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June 10, 2025

How to Help Kids With Sleepover Anxiety

Sleepovers can make kids anxious because they put kids in a new environment without many of their usual comforts. If they get scared or nervous, it can be hard for them to calm down on their own. At the same time, sleepovers can be good for anxious kids because they help them practice handling tough emotions and gain confidence. Read more in [English](#) and [Spanish](#).



The Positive Impact of Parental Encouragement

Using positive encouragement in a child's everyday life has been shown to improve their behavior and help develop more positive relationships with parents. Read the full article [HERE](#). Our [Families SHARE](#) page offers resources on staying hopeful, reducing stress, and building resilience. Join our Families SHARE [Facebook](#) page.

2025 Legislative Session: Summary of Bills Impacting Young Children

The 2025 Nevada Legislative Session ended on Monday, June 2nd. [Learn about what bills passed](#), and what bills did not, to support young children in Nevada.

UPCOMING WEBINARS



Great opportunities to increase your advocacy skills and improve education opportunities for your child. Register for these informative FREE trainings.

- Presented by Nevada PEP

Help Your Child Focus on Learning

Tuesday, June 10

5:30pm-6:30pm

Does your child struggle with focus and attention? Do they have trouble staying on task at home and at school? This workshop will provide tips to improve your child's focus, learning and positive behavior.

REGISTER NOW



Positive Supports for Challenging Behaviors

Tuesday, June 17

5:30pm-6:30pm

Do you need new ideas to support your child's behavior? This webinar will help parents understand their child's challenging behaviors and learn evidence-based practices to teach your child new positive behavior skills.

REGISTER NOW



Student-Led IEP

Monday, June 16

5:00pm-6:00pm

Join Youth MOVE Nevada to learn how youth can participate in their own IEP meetings. Both youth and parents will learn ways that youth can strengthen their advocacy skills as they work with their IEP team in

Considering College - What You Need to Know

Monday, June 23

5:00pm-6:00pm

Do you have a disability and want to go to college? In this webinar we break down what youth with disabilities and their parents need to

creating an Individualized Education Program.

REGISTER NOW



know about preparing for, applying to, and succeeding at college.

REGISTER NOW



Looking for more convenient times? Did you know our Free On Demand webinars are always available 24/7 in English and Spanish [click here](#).

Digital Literacy & Cybersecurity Training

Worried about online scams or keeping your info safe? Don't wait — join us for this FREE must-attend training that will give you the tools to protect yourself online. 📅 June 26 at 5:00 PM — [Digital Literacy & Cybersecurity Training](#) hosted by The Arc Nevada and led by The Arc Nevada's Executive Director, Michelle Gorelow.

Scan QR code or visit the [link to register!](#)



WHAT'S NEW IN SCHOOL?



Summer Fun at Your Library

Having fun in the library during summertime can involve engaging in various activities, including participating in summer reading programs, enjoying free events and activities, and exploring the library's resources. Many libraries offer themed events, crafts, and educational programs, making it a great place to spend summer days. Libraries offer a wealth of resources beyond books, including digital materials, computers, and Wi-Fi hotspots. Some Libraries can be a place for social interaction and community engagement. They often host events that bring people together, such as book clubs, game nights, and community gatherings. Libraries provide a cool and comfortable space during hot summer days. Here is a list of all the [Libraries in Nevada](#), check out the [Clark County](#) and [Washoe County](#) summer challenge.

Working on IEP Goals Over the Summer

Sometimes children with IEP's go to Extended School Year (ESY) during the summer. If your child didn't attend ESY this resource has some great ideas on how you can help your child work towards IEP [goals over the summer](#).



Summer Strategies for Bullying Prevention

Summertime is a time for rest, family vacations, camp, and fun with friends. With a more relaxed schedule, online gaming, texting, and time on social media may also increase. The summer break can be a great time for parents to refresh bullying prevention strategies, strengthen communication with their children. The following [bullying prevention tips](#) can help parents support their children's positive experiences, friendships, and successful transition to the new school year. Summertime is a great time to check out our [#SafeAllies Podcast](#).

The Importance of Extracurricular Activities

Individual Education Program (IEP) teams may be so focused on academics that they forget that a disabled student's education may benefit from enriching afterschool and extracurricular activities like sports, band, chorus, drama, and clubs. Several studies have linked participation in afterschool activities with better outcomes for children in academics, self-confidence, making friends, and building community. Read more [HERE](#).



