in *Exceptional Parent* is "finding more joy on the journey." The article focuses on helping parents get organized, build their support team, make time for self-care, and seek professional therapy when necessary.

<http://www.ep-magazine.com/blog/navigating-life-with-a-child-who-has-special-needs-finding-more-joy-on-the-journey>

Practical advice from *Exceptional Parent* online magazine <<http://www.eparent.com/>>

Parents of children with disabilities and special healthcare needs face both the reality of raising any child and the reality of the additional responsibilities that come from raising children with special needs. This article from e-Parent discusses why it's so important for caregivers to take care of *themselves* and gives valuable suggestions and tips. **FREE!!!**

<http://www.eparent.com/healthcare-2/the-resilient-caregiver/>

Parenting Special Needs Magazine is a *free*, online, bi-monthly publication that is dedicated to helping the special needs community. It covers all the ages and all of the stages and all of the different disabilities, as well as providing an invaluable resource for the parents and caregivers of those with special needs. <http://parentingspecialneeds.org/>

The Part C Family Newsletter has opportunities to suggest and share... You are invited to submit articles, share your story, or include your child in a Family Spotlight, with a photo. (All items are subject to editing and review.)

Dear Parents/Families,

Through participation and involvement, you can become an advocate for your child's needs as they grow up and become a part of the community. Years ago I was taught that there was a "bigger picture" out there and that as a parent of a child who received early intervention services I had real power in my voice and actions.

"We are proud parents of five children. Our only son was born in 1999 with Down Syndrome. This experience has opened the door for many opportunities to learn and to help others with disabilities." — a Nevada parent & Past ICC Parent Representative

There are many ways that you and your family can get involved with Early Intervention Services beyond the services and support activities specifically designed for you. There are councils, commissions, committees, and subcommittees where you can: 1) Provide valuable input from a parent's perspective, 2) Assist in the development of program policies, and 3) Help shape and create a better system for children receiving Early Intervention Services!

Your early intervention program may have a family support group or work with an organization that does. This is a wonderful way to "give back" to the program.

"Parents who have lived the experience of parenting a child with... health needs and have learned the hard way how to access services are a largely untapped high value/low cost resource... the overhead on their incredible experience and the trust they can engender among other families is likely to be modest compared to the high costs of traditional services".

— Adapted from *Peer Parents: A Solution to Extend Child Mental Health Services*, Posted March 17, 2011, by Kimberly E. Hoagwood, Ph.D, Professor of Clinical Psychology in Psychiatry, Columbia University and Kelly J. Kelleher, MD, MPH, Director, Center for Innovation in Pediatric Practice, Research Institute, Nationwide Children's Hospital.

When you are involved, you gain experience in communication as well as leadership and it helps you to get useful information and answers to questions you may have.

By actively participating and interacting with others, you can choose to make a difference in the lives of many young children with special needs and their families. One voice can make a dramatic difference!

If you would like more information please contact us at ProjectAssist@dhhs.nv.gov or 1-800-522-0066

Sincerely,
Dan Dinnell

New to Disability? (Updated February 2019)

Updated by Center for Parent Information & Resources this online page is written to give parents a quick roadmap to the disability world of help that's available in the United States and point them to disability resources on the CPIR website and beyond that may come in handy, now and as time goes by. Located at <https://www.parentcenterhub.org/new-to-disability/>

Nevada Parent Advocacy Initiative: By Parents, for Parents—It's all the insider information about Nevada's Early Intervention Services System in one common place. This project consists of a parent **Facebook** (www.nvparents.com/fb) support page for families with children in Early Intervention Services, information to give parents the basic knowledge they need to access and utilize services effectively, and a website that shares with everyone. **Early Intervention Parents Nevada** is a place for all parents of children with disabilities to connect. Please post your personal stories, questions about your child's development and/or disability, questions about Early Intervention programs, great parenting articles you've come across, community resources and events at

www.nvparents.com

TAM A BNG BeReVER RN EARLYER-INTION™ TamwAG

From the Lucile Packard Foundation for Children's Health—

Five Top Tips for Engaging Families in Advisory Roles | Advice from a Family Leader

Most parents of children with special health care needs would like to see improvements in the quality and efficiency of our complex health care system, and many are eager to help develop appropriate solutions to the multiple challenges they encounter when caring for their child. Family Advisory Committees are one venue in which families can share their knowledge and experience. From the Lucile Packard Foundation for Children's Health.

<https://www.lpfch.org/cshcn/blog/2018/11/29/five-top-tips-engaging-families-advisory-roles-advice-family-leader>

Here, **Center for Parent Information and Resources' (CPIR)** webinar takes you on a live tour of CPIR's **Advocacy in Action: Guide to Local Special Education Parent Advisory Councils**. The guide is an online road map to help bring stakeholders together, suggests strategies to help them engage in dialogue, and offers best practice tips and tools to help them work together to benefit the local community.

https://www.parentcenterhub.org/wp-content/uploads/repo_items/National_SEPAC_Guide_120218.pdf

"Katie Beckett" Option

Section 134 is known as the "Katie Beckett" Option – Under Section 134 of the Tax Equity and Fiscal Responsibility Act of 1982 (TEFRA), States are allowed the option to make Medicaid benefits available to eligible children with disabilities who would not ordinarily qualify for Supplemental Security Income (SSI) benefits because of the parents' having too much income or resources. For more information:

