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E-Communique

March 25, 2026

Mindfulness for Parents: Small Pauses, Big Impact

This [resource highlights how mindfulness supports parents](#) in reducing stress, staying present, and caring for their own mental well being while raising children. It includes simple ideas for parents and emphasizes that mindful parenting starts with taking care of yourself.



Resilience: Build Skills to Endure Hardship

Resilience means being able to adapt to life's misfortunes and setbacks. Test your resilience level and get tips to build your own resilience. [Click Here to Learn More.](#)

Understand Stress vs Trauma

Stress and trauma can both affect how children feel and act, but they're not the same. Knowing the difference can help parents respond with the right support. This [infographic](#) breaks it down in a simple, easy to understand way and highlights when extra help may be needed.



Supporting Families with PBIS at Home & School

[Positive Behavior Intervention & Supports](#) (PBIS) is a proactive, evidence-based framework used in both schools and homes to teach and reinforce positive behaviors while reducing challenging behaviors. PBIS emphasizes prevention, consistency, and positive reinforcement rather than reactive or exclusionary discipline practices. In schools, PBIS supports positive school climate, clear expectations, and consistent responses to behavior. When applied at home, these same strategies help families establish routines, improve communication, and support social, emotional, and behavioral growth. Using PBIS across settings creates consistency for children and promotes positive outcomes. Check out these [suggestions](#) for families, and caregivers. For more information about PBIS visit [Positive Behavior Support of Nevada](#). This resource, available in both [English](#) and [Spanish](#), offers examples of Positive Behavior Interventions that families and caregivers may find useful.

50 Self-Care Activities

Selfcare isn't selfish, it's essential for everyone's mental, physical, and emotional well-being. Taking small, regular moments to care for yourself builds resilience, confidence, and awareness of your own needs, helping you show up at your best for your family. This article offers over fifty [simple self-care ideas](#) as a starting point.

UPCOMING WEBINARS 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

Take Steps to Stop Bullying

Thursday, March 26

5:00 – 6:00pm

If you are concerned about bullying, this workshop is for you! Join us as we discuss what bullying is, what to do if your child is being bullied, and what to expect after a report of bullying is made.

[REGISTER NOW >](#)

Six Tips that Turn No's into Yes's!

Thursday, April 2

5:00 – 6:00pm

Are you tired of being told “No” when trying to get help for your child? You are the expert on your child, and you understand your child’s needs best. Learn how to get the needed supports and services with these six amazing strategies!

[REGISTER NOW >](#)

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

Monday, March 30

5:00 – 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 >](#)

Developing the IEP to Meet Your Child’s Needs

Monday, April 6

5:00 – 6:00pm

Join us as we discuss special education and the IEP meeting process, including how parents can partner and actively participate in the development of their child’s individualized education program.

[REGISTER NOW >](#)

How Is My Child Reading?

Tuesday, March 31

5:00 – 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 >](#)

Behavior & Discipline in Schools

Tuesday, April 7

5:00 – 6:00pm

Participants will learn the components of the discipline process under IDEA, Nevada’s laws and policies, and Positive Behavioral Supports that can help children with their behavior to reach success.

[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](#).

Learning about Feelings

Teaching your child about their emotions will help them become mentally strong. Children who understand their emotions and have the coping skills to deal with them will be more confident. Here are some tips that parents can use to [teach their children about their feelings](#).



Strategies to Help Your Child When They Are a Bully

When your child is the bully, many parents are surprised. By staying calm, listening, and working to understand what's going on, parents can help their child learn better ways to treat others. As the parent, what do you do, [here are some strategies that may help](#). Visit our [#SafeAllies](#) page to find an overview of students' rights under Nevada law, and practical steps families can take to report, prevent, and respond to bullying.

Ways to Talk About Mental Health: Tips for Families

Mental health is health. Talking about mental health can take practice. The more we do it, the easier it gets. It helps to [start having these conversations when your child is young](#). Here are some [tips to make conversations about mental health](#) a regular part of your family's routine.



Early Childhood



Building Friendships

Building relationships is an important skill for all children to learn. Friendships are crucial in helping children develop. When children learn to interact through friendships with others, they learn social skills such as cooperation,

communication, and problem solving. Watch [Elmo and Rosita Teach Friendships](#).

Media Guidelines for Children of all Ages

Parents once worried about too much TV or video games, but today it is—phones, tablets, apps, social media, and texting capture kids’ attention from a young age. While tuning it all out isn’t realistic, parents can take a deep breath and focus on balanced, thoughtful screen use. These [age-based tips](#) can help you get started.

Flourish

Flourish is a science-based well-being app that helps you manage stress, build healthy habits, improve focus, and navigate emotions with quick tools, and guided reflections.



APP COMPANY: [Flourish Science](#)

Are You Passionate About Helping Families?

[Apply Here](#) for employment opportunities in Las Vegas and Reno, NV.



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Nevada PEP is a statewide nonprofit organization serving families of children and youth with disabilities and behavioral health needs by empowering them to be life-long advocates for their children.

[NVPEP.ORG/CAREERS](https://nvpep.org/careers)

Suicide Proofing Your Home

Many youth today are struggling with their mental health, such as depression. According to the Nevada Coalition for Suicide Prevention suicide is the first leading cause of death for Nevadans ages 12-19 and second leading cause of

death for ages 20-44. In these stressful times, parents might want to think about Suicide Proofing their home. This brochure is in [English](#) and [Spanish](#) which offers tips and ideas for keeping your family safe.

Military-Connected Children News

Navigating Change with Military Children

Military connected children often experience big changes, like frequent moves, deployments, or a parent leaving the military. These changes can affect children emotionally, socially, and academically, especially younger children, who may feel a loss of comfort and stability. While we can't always control change, we can support our children through it. Consider the [following tips](#) to help your child adjust.

Youth MOVE Nevada Update

Mental wellness matters, and sometimes we all need a little help slowing down and relaxing. Some youth have shared that apps such as [Headspace](#) or [Smiling Mind](#) are tools they find helpful to manage stress and create moments of calm. Our weekly [youth led meetings](#) offer another space for young people to learn, connect, and explore mental wellness together. Want to stay connected? Follow us on our socials!



Resources to Help Families Affected by Community Violence

Community violence can occur suddenly and without warning leaving many youth and families with a heightened sense of fear. When these events happen, youth and families may experience a wide range of reactions. The NCTSN has [resources](#) to help youth and families affected by community violence.

PLANNING FOR THE FUTURE

Building a strong support system is an important part of preparing for adulthood, and having trusted people to turn to, whether family, friends, mentors, or community members, can make challenging moments easier to navigate. The [Support System Worksheet](#) offers a simple way for youth to identify the types of support they may need and the individuals who can provide guidance, encouragement, or a listening ear. To learn more about preparing for the future, check out our [Future Planning webpage](#), or contact your Nevada PEP representative.

Statewide Family Network News

Did you know that family peer support is now included in [Nevada's State Plan](#) as a key component of strengthening children's behavioral health services? Nevada PEP continues to work with our state partners to expand access to this important service. Family peer support connects families of children or youth with behavioral health challenges with someone who has similar experience as a parent. Family Peer Support Specialists offer emotional support, practical strategies, and encouragement to help parents navigate complex systems like school, healthcare, and community services. If you would like to connect with a Family Peer Support Specialist, [reach out to Nevada PEP today](#).

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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