Positive Language Improves Behavior

When you focus on using positive language with your child, you will find it provides a powerful positive change to the tone of the conversation. Using positive language, you are more likely to see fewer tantrums, whines less and overall fewer challenging behaviors. See this tip sheet in [English](#) and [Spanish](#).

Fun for Summer

Highlights magazine has been around since 1946, filled with adventures, brainteasers, and, of course, the hidden picture puzzles. It reflected the philosophy that children become their “best selves” by using their creativity and imagination; developing their reading, thinking, and reasoning skills; and learning to treat others with respect, kindness, and sensitivity. Check out these on-line [fun games, puzzles](#), [funny jokes](#) and many more [activities](#).

Vooks

Vooks is a kid-safe, ad-free streaming library of animated children’s books that reads aloud to kids ages 8 and under—turning screen time into a fun, educational reading experience. With read-along text, gentle narration, and a growing library of diverse stories, Vooks helps build early literacy and a lifelong love of reading. Families and educators love it for quiet time, travel, bedtime, and beyond!



App by: [Vooks](#)

Learning Activities for Kids to Enjoy at Home

Whether you're trying to avoid the dreaded "[summer slide](#)" or are just looking for a kid-sized mental tune-up, you need ideas to keep those little scholars' brains active. These [learning activities](#) for kids are so entertaining, they may not even realize how educational they are. These are mostly geared for elementary school students, but if you [have a toddler](#) or a preschooler, you can check out [these fun toddler activities](#), since even the tiniest students deserve a brain workout.

Youth MOVE Nevada News

June is Post Traumatic Stress Disorder (PTSD) Awareness Month. Trauma can be experienced at any age, making youth and young adults equally susceptible to experiencing PTSD. In this [video](#), you'll learn about what trauma can look like in young people and how to recognize that you might need support. As always, our weekly [youth-led meetings](#) are open to those across Nevada between the ages of 14 and 24. We encourage youth between the ages of 14 and 24 to join our weekly. We also encourage you to follow us on [Instagram](#), [Facebook](#), and [X](#)!



Your Input is Important

The Developmental Disabilities Council is asking for your feedback. Please review the proposed 5 Year State plan [here](#). You can provide your feedback through this [survey](#). If you have any questions, please contact their office at NGCDD@DHHS.NV.GOV or by phone at 775-684-8619. The survey will end July 24th.

PLANNING FOR THE FUTURE

Learning doesn't stop after high school—especially for young people with disabilities who are building their path to independence. Holding high expectations for continued success can be a powerful tool for future planning. Whether it's college, vocational training, or learning new life skills, [this resource](#) supports youth and families in creating meaningful and individualized plans for lifelong learning and success. To learn more about preparing for the future, visit [our webpage](#) or contact your Nevada PEP representative.

Have you listened to PEP TALKS Podcast?

Nevada PEP presents a series of podcasts on topics of interest for families. Listen to these [informative podcasts](#). These podcasts help parents with Back-to-School Tips, Parent Voice in the IEP, Evaluations and much more. Each podcast is filled with important information for parents, check it out.

Hand in Hand

Nominate someone special who has made a positive difference in your child's life. Your special individual will receive a beautiful certificate, and a Hand in Hand lapel pin. Your story will be in our Hand in Hand Annual yearbook. Click [HERE](#) to make a nomination.



Leadership Academy

The First 5 Nevada Leadership Academy is a cohort-style six-month immersive training program for leaders within the early childhood system. The purpose of this training series is to equip professionals with the knowledge, expertise and resources necessary to support the development and sustainability of early childhood system in Nevada. For more information click [here](#).

Different Ways to Support Nevada PEP



Support Nevada PEP at Smith's

Helping Nevada PEP is easy! Simply enroll your rewards card by going to [Smith's Inspiring Donations](#). Once you're successfully enrolled, choose Nevada PEP as your organization of choice. A portion of your purchase will be donated from Smith's. (Does not affect your normal Smith's card rewards!)

Support Nevada PEP with a recurring donation!

Help our organization by donating today! All donations go directly to making a difference for our cause.



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