<http://dhhs.nv.gov/Programs/IDEA/ProjectASSIST/Informational-Resources/>

HealthyChildren.org

An online website sponsored by the American Academy of Pediatrics (AAP), called **HealthyChildren.org**, is a parenting website backed by 66,000 pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults. Whether you're looking for general information related to child health or for more specific guidance on parenting issues, you've come to the right place. www.healthychildren.org

IDEA Early Intervention Family Guides

These four family guides are designed to explain the dispute resolution options under Part C of the IDEA: mediation, written state complaints and the due process complaint and hearing procedures specific to families with infants or toddlers with disabilities (Birth through Age 2). The companion resource, "Quick Guide to Early Intervention Dispute Resolution Processes for Infants & Toddlers (Birth through Age 2)" offers a side-by-side look at dispute resolution options under Part C of the IDEA.

<https://www.cadeworks.org/resources/idea-early-intervention-family-guides/>

FREE!!! Baby Talk is a one-way listserv that is distributed monthly. Each issue features high quality, readily available, free resources to support people who work with infants and Toddlers. Resources highlighted in yellow are available in English and Spanish. Past issues are archived at

<http://fpg.unc.edu/resources/baby-talk-archive>

To join the listserv, send an email **with no message** to subscribe-babytalk@listserv.unc.edu

Advocacy Atlas by Genetic Alliance

Every day individuals advocate on behalf of themselves or others to communicate needs, share experiences, and take steps to get what they want and need. The online Advocacy ATLAS is a toolkit created by Genetic Alliance, Parent-to-Parent USA, and Family Voices that provides individuals with special healthcare needs and their families with tools and strategies to advocate for whatever they may need. <http://www.geneticalliance.org/advocacy>



For Families & Professionals —



FREE LENDING LIBRARY

There are a great many things to learn... check them out!!!

Hundreds of books and DVDs are available for use statewide—
contact your service provider or coordinator.

New Books In !!!

Confessions of a Special Needs Dad: Honesty and Hope for the Journey, by Andrew's Dad, 2018 – Tells it like it is!!! The birth of a child is usually a time of celebration, but when your child is born with special needs, the celebration can quickly turn to heartache. Many parents, especially Dads, have no one to turn to who will understand their grief and help them process the reality of this new journey. *Confessions of a Special Needs Dad* is a book written by a Dad for Dads. It offers hope, healing and, most of all, honesty as well as an important reminder that you are not alone.

From Birth through Adulthood: A Handbook for Parents of Children with Special Needs, 2nd Edition, by Eileen Newman Rubin, 2017 – an "in the trenches" book about determining whether your child has special needs and about fighting for the needs of your child with special needs. It addresses what to do at specific ages, what the "language" is in the special needs community, and HOW to be an advocate for your child. This book is a step-by-step guide for parents of children with special needs, with a few stories splattered in between.

Linking Arms: A Leadership Guide for Parents of Children with Disabilities, by Pamela R. McDaniel, Ph.D., 2014 – Navigating the world of disability services and programs is very frustrating and overwhelming. Regardless of your career status or educational background, when you learn that your child has a disability, you begin a journey that takes you into a life filled with strong emotions and difficult choices that affect the entire family. Another part of that journey is the interaction with many different professionals and specialists and the continuous need for information, supports, and services. It's not enough to just read about leadership; it takes getting involved and putting theory into practice.

Chosen Fathers: Life Lessons Learned from Fathers of Children with Disabilities, by Eliya Stromberg Ph.D., 2017 – *Chosen Fathers* is a collection of heartfelt interviews with thirteen fathers of children with disabilities. The fathers speak openly about the shock and despair they felt when they learned that their child was not what they expected. They talk frankly about marriage, sibling rivalry, financial stress, community relations, challenges of faith, feelings of inadequacy, burn out, and more. They also reveal their discoveries of strengths and abilities in themselves and in others they never knew were there.

Becoming a Seriously Happy Special Needs Mom: 21 Steps to Finding Your Happy Place, by Linda James Bennett, 2016 – As a special needs mom we forget to take care of ourselves, because we are so busy taking care of everyone and everything. This level of busy is exhausting. When a friend asks you how are you doing, how do you respond? Do you tell them you're tired, frustrated, angry, or burnt out? Or, do you tell them about your child's latest challenge that's got you up against the wall? Have you forgotten to check in with yourself? To stop and take a break or catch your breath? You may be so exhausted you can't figure out how to take a break, you think you are out of options. The truth is you do have options. You have many options. Practical tips, life lessons, and strategies to open your mind to new ways of thinking.

If you have questions or recommendations for the Library, send an email to
ProjectAssist@dhhs.nv.gov

Catalog at: <http://dhhs.nv.gov/Programs/IDEA/ProjectASSIST/Special-Ed-Library/>



Nevada's Central Directory website, filled with information and resources, includes a "Links" page with all kinds of useful local, state, and national websites.

