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November 10, 2025

Celebrating 50 Years of IDEA

Join The Individuals with Disabilities Education Act (IDEA) was signed into law on **November 29, 1975** by President Gerald Ford. In celebrating the 50th anniversary of IDEA, it is important to remember the six foundational principles that have guided special education.

The Six Foundational Principles of IDEA are:

- **Free Appropriate Public Education (FAPE)**
Special education and services are provided at no cost to families.
- **Appropriate Evaluation**
Students are assessed fairly to determine their needs.
- **Individualized Education Program (IEP)**
A custom education plan is developed for each student.
- **Least Restrictive Environment (LRE)**
Students learn with non-disabled peers whenever possible.
- **Parent and Student Participation**
Families and students are active partners in decisions.
- **Procedural Safeguards**
Legal protections ensure students' and families' rights.

Over the past five decades, IDEA has opened doors of opportunity for millions of children with disabilities and strengthened communities through the power of inclusive education. As we look to the future, we continue to build on this legacy

— ensuring that every child, regardless of ability, has the opportunity to learn, grow, and thrive. IDEA not only ensures that students with disabilities receive the individualized support they need to succeed but also empowers families to be active partners in their children’s education.

Today, the Individuals with Disabilities Education Act (IDEA) remains a vital federal law ensuring that children with disabilities are entitled to a Free Appropriate Public Education (FAPE). Schools are required to implement Individualized Education Programs (IEPs), and procedural safeguards are in place to protect the rights of students and their families. To learn more about the history of IDEA, click [HERE](#).



Fun Activities to Relax

Let’s face it, life is stressful. Parents are often harried and overworked, and kids face more stressors these days than ever before. Here are some activities that parents and children can do together to relax, zone out, and unwind. [Thirty-Five fun activities](#) to do with your children. For more tips on reducing stress, staying hopeful, and building resilience go to Families SHARE.

New Information about Nevada Medicaid

Nevada Medicaid is expanding managed care statewide starting January 1, 2026. This will give families statewide access to coordinated health plans with extra benefits. To help you understand these changes, [Nevada Medicaid has released a helpful FAQ guide](#) that explains how to choose a plan, what to expect if you're assigned one, and how to keep your current providers. Here is a more information on [How to Pick a Health Plan](#). Make sure to update your address if you or your children are enrolled in Medicaid and watch your mail in October and December for more information.

UPCOMING WEBINARS **LIVE** **ONLINE**



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

- Presented by Nevada PEP

Coffee Tea and IEP **([In-Person Workshop](#))**

Las Vegas Office

Thursday, November 13

11:00am-12:00pm

Don't miss this small group in person learning opportunity for families! This guided interactive discussion will explore the special education process and encourage meaningful participation in IEPs. You'll leave with new ideas that encourage high expectations that lead to success for students with disabilities. **Please call 1-800-216-5188 to register.**

Options to Resolve Special Education Concerns

Thursday, November 13

5:00pm-6:00pm

Do you know that parents have rights in the Special Education law? Join us to learn options that parents can take when they and the school are not in agreement about their child's education or services.

[REGISTER NOW](#) 

My Child is Struggling in School: What is My Next Step?

Monday, November 17

5:00pm-6:00pm

In this workshop we will discuss what to do if your child is struggling at school or if you suspect they may need special education. You will learn what schools can do to help and about the special education evaluation process

[REGISTER NOW](#) 

How Is My Child Reading?

Thursday, November 20

5:00pm-6:00pm

Do you worry about your child's reading? You will learn how children learn to read and how to partner with the school on reading improvement. Do not miss these strategies that help children become good readers!

[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](#).

Supporting Our Youngest Learners

Part B Early Childhood Special Education Services

Every child deserves the opportunity to learn, grow, and reach their full potential. For young children with disabilities, this support begins early through Early Childhood Special Education (ECSE) services, a vital component of the Individuals with Disabilities Education Act (IDEA). In Nevada, these services ensure that children ages 3 through 5 receive the individualized instruction and supports they need to thrive in preschool and prepare for kindergarten. [Click here](#) to learn more.

Teaching Children about Gratitude

Thanksgiving is right around the corner. It's a special time to pause, to reflect, and to be grateful for the people and things that enrich our lives. There are so many ways that you can practice gratitude with your children. Even the littlest kids can join in on some of these activities, and they should, because teaching and practicing gratitude starts young. Here are [10 ways to teach your child gratitude](#).



Resources for Families During Difficult Times

Families across Nevada can access a variety of food assistance programs to help ensure that children — and their families — have the meals they need. Many schools offer meal programs, food pantries, or weekend backpack programs that provide food for students to take home. Parents can contact their child's teacher, school counselor, or school social worker for more information about the food resources and supports available.

