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December 10, 2025



Make a Difference Today

As 2025 comes to a close, we celebrate the strength and resilience of the families Nevada PEP serves. Every day, parents, children, and youth turn to us for education, encouragement and empowerment —and your generosity makes that possible. This season reminds us of what matters most: community, compassion, and the power of coming together. Your year-end gift helps us continue this vital work.

Your Support Creates Impact:

- Empowers Families with tools and guidance to advocate for their children.
- Honors Heroes who make a difference for children with disabilities.
- Builds Community through support groups where families connect and grow.

Together, we inspire change. Thank you for believing in our mission and standing with us. Your contribution today ensures hope and opportunity for Nevada families tomorrow. [Donate Here and Make a Difference.](#)



15 Coping Skills for Kids to Know

Teaching kids healthy coping skills for difficult emotions is important for their development. Here are some important coping skills to teach your kids. [Click Here to Learn More.](#)

Reviewing the IEP

The IEP is an Individualized Educational Program (IEP) designed to meet the needs of your child. This resource provides [tips for before, during, and after the IEP meeting](#). Parents need to remember their voice in the IEP process is critical, parents know their child better than anyone. Parent participation is a foundational principle of the Individuals with Disabilities Education Act (IDEA). Nevada PEP has [On-Demand trainings](#), the Introduction to Individualized Education Programs training has great information right at your fingertips. Registration is quick and easy and available 24/7 for your convenience.

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

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

Reno Office

Thursday, December 11

Ayude A Su Hijo a Concentrarse En El Aprendizaje

Martes, 16 de diciembre

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.**

How Is My Child Reading?

Thursday, December 11

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



5:00pm-6:00pm

Muchos niños que tienen dificultades para prestar atención tienen dificultades en el hogar y la escuela. Si esto suena como su situación, este taller es para usted. Hablaremos de los desafíos que los niños pueden enfrentar cuando se les dificulta mantenerse enfocados y para prestar atención. Las estrategias presentadas en este taller lo sorprenderán y lo alentarán a probarlas todas!

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](#).

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 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.



Do You Know About Early Intervention?

Early Intervention is for children birth through 3 years of age who have developmental delays or specific health conditions. If the child is found eligible due to a delay in communication, physical, social emotional, or cognitive skills, an [Individualized Family Service Plan \(IFSP\)](#) is developed. The IFSP is a plan with goals and services to help an infant or toddler meet their milestones.

Nevada PEP can help parents learn about Early Intervention Services, go to [On Demand Trainings](#) and register for Making the Most out of your Baby's Early Intervention Services. How your child plays, learns, speaks, acts, and moves offers important clues about his or her development check out the CDC Milestone Checklist in [English](#) and [Spanish](#).

Tips for Parent Teacher Conference

Having Parent Teacher conferences can help parents understand what their child is learning at school, their academic and social-emotional progress, and what you can do to support them. If your child is having difficulties, parent-teacher conferences can give you and the teacher time to plan ways to help your child. Here are some [tips and strategies](#) that parents can use to have a successful meeting.



Quick Responses Can Curb Bullying

Parents, school staff, and other adults can help kids prevent bullying by talking about it, building a safe school environment, and creating a community-wide bullying prevention strategy. [StopBullying.gov](#) provides some guidance and best practices for addressing bullying in schools. Here are some [tips](#) parents should know when working with the school. It is important for parents to know about [Safe Voice](#) an anonymous reporting system used to report threats to the

safety or well-being of students. See the Reporting and Investigation Process in [English](#) and [Spanish](#).

Holidays Strategies for Success

While the holiday season is filled with enjoyable activities, events and traditions, it can also be a hectic and stressful time. Travel, shopping, loud music, bright lights, unfamiliar food, and busy schedules can turn typical routines upside down! The disruption to routine can be particularly difficult for children who depend on routine and predictability to engage in appropriate behavior. The following [tips](#) will help ensure that the holiday season is enjoyable for you and your child.



Early Childhood



Calming Temper Tantrums

It can be difficult to handle a child's explosive and angry behavior but understanding why they're acting out can help. Some children don't know how to let their anger or stress out and often can lead to temper tantrums. These tips can help parents deal with [explosive behavior](#). The following infographics offers strategies in [English](#) and [Spanish](#) that can help you and your child to stay calm during challenging behaviors. [Positive Solutions resource offers 8 practical tips](#) for parents of young children with challenging behaviors.

10 Ways to Support Your Child's Literacy at Home

Engaging in literacy activities at home can help develop your child's reading ability, comprehension and language skills, and improve your child's interest in reading, attitude toward reading, and focus. Here are some [ideas](#) parents can use to help with their child's reading skills. Nevada offers an informative webinar called [How Is My Child Reading](#). This webinar focuses on helping parents understand terms that are used when discussing reading and writing with teachers. Register for this workshop 24/7 and learn the building block of literacy.

SplashLearn: Kids Learning App

SplashLearn is a learning app for kids ages 2–11 that turns screen time into fun, interactive math, reading, and creativity play. It adapts to each child's level with games that build skills from preschool basics to 5th grade. With safe learning, personalized paths, and progress tracking, it keeps kids engaged as they grow.



App by: [Splash Learn](#)

Addressing Absenteeism

The Southern Nevada Family Engagement Center is here to help students learn and grow! The website, nvfamily.org, provides students and families with tools and information on chronic absenteeism, including how to address fear and anxiety, as well as how attendance works. Families can use this website to find tips and tools to help them get back into the routine of going to school.

Navigating Child Care in Nevada

The Children's Cabinet and Nevada Child Care Resource & Referral team supports families in finding safe, affordable, and high-quality childcare. Parents can learn how to search for licensed providers, understand quality ratings, and explore financial assistance through the Child Care Subsidy Program. [Read More.](#)

Youth MOVE Nevada News

With the winter season officially starting this month, many young people experience changes in their mood and overall well-being. This [article](#) offers practical strategies for managing shifts in energy, motivation, and mood during the shorter, darker days. Join our weekly [youth-led meetings](#), open to young people ages 14–24 across Nevada; they 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](#)!



Build Math into Your Child's Day

Math is everywhere. That's great news for parents, because we can talk with our kids about math in fun, natural ways. As parents, we can give our kids a headstart by helping them get comfortable with math concepts like measuring and counting at home. Here are [five ways to add math](#) to your child's day.

PLANNING FOR THE FUTURE

For students with disabilities, one of the most important steps in preparing for college is knowing that higher education is possible! College is more than academics. It is about independence and finding the right supports to succeed. Starting early with conversations about high expectations for the future, goals, and campus resources can make the process smoother and less stressful. [Think College](#) offers practical guidance for students with intellectual and developmental disabilities, their families, and educators. For more resources about planning for higher education, visit our [Future Planning webpage](#).

Nevada Invests in Children's Behavioral Health

Nevada is making a historic investment in children's behavioral health services, committing nearly \$200 million to improve access and care for youth with behavioral health needs. Beginning in 2026, Nevada Medicaid will launch a comprehensive initiative focused on expanding community-based services, reducing reliance on institutional care, and ensuring compliance with the

Americans with Disabilities Act (ADA). These changes will especially benefit children in foster care and those with significant behavioral health needs, creating a more integrated system of support for families across the state. Learn more here [Kids Behavioral Health](#).

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.



28 Holiday Traditions for Families

Embrace the magic of the season with these traditions or start something new with your family. From simple recipe ideas to ways to give back, here are 28 [ideas](#) to embrace this special time spent with loved ones.

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.



[Donate Now >](#)



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