<http://dhhs.nv.gov/Programs/IDEA/ProjectASSIST>



EI program information > http://dhhs.nv.gov/Programs/IDEA/Early_Intervention_Programs/

NORTHEASTERN NEVADA EARLY INTERVENTION SERVICES

* contact your Developmental Specialist/Service Coordinator for more information

Nevada Early Intervention Services—Elko:

NORTHWESTERN NEVADA EARLY INTERVENTION SERVICES

* contact your Developmental Specialist/Service Coordinator for more information

⇒ ***Advanced Pediatric Therapies—Reno:***

- **Community Play groups** every 2nd & 4th Friday, of each month. Lots of fun games and activities for the kids.
- **Jump Man Jump Motor playgroup** that is held every 1st & 3rd Monday of the month.
- **Feeding group "Lil Tidbits"** is every 1st & 3rd Monday at our clinic each month.
- **Social skills/Language playgroup** with Washoe County Library Story Time on the 2nd & 4th Friday of each month.
- **"Make and Take" night** where parents can make some picture symbols/visual schedules, language cards etc. to take and use at home. Details on our website or facebook page www.aptkidsnevada.com

⇒ ***Easterseals Nevada—Reno:***

- **Discover Your Way**—Designed to meet the needs of children on the Autism Spectrum and with sensory and/or perception disorders. Call for information.
- **Playgroups** on Tuesdays at 1pm, for Ages 0-3. Come Join the Fun! Call ahead to reserve your spot at 775-434-0488

⇒ ***Nevada Early Intervention Services—Carson City (775-687-0101):***

- **Playgroup in Fallon** with the Parks and Recreation department.
- **Music/Speech and Language group** in Carson City.
- We have a **donation closet** for our families. Contact us!

⇒ ***Nevada Early Intervention Services—Reno:***

- **Parent Support Group** on the 4th Wednesday of the month. Questions: paulacrancell@adsd.nv.gov or 775-687-9748
- **Breastfeeding Circle** at NEIS — Every Wednesday from 5:30—6:30 pm. Contact Emily Chappell, 775-223-2127
- **Family TIES** provides support with **Medicaid/SSI and other Social Services applications** every 2nd Monday from 10am-12noon at NEIS, by RSVP only! Call to RSVP: 775-823-9500
- **Friends of Special Children** - Has supported families at NEIS in so many ways. If you are interested, contact Gretchen Canepa at 688-0303 or GCanepa@adsd.nv.gov.
- **NEVADA Hands and Voices** meets at NEIS, usually the 3rd Thursday of every other month on the "odd" months, at 6:00 pm. Contact: 775-351-1959, or email: info@nvhandsandvoices.org

⇒ ***Therapy Management Group (TMG)—Reno:***

- **Inclusive Developmental Play Group** at Early Head Start. Call Melissa McGovern at: 775-525-4072.

⇒ ***The Continuum—Reno:***

- **Carousel Kids** is an inclusive childcare program. We also offer an intergenerational experience with elders from our onsite adult day program. For more information or to schedule a tour, phone: 775-829-4700.
- **Literacy Land—FREE!** Gently used books for children birth-5 years. Donations welcome. Meet, mingle, share, with your friends! Look for our collection bins around town! For information call the Continuum's Early Intervention at (775) 221-8054 or email at info@continuumreno.com. Visit us at continuumreno.com

SOUTHERN NEVADA EARLY INTERVENTION SERVICES

* contact your Developmental Specialist/Service Coordinator for more information

⇒ ***Easterseals Nevada—Las Vegas:***

- **Playgroups** on Fridays. Come Join the Fun! Call Jodie Sipes at: 702-860-4914

⇒ ***Kideology—Las Vegas:***

Nevada Early Intervention Services—Las Vegas:

- **Yoga & Literacy Group** at Family to Family Connection, Cambridge Community Center: This biweekly class combines exercise and early literacy for young children. Interested families may contact their Developmental Specialist.
- **Explore & Learn Developmental Playgroups in Las Vegas, North Las Vegas and Henderson**—Weekly, inclusive community playgroups include age-appropriate peer activities for families of infants and toddlers with diverse abilities.

⇒ ***Positively Kids—Las Vegas:***

⇒ ***Therapy Management Group (TMG)—Las Vegas:***

- **Milagros Escondidos** family support group, last Thursday of each month, at 6:30pm, East Las Vegas Community Center located at 250 N. Eastern Ave.
- **Inclusive Developmental Playgroups.** Thursdays at Family to Family & UNLV Preschool. Contact Robbi Lucero at: 702-335-1666 or rlucero@tmgnv.com

Parents . . . want to make a difference in Nevada's early intervention system?!



We are looking for parents to represent Nevada families on the Nevada Early Intervention Interagency Coordinating Council (ICC). Specifically, we are looking for a parent who has experience with our State's early intervention services.

What is the ICC?

The purpose of the ICC is to advise and assist Nevada and the Early Intervention system in developing, implementing, and promoting a program of family-centered early intervention services for all eligible infants, toddlers and their families. The Governor appoints all members of the ICC for a three year term.

Why is it important for parents like me to serve?

You know what it feels like to have a child with a disability. You know what it feels like to have early intervention professionals in your home, working with you and your child. You probably have opinions about what worked well and what could have worked better. Your perspective is very important. As the ICC works with the State to make program changes, family input is an integral part of the process.

What would I be asked to do?

- Attend the 4 general meetings of the Interagency Coordinating Council, each year.
 - Respond to email communications regarding the ICC
- Contribute information and your unique perspective regarding issues that impact Nevada early intervention programs

Would I be reimbursed for attending?