Southern Nevada:

Many children go hungry until school starts on Monday [Backpack for Kids: Food for the Weekend](#) works with schools to send food home with children on

Fridays, ensuring they have meals throughout the weekend. Parents can reach out to [Three Square](#) for a list of participating schools and how to access their services. In addition to helping students, **Three Square** also supports **families** by offering community food pantries and mobile food distributions throughout Southern Nevada. These programs ensure that households facing hardship can access nutritious food year-round. For list of Food Distribution locations in Southern Nevada in [English](#) or [Spanish](#).

Northern Nevada:

The [Food Bank of Northern Nevada](#) operates the [Kids Cafe Dinner Program](#) at more than 30 locations in Washoe County. Partnering with the [Washoe County School District](#), the Food Bank is able to provide a free, nutritious dinner in schools right in the neighborhoods where children in need often live. [School Food Pantries](#) program offers families the ability to access vital food resources in a setting where they feel comfortable. School Food Pantries make it possible to ensure that all members of the household, including younger siblings who may not yet be in school, are able to have the meals they need. The [Back-Pack-Kids](#) program serves children who have been identified by teachers and counselors in their school as chronically hungry or children in transition. The Back-Pack Kids program provides children with a bag of food which can be discretely put into their backpack on Friday afternoon and taken home to provide weekend meals and snacks. Search using this [interactive map](#) for food distribution location in Northern Nevada.

Understanding Your Child's IEP

Do you know what's in your child's IEP? The IEP is developed by a team, and you're an important member of the team. The IEP documents your child's current performance, learning goals, and the support and services needed to help your child to be successful and make progress toward their goals. The Individuals with Disabilities Education Act (IDEA) [section 300.320](#) outlines seven requirements that must be part of the IEP as well as additional requirements once your child reaches transition age. Check out this [tip sheet for Parents](#) and [who is part of the IEP team](#). Join PEP's [Introduction to Individualized Education Programs](#) workshop to learn how to use evaluations, write measurable goals, as well as strategies to help parents become more confident participant in your child's IEP meetings.



When Children Don't Want to Go to School

When children are experiencing bullying, they may not want to go to school. When they are afraid, they don't want to go into a situation that puts them at risk emotionally or physically. Help your child build [self-advocacy skills](#). It's important for kids to be able to speak up for themselves, especially if they're struggling with something. Here are [5 things parents can do](#) if your child doesn't want to go to school. To learn more about bullying prevention, check out our [#SafeAllies](#) page for more resources.

Is Your Child Having Trouble Reading?

Learning to read is difficult and does not happen naturally. It requires explicit and systematic instruction, which is especially important for struggling readers. Here is an overview of how children typically learn to read, and a [checklist](#) of warning signs that parents can use to measure their child's progress



Helping Young Children Make Friends

Friendship plays an important role in a young child's growth. Even toddlers and preschoolers can learn how to connect with others and solve problems to be a good friend. See how [parents can help](#).

Related Services

Who decides which related services are right for a child? A child's IEP team decides which related services are necessary. Parents are important members of the IEP team. Qualified related service providers may also be members of the team. The team gathers information from evaluation and uses this information to determine a child's needs. To find out more about evaluations and related services [CLICK HERE](#).

Learn to Read: Reading.com

Reading.com is a research-backed phonics app that helps parents teach their kids to read with confidence and joy. With interactive books, games, and activities, it turns reading time into meaningful bonding time while giving your child a strong head start in school.



App by: [Reading.com](https://www.reading.com)

Good Manners are Important

As parents, we spend a lot of time teaching our children. From reading to cooking. One very important skill to teach our children is manners, how to be polite, respectful. Having good manners can help your child throughout their lives. This article has some [good tips](#) for parents.

Youth MOVE Nevada News

The [holiday season](#) is coming up, and this [resource](#) is a great reminder to take care of yourself during this busy time. It shares tips on managing stress, setting boundaries, and finding balance so you can enjoy the holidays, not just get through them! Our weekly [youth-led meetings](#), open to young people ages 14–24 across Nevada, are a welcoming space to connect, unwind, and share experiences with others who get it. We also encourage you to follow us on [Instagram](#), [X](#), and [Facebook](#)!



Teaching Your Child Self-Control

When kids melt down in the middle of a crowded store, at a holiday dinner or at home, it can be extremely frustrating. But parents can help kids learn self-control and teach them how to respond without just acting on impulse. Teaching self-control is one of the most important things that parents can do for their kids

because these skills are some of the most important for success later in life. Here are a [few suggestions](#) on how to help kids learn to control their behavior.

PLANNING FOR THE FUTURE

[Supported Decision Making](#) is a powerful alternative to guardianship that allows individuals with disabilities to make their own choices with support from people that they trust. The [Supported Decision Making in Nevada website](#) offers helpful information, resources, and answers to common questions. Nevada PEP has also [developed a tool](#) to help individuals consider which areas they want support in and who they want to support them.

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.



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