All parent members may receive a child care stipend for attending each of the 4 ICC meetings, as well as compensation and/or reimbursement of expenses for other meetings.

Am I eligible to apply?

You must be a parent/guardian of a child who has received early intervention services, now or in the recent past, with preference to parents of children currently in Early Intervention services.

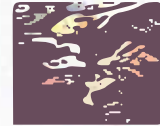
If you are interested, contact your service coordinator or Nevada's IDEA Part C office.

Email ProjectAssist@dhhs.nv.gov or call **1-800-522-0066**





play



Nevada Early Intervention Summer—Fall Family Newsletter

Julio - Agosto - Septiembre 2019 Volumen 9 No 4

Mensaje del Coordinador de Recursos Familiares del Estado de la Parte C, Información y Referencia ...

Estimados padres / familias,

Todas las familias inscritas en los programas de Intervención Temprana (EI) en Nevada tienen los mismos derechos. Sus derechos dentro del proceso de intervención temprana comienzan tan pronto como lo remiten a la IE y continúan siempre que usted y su hijo participen en el programa de intervención temprana.

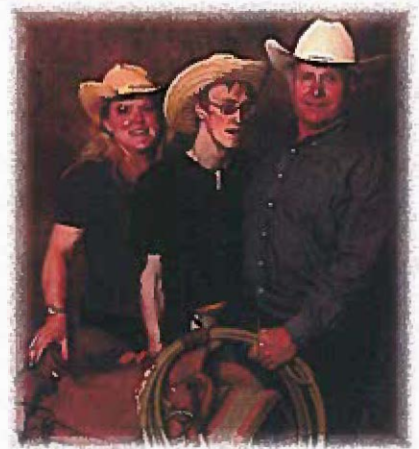
La ley IDEA Parte C regula la política / servicios de intervención temprana y los derechos de sus familias. Puede encontrar más información sobre estas leyes en <http://idea.ed.gov/> en la sección sobre Estatutos / Regulaciones, Parte C.

Usted tiene derecho a participar en las decisiones sobre la IE para su hijo y toda la información sobre su familia se mantiene confidencial. Comprender los derechos legales de su familia es parte de convertirse en un defensor informado. Debio haber recibido una copia del manual para los padres. Si no, pídale una copia a su coordinador de servicios.

Revíselo cuidadosamente y pregunte si no entiende algo. Si su idioma nativo no es el Inglés, usted tiene derecho a solicitar explicaciones de los servicios (y formularios) en su idioma nativo.

Usted tiene derecho a estar completamente informado sobre el proceso de la IE y a una evaluación oportuna y exhaustiva. Tiene derecho a recibir un aviso antes de cualquier evaluación de su hijo o antes de que se brinden los servicios. Tenga en cuenta que debe otorgar un consentimiento por escrito para que su hijo sea evaluado y reciba servicios, y puede retirarlo en cualquier momento. Si su hijo no es elegible, puede solicitar una reevaluación en cualquier momento. Si surge un desacuerdo, usted tiene derecho a presentar una queja o a solicitar una mediación y obtener el proceso adecuado. Su hijo continuará recibiendo servicios mientras se resuelve cualquier desacuerdo.

— continuado desde la página 2



Cheryl, Eric, and Dan

NEVADA'S EARLY INTERVENTION SERVICES

IDEA Part C Office

4126 Technology Way, Suite 100

Carson City, NV 89706

Office: (775) 687-0544

Project ASSIST

1-800-522-0066

To receive the newsletter electronically contact us!

ProjectAssist@dhhs.nv.gov

Tus derechos - página 1 y 2

Se necesitan voluntarios - páginas 3 y 7

BIBLIOTECA - página 5



Estimados padres / familias,

Una invitación para asistir ...

Consejo de Coordinación Interinstitucional de Intervención Temprana de Nevada (ICC)

El ICC de Nevada se creó para asesorar y ayudar a Nevada en el desarrollo e implementación de un sistema estatal de servicios de intervención temprana para niños pequeños con retrasos en su desarrollo o discapacidades y sus familias. Es especialmente importante escuchar a las familias y lo alentamos a participar. Las reuniones se realizan por videoconferencia en Elko, Reno, Las Vegas. La próxima reunión:

Jueves, 18 de julio de 2019, a las 9:00 a.m.

Siempre revise las agendas de las reuniones para las ubicaciones, horarios y cambios, publicados en: <http://dhhs.nv.gov/Programs/IDEA/ICC/Meetings/>

Los estatutos y la membresía de ICC se pueden ver en <http://dhhs.nv.gov/Programs/IDEA/ICC/Home/>

debajo de "¿Quién está en el ICC?", haga clic en Membresía actual.

Para obtener información, contáctenos en ProjectAssist@dhhs.nv.gov o 1-800-522-0066

— continuado desde la página 1

Hay fechas específicas que deben cumplir los programas de la IE tan pronto como se haya recibido una referencia. Las evaluaciones y la junta del Plan de Servicio Familiar Individualizado (IFSP) debe tener lugar dentro de los 45 días de solicitar su referencia, y ahí completará un IFSP. Todos los servicios en el IFSP deben comenzar tan pronto como sea posible después de su desarrollo, pero, en ningún caso, más de 30 días después de que el padre proporcione el consentimiento por escrito o según lo especifique el IFSP. Ud. tiene derecho a solicitar una reunión del IFSP en cualquier momento.

Su participación en el proceso del IFSP: si su hijo ha sido referido para una evaluación para recibir los servicios del EI, es fácil sentirse un poco abrumado. Existe una buena posibilidad de que no tenga experiencia previa con intervención temprana, y si a su hijo le diagnosticaron recientemente un retraso a su desarrollo o con una discapacidad, es posible que no tenga conocimiento previo de su condición. Obtenga más información sobre el retraso o la discapacidad de su hijo para que pueda ayudarlo más eficazmente. Usted es una parte importante del equipo en la planificación de servicios para su hijo. Usted está más familiarizado con las necesidades, deseos y luchas de él.

Recuerde que su papel en la IE y en los procesos del IFSP es fundamental. Comparta todas sus preocupaciones por su hijo y su familia con el equipo de IFSP. Si siente que su hijo necesita ayuda o tiempo adicional, tiene derecho a solicitar más tiempo u obtener diferentes servicios. Si considera que el IFSP propuesto no satisface las necesidades de su hijo, hable y solicite un cambio. Sea una voz activa en las reuniones del IFSP y no dude en dirigir la conversación.

Su participación en los servicios de su hijo: Su participación en el proceso de IE no termina cuando se firma el IFSP. Haga preguntas. Trabaje con los profesionales que prestan servicios. Deben proporcionarle informes del progreso regularmente. Si no lo hacen, pregunte por ellos. Pregunte sobre las actividades que puede hacer en casa con su hijo que puedan mejorar su cognición, comunicación, desarrollo social u otras áreas que sean un desafío. Pregunte, pregunte, pregunte.

Usted es una parte importante de los servicios de la planificación para su hijo. Nadie conoce a tu hijo mejor que usted

Sinceramente, Dan Dinnell

Lea su Manual para Padres y refiérase a él a menudo. Puede encontrar una copia en línea en

http://dhhs.nv.gov/Programs/IDEA/Early_Intervention_Programs/

Puede encontrar una copia en línea del Manual de Política de Intervención Temprana de la Parte C de Nevada en

<http://dhhs.nv.gov/Programs/IDEA/Publications/>

Si tiene alguna pregunta, póngase en contacto con nosotros en:

ProjectAssist@dhhs.nv.gov or 1-800-522-0066

Navegar por la vida con un niño que tiene necesidades especiales

El subtítulo de este artículo de enero de 2019 es "encontrar más alegría en el viaje." El artículo se centra en ayudar a los padres a organizarse, construir su equipo de apoyo, hacer tiempo para el autocuidado y buscar terapia profesional cuando sea necesario.

<http://www.ep-magazine.com/blog/navigating-life-with-a-child-who-has-special-needs-finding-more-joy-on-the-journey>

Consejos prácticos de "Padres excepcionales" revista online <<http://www.eparent.com/>>

Los padres de niños con discapacidades y necesidades especiales de atención médica enfrentan la realidad de criar a cualquier niño y la realidad de las responsabilidades adicionales que se derivan de la crianza de niños con necesidades especiales. necesariamente. Este artículo de e-parent discute por qué es tan importante que los cuidadores se cuiden así mismos y da valiosas sugerencias y consejos. ¡¡¡GRATIS!!!

<http://www.eparent.com/healthcare-2/the-resilient-caregiver/>

Parenting Special Needs Magazine es una publicación gratuita, bimensual, en línea, que se dedica a ayudar a la comunidad de jóvenes con necesidades especiales. Cubre todas las edades, todas las etapas de crecimiento y todas las discapacidades diferentes, además de ser un recurso invaluable para los padres y cuidadores de aquellos que tienen necesidades especiales
<http://parentingspecialneeds.org/>

The Part C Family Newsletter has opportunities to suggest and share... You are invited to submit articles, share your story, or include your child in a Family Spotlight, with a photo. (All items are subject to editing and review.)

Estimados padres / familias,

A través de su participación, usted puede convertirse en el defensor de las necesidades de su hijo a medida que crecen y se convierten en miembros de la comunidad. Hace años me enseñaron que, como padre de un niño que recibió servicios de intervención temprana, yo tenía un poder real con mi voz y mis acciones.

"Somos orgullosos padres de cinco hijos. Nuestro hijo nació en 1999 con síndrome de Down. Esta experiencia abrió la puerta para muchas oportunidades de aprender y ayudar a otras personas con discapacidades".
— un padre de Nevada y un representante de padres del ICC

Hay muchas maneras en que usted y su familia pueden involucrarse con los Servicios de Intervención Temprana más allá de los servicios y las actividades de apoyo diseñadas específicamente para usted. Hay consejos, comisiones, comités y subcomités donde puede: 1) Proporcionar información valiosa desde su perspectiva como padres, 2) ayudar en el desarrollo de las políticas del programa y 3) ayudar a crear un mejor sistema para que los niños reciban servicios de intervención temprana!

Su programa de intervención temprana puede tener un grupo de apoyo familiar o puede trabajar con una organización que lo haga. Esta es una manera maravillosa de "entregarse" al programa.

Cuando usted participa, adquiere experiencia en comunicación y liderazgo que le ayuda a obtener información útil y respuestas a las preguntas que pueda tener.

"Los padres que han vivido la experiencia de criar a un niño con necesidades de salud y han aprendido de la manera más difícil cómo acceder a los servicios son un recurso en gran medida sin explotar de alto valor / bajo costo ... los gastos generales de su increíble experiencia y la confianza que pueden generar, entre otros. Es probable que las familias sean modestas en comparación con los altos costos de los servicios tradicionales". — Adaptado de Padres compañeros: una solución para ampliar los servicios de salud mental infantil, publicado el 17 de marzo de 2011 por Kimberly E. Hoagwood, Ph.D, profesora de psicología clínica en psiquiatría, Columbia University y Kelly J. Kelleher, MD, MPH, Director, Centro de Innovación en Práctica Pediátrica, Instituto de Investigación, Nationwide Children's Hospital.

Al participar activamente e interactuar con otros, puede elegir y marcar la diferencia en la vida de muchos niños pequeños que tienen necesidades especiales y a sus familias. ¡Una sola voz puede hacer una gran diferencia!

Si desea obtener más información, comuníquese con nosotros a: ProjectAssist@dhhs.nv.gov o al 1-800-522-0066

Sincerely,
Dan Dinnell

¿Nuevo en la discapacidad? (Actualizado en febrero de 2019)

Actualizado por el Centro de Información y Recursos para Padres, esta página en línea está diseñada para brindarles a los padres una guía rápida para el mundo de ayuda para discapacitados que está disponible en los Estados Unidos y señalarlos a recursos para discapacitados en el sitio web de CPIR y más allá de eso son útiles, ahora y conforme pasa el tiempo. Ubicado en

<https://www.parentcenterhub.org/new-to-disability/>

Iniciativa de defensa de padres de Nevada: por padres, para padres — Es toda la Información sobre el Sistema de Servicios de Intervención Temprana de Nevada en un solo lugar. Este proyecto consta de una página de apoyo para los padres en **Facebook** (www.nvparents.com/fb) para familias con niños que reciben los Servicios de Intervención Temprana, información para los padres de conocimientos básicos que necesitan para acceder y utilizar los servicios de una manera efectiva, y un sitio web que comparte Información con todos. **Padres de intervención temprana Nevada** es un lugar para que todos los padres de niños con discapacidades se conecten. Compartan sus historias personales, pregunten sobre el desarrollo y / o discapacidad de sus hijos, pregunten sobre los programas de Intervención Temprana, tiene excelentes artículos para los padres. Puede encontrar más recursos comunitarios y eventos en:

www.nvparents.com

"I AM A BIG BELIEVER IN EARLY INTERVENTION" - Temple Grandin

De la Fundación Lucille Packard para la Salud de los Niños—

Hay cinco consejos principales para involucrar a las familias en papeles de asesoramiento | Consejos de un líder de familia. A la mayoría de los padres de niños con necesidades especiales de atención médica les gustaría ver mejoras en la calidad y eficiencia de nuestro complejo sistema de atención médica, y muchos están ansiosos por ayudar a desarrollar las soluciones apropiadas a los múltiples desafíos que enfrentan cuando cuidan a sus hijos. Los comités de asesoramiento familiar son un lugar en el que las familias pueden compartir sus conocimientos y experiencias. De la Fundación Lucille Packard para la Salud Infantil.

<https://www.lpfch.org/cshcn/blog/2018/11/29/five-top-tips-engaging-families-advisory-roles-advice-family-leader>

Aquí, el seminario web del Centro de Información y Recursos para los padres (CPIR) lo lleva a un recorrido en vivo de Advocacy in Action de CPIR: **Guía de los consejos consultivos locales para padres sobre educación especial.** La guía es un plan para ayudar a reunir a las partes interesadas y sugerir estrategias para ayudarlos a participar en el diálogo y ofrece consejos y herramientas de mejores prácticas para ayudarlos a trabajar en conjunto para el beneficio de la comunidad local.

https://www.parentcenterhub.org/wp-content/uploads/repo_items/National_SEPAC_Guide_120218.pdf

"Katie Beckett" Opción

La sección 134 se conoce como la opción "Katie Beckett" - Bajo la Sección 134 de la Ley de Equidad Tributaria y Responsabilidad Fiscal de 1982 (TEFRA), los estados tienen la opción de hacer que los beneficios de Medicaid estén disponibles para los niños con discapacidades sean elegibles cuando por lo general, no calificarían para los beneficios de Seguridad de Ingreso Suplementario (SSI) debido a que los padres tienen demasiados ingresos o recursos.

<http://dhhs.nv.gov/Programs/IDEA/ProjectASSIST/Informational-Resources/>

HealthyChildren.org

Es un sitio web en línea patrocinado por la Academia Americana de Pediatría (AAP), llamado HealthyChildren.org, este es un sitio web para padres respaldado por 66,000 pediatras comprometidos a alcanzar un nivel de salud y bienestar óptimos en la salud física, mental y social de todos los bebés, así como a los niños, adolescentes y jóvenes adultos. Ya sea que esté buscando información general relacionada con la salud infantil o una orientación más específica sobre temas relacionados con la crianza de los hijos, Ud. a venido al lugar correcto. www.healthychildren.org

Las guías de familia de intervención temprana de IDEA

Estas cuatro guías familiares están diseñadas para explicar las opciones de resolución de disputas de la Parte C de IDEA: mediación, quejas estatales por escrito y procedimientos de audiencia y quejas de debido proceso específicos para familias con bebés o niños pequeños con discapacidades (desde recién nacidos hasta los 2 años). El recurso complementario, "Guía rápida para los procesos de resolución de disputas de Intervención temprana para bebés y niños pequeños (desde el nacimiento hasta la edad de 2 años)" ofrece una mirada de lado a lado sobre las opciones de resolución de disputas en la Parte C de la IDEA.

<https://www.cadeworks.org/resources/idea-early-intervention-family-guides/>

¡¡¡GRATIS!!! **Baby Talk** es un servidor de listas unidireccional que se distribuye mensualmente. Cada edición cuenta con alta calidad, fácilmente disponible, recursos gratuitos para apoyar a las personas que trabajan con bebés y niños pequeños. Recursos resaltados en amarillo están disponibles en inglés y español. Los números anteriores se archivan en

<http://fpg.unc.edu/resources/baby-talk-archive>

Atlas de incidencia por Alianza Genética

Cada día, los individuos abogan en nombre de ellos mismos o de otros para comunicar necesidades, compartir experiencias y tomar medidas para obtener lo que desean y necesitan. El ATLAS de Advocacy en línea es un conjunto de herramientas creado por Genetic Alliance, Parent-to-Parent USA y Family Voices que brinda a las personas información especial para cubrir las necesidades de salud y sus familias con herramientas y estrategias para abogar por lo que puedan necesitar.

<http://www.geneticalliance.org/advocacy>



For Families & Professionals —

FREE LENDING LIBRARY



There are a great many things to learn... check them out!!!

Hundreds of books and DVDs are available for use statewide—
contact your service provider or coordinator.

New Books In !!!

Confessions of a Special Needs Dad: Honesty and Hope for the Journey, by Andrew's Dad, 2018 – Tells it like it is!!! The birth of a child is usually a time of celebration, but when your child is born with special needs, the celebration can quickly turn to heartache. Many parents, especially Dads, have no one to turn to who will understand their grief and help them process the reality of this new journey. *Confessions of a Special Needs Dad* is a book written by a Dad for Dads. It offers hope, healing and, most of all, honesty as well as an important reminder that you are not alone.

From Birth through Adulthood: A Handbook for Parents of Children with Special Needs, 2nd Edition, by Eileen Newman Rubin, 2017 – an "in the trenches" book about determining whether your child has special needs and about fighting for the needs of your child with special needs. It addresses what to do at specific ages, what the "language" is in the special needs community, and HOW to be an advocate for your child. This book is a step-by-step guide for parents of children with special needs, with a few stories splattered in between.

Linking Arms: A Leadership Guide for Parents of Children with Disabilities, by Pamela R. McDaniel, Ph.D., 2014 – Navigating the world of disability services and programs is very frustrating and overwhelming. Regardless of your career status or educational background, when you learn that your child has a disability, you begin a journey that takes you into a life filled with strong emotions and difficult choices that affect the entire family. Another part of that journey is the interaction with many different professionals and specialists and the continuous need for information, supports, and services. It's not enough to just read about leadership; it takes getting involved and putting theory into practice.

Chosen Fathers: Life Lessons Learned from Fathers of Children with Disabilities, by Ellya Stromberg Ph.D., 2017 – *Chosen Fathers* is a collection of heartfelt interviews with thirteen fathers of children with disabilities. The fathers speak openly about the shock and despair they felt when they learned that their child was not what they expected. They talk frankly about marriage, sibling rivalry, financial stress, community relations, challenges of faith, feelings of inadequacy, burn out, and more. They also reveal their discoveries of strengths and abilities in themselves and in others they never knew were there.

Becoming a Seriously Happy Special Needs Mom: 21 Steps to Finding Your Happy Place, by Linda James Bennett, 2016 – As a special needs mom we forget to take care of ourselves, because we are so busy taking care of everyone and everything. This level of busy is exhausting. When a friend asks you how are you doing, how do you respond? Do you tell them you're tired, frustrated, angry, or burnt out? Or, do you tell them about your child's latest challenge that's got you up against the wall? Have you forgotten to check in with yourself? To stop and take a break or catch your breath? You may be so exhausted you can't figure out how to take a break, you think you are out of options. The truth is you do have options. You have many options. Practical tips, life lessons, and strategies to open your mind to new ways of thinking.

If you have questions or recommendations for the Library, send an email to
ProjectAssist@dhhs.nv.gov

Catalog at: <http://dhhs.nv.gov/Programs/IDEA/ProjectASSIST/Special-Ed-Library/>



Nevada's Central Directory website, filled with information and resources, includes a "Links" page with all kinds of useful local, state, and national websites.

<http://dhhs.nv.gov/Programs/IDEA/ProjectASSIST>



EI program information > http://dhhs.nv.gov/Programs/IDEA/Early_Intervention_Programs/

NORTHEASTERN NEVADA EARLY INTERVENTION SERVICES

* contact your Developmental Specialist/Service Coordinator for more information

Nevada Early Intervention Services—Elko:

NORTHWESTERN NEVADA EARLY INTERVENTION SERVICES

* contact your Developmental Specialist/Service Coordinator for more information

⇒ *Advanced Pediatric Therapies—Reno:*

- **Community Play groups** every 2nd & 4th Friday, of each month. Lots of fun games and activities for the kids.
- **Jump Man Jump Motor playgroup** that is held every 1st & 3rd Monday of the month.
- **Feeding group "Lil Tidbits"** is every 1st & 3rd Monday at our clinic each month.
- **Social skills/Language playgroup** with Washoe County Library Story Time on the 2nd & 4th Friday of each month.
- **"Make and Take" night** where parents can make some picture symbols/visual schedules, language cards etc. to take and use at home. Details on our website or facebook page www.aptkidsnevada.com

⇒ *Easterseals Nevada—Reno:*

- **Discover Your Way**—Designed to meet the needs of children on the Autism Spectrum and with sensory and/or perception disorders. Call for information.
- **Playgroups** on Tuesdays at 1pm, for Ages 0-3. Come Join the Fun! Call ahead to reserve your spot at 775-434-0488

⇒ *Nevada Early Intervention Services—Carson City (775-687-0101):*

- **Playgroup in Fallon** with the Parks and Recreation department.
- **Music/Speech and Language group** in Carson City.
- We have a **donation closet** for our families. Contact us!

Nevada Early Intervention Services—Reno:

- **Parent Support Group** on the 4th Wednesday of the month. Questions: paulacrاندell@adsd.nv.gov or 775-687-9748
- **Breastfeeding Circle** at NEIS — Every Wednesday from 5:30—6:30 pm. Contact Emily Chappell, 775-223-2127
- **Family TIES** provides support with **Medicaid/SSI and other Social Services applications** every 2nd Monday from 10am-12noon at NEIS, by RSVP only! Call to RSVP: 775-823-9500
- **Friends of Special Children** - Has supported families at NEIS in so many ways. If you are interested, contact Gretchen Canepa at 688-0303 or GCanepa@adsd.nv.gov.
- **NEVADA Hands and Voices** meets at NEIS, usually the 3rd Thursday of every other month on the "odd" months, at 6:00 pm. Contact: 775-351-1959, or email: Info@nvhandsandvoices.org

⇒ *Therapy Management Group (TMG)—Reno:*

- **Inclusive Developmental Play Group** at Early Head Start. Call Melissa McGovern at: 775-525-4072.

⇒ *The Continuum—Reno:*

- **Carousel Kids** is an inclusive childcare program. We also offer an intergenerational experience with elders from our onsite adult day program. For more information or to schedule a tour, phone: 775-829-4700.
- **Literacy Land—FREE!** Gently used books for children birth-5 years. Donations welcome. Meet, mingle, share, with your friends! Look for our collection bins around town! For information call the Continuum's Early Intervention at (775) 221-8054 or email at Info@continuumreno.com. Visit us at continuumreno.com

SOUTHERN NEVADA EARLY INTERVENTION SERVICES

* contact your Developmental Specialist/Service Coordinator for more information

⇒ *Easterseals Nevada—Las Vegas:*

- **Playgroups** on Fridays. Come Join the Fun! Call Jodie Sipes at: 702-860-4914

⇒ *KIdeology—Las Vegas:*

⇒ *Nevada Early Intervention Services—Las Vegas:*

- **Yoga & Literacy Group** at Family to Family Connection, Cambridge Community Center: This biweekly class combines exercise and early literacy for young children. Interested families may contact their Developmental Specialist.
- **Explore & Learn Developmental Playgroups in Las Vegas, North Las Vegas and Henderson—Weekly**, inclusive community playgroups include age-appropriate peer activities for families of infants and toddlers with diverse abilities.

⇒ *Positively Kids—Las Vegas:*

⇒ *Therapy Management Group (TMG)—Las Vegas:*

- **Milagros Escondidos** family support group, last Thursday of each month, at 6:30pm, East Las Vegas Community Center located at 250 N. Eastern Ave.
- **Inclusive Developmental Playgroups**. Thursdays at Family to Family & UNLV Preschool. Contact Robbi Lucero at: 702-335-1666 or rlucero@tmgnv.com

Parents. . . want to make a difference in Nevada's early intervention system?!



We are looking for parents to represent Nevada families on the Nevada Early Intervention Interagency Coordinating Council (ICC). Specifically, we are looking for a parent who has experience with our State's early intervention services.

What is the ICC?

The purpose of the ICC is to advise and assist Nevada and the Early Intervention system in developing, implementing, and promoting a program of family-centered early intervention services for all eligible infants, toddlers and their families. The Governor appoints all members of the ICC for a three year term.

Why is it important for parents like me to serve?

You know what it feels like to have a child with a disability. You know what it feels like to have early intervention professionals in your home, working with you and your child. You probably have opinions about what worked well and what could have worked better. Your perspective is very important. As the ICC works with the State to make program changes, family input is an integral part of the process.

What would I be asked to do?

- Attend the 4 general meetings of the Interagency Coordinating Council, each year.
- Respond to email communications regarding the ICC
- Contribute information and your unique perspective regarding issues that impact Nevada early intervention programs

Would I be reimbursed for attending?

All parent members may receive a child care stipend for attending each of the 4 ICC meetings, as well as compensation and/or reimbursement of expenses for other meetings.

Am I eligible to apply?

You must be a parent/guardian of a child who has received early intervention services, now or in the recent past, with preference to parents of children currently in Early Intervention services.

If you are interested, contact your service coordinator or Nevada's IDEA Part C office.

Email ProjectAssist@dhhs.nv.gov or call **1-800-522-0066**

