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April 10, 2026

Helping Little Ones Thrive: The IFSP Explained

The Individualized Family Service Plan, or IFSP, is used for determining early intervention goals and services for an eligible child with a developmental delay or considered at risk for a delay due to a diagnosed condition for ages birth through 2 years. The IFSP outlines the child's developmental needs, family priorities, and specific services such as therapy or family support provided in natural environments to promote early growth and development. [Learn more about the IFSP](#). Join our [Making the Most Out of Your Baby's Early Intervention Services](#) to learn more about the free services that are available to enhance your baby's development.



Teaching Life Skills for Confident, Resilient Kids!

Independence is a crucial trait that every child should develop to become successful, self-sufficient adults. Fostering independence through life skills is not just a necessity, but a joyous journey. It's about helping children become

confident and resilient individuals who can easily navigate the challenges of the world. [Click Here to Learn More.](#)

Understanding Your Child's IEP Progress Reports

Annual goals describe the skills your child will work on and learn during the school year. These goals are written in your child's Individualized Education Program (IEP) and focus on what your child should be able to do by the end of the year. Most annual goals also include smaller steps, called objectives or benchmarks, which make the goal easier to understand and help your child work toward success one step at a time. The IEP includes information on how the school will share updates with you about your child's learning. Progress reports are usually sent home on a regular schedule, often at the same time as report cards, so you can see how your child is doing throughout the year. Progress reports explain how your child is progressing toward each IEP goal. This PACER resource in [English](#) and [Spanish](#) offers helpful information about progress reports and guidance on what families can do if their child is not making meaningful progress.

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

Student-Led IEP

Monday, April 13

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 skills as they work with their IEP team in creating an Individualized Education Program.

REGISTER NOW



Coffee Tea and IEP

[\(In-Person Workshop\)](#)

Reno Office

Thursday, April 16

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.

Please call 1-800-216-5188 to

register.

How Is My Child Reading?

Tuesday, April 14

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



Tomar Medidas para Detener el Acoso

Martes, 21 de Abril

5:00pm-6:00pm

Si le preocupa el tema de bullying, este taller es para usted! Únase a nosotros para conversar sobre que es el acoso. Qué hacer si su hijo/a está siendo acosado y qué esperar después de que se realiza un informe de acoso.

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](#).

Social Stories Can Help

Social Stories are short, personalized stories designed to gently help children understand social situations, what to expect, and how they can respond. They are written in a calm, positive, and reassuring way and may include pictures or visual supports. These [Social Stories](#) may help children feel less scared or anxious about doctor visits or medical procedures.

WHAT'S NEW IN SCHOOL?



Graduation- It's Almost Here!

As the 2025–26 school year winds down, many families are thinking about graduation—a time of pride, celebration, and important decisions about earning a diploma. To earn a high school diploma in Nevada, students must complete the required classes, earn the necessary number of credits set by the State and their school district, and take part in required state and federal assessments. Nevada offers [six different types](#) of high school diplomas, as well as [five State](#)

[Seals](#) that students may earn while graduating from a public high school. The Advanced Diploma requires students to earn a specific number of credits, meet a grade point average (GPA) requirement, and take the ACT. The Standard Diploma also requires the completion of required credits and participation in the ACT. The ACT is a nationally recognized college entrance exam that is accepted by all four-year colleges and universities in the United States.

For students with an Individualized Education Program (IEP), Nevada offers additional diploma options. The diploma options should be discussed in the IEP Team meeting, and it is important to consider whether the student needs [transition services](#) prior to graduation. The Alternative Diploma requires completion of credit requirements and participation in the Nevada Alternate Assessment (NAA). The Adjusted Diploma is individualized and designed to meet a student's unique needs, as outlined in their IEP. This document explains Nevada's high school [graduation requirements](#) under state law. Please note that some school districts may have additional requirements beyond those set by the State. Parents and guardians are encouraged to contact their child's school for detailed information about required credits, graduation options, and which classes count toward each subject area.

Tips for Test Anxiety

The school year is close to ending, and some students may be taking some important tests, especially students in high school. Test Anxiety can impact the ability to perform well on tests. It can be a combination of physical symptoms and emotional reactions. Here is a [resource](#) with some strategies that can reduce test anxiety and increase better performance on test day.



What is Appearance Bullying?

Appearance targeted bullying is bullying that targets a person's appearance, such as their size, height, or disfigurement. It can often be linked with other types of bullying such as racist bullying, disablist bullying, sexist bullying and bullying of LGBT young people. It is often the most common reason that children are bullied. This [resource](#) offers some tips and strategies that can help

if your child is being bullied because of the way they look. For more information about bullying prevention check out our [#SafeAllies](#) page.

Help Kids Enjoy Reading

For many kids, reading doesn't come easily. Some kids have trouble making the connection between letters and their sounds. Other kids haven't yet found a story that shows how fun reading can be. Parents can read with your kids often and try these other simple ways to help them become excited about reading in [English](#) and [Spanish](#). Join our On-Demand [How is my Child Reading?](#) webinar to learn key literacy terms and gain confidence when discussing reading scores with school staff.



Early Childhood



Teaching Young Children Problem Solving Skills

Learning how to solve problems is an important life skill for children, especially when navigating everyday social situations. This [scripted story](#) gently guides children through the steps of problem solving in a clear and supportive way. Includes problem scenario cards to help children practice finding a solution to common social problems.

Kid-E-Cats Educational Games

With 25+ educational games for ages 2–8, Kid-e-Cats helps children develop early learning, memory, coordination, and problem-solving skills while having fun through engaging, interactive play.



App by: [Edujoy](#)

Are You Passionate About Helping Families?

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



WE ARE HIRING!

- Full Time Positions
- Openings Statewide
- Great Benefits Package

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)

Building Friendships

Making friends, playing with and getting along with other children are good for all children, including children with disabilities. Inclusion classrooms help children practice social emotional skills and build friendships that may help them establish ongoing relationships. Check out these Tips for Parents - Friendships: Building a Good Life in [English](#) and [Spanish](#) to learn how to help your child learn about friendship building.

Youth MOVE Nevada News

Since April is Stress Awareness Month, it's a great time to focus on how stress affects young people and why learning healthy coping strategies is so important. With pressures from school, work, relationships, and everyday life, stress can quickly build up. This [tip sheet](#) explains what stress is, how to recognize the signs of stress, and practical ways to manage it when you're feeling overwhelmed. Another valuable resource is our weekly [youth led meetings](#), which provide a supportive environment for young people to develop coping skills, connect with others, and engage in conversations around mental wellness. Follow us on social media linked to stay connected!



Free On-Demand Trainings

Nevada PEP offers over thirty free on-demand trainings in both English and Spanish. You can learn how to help your child with reading, discipline, bullying, early intervention services, and much more. Check out the variety of trainings available 24/7. It's quick and easy just [click here](#). Nevada PEP also offers [Podcasts](#) to families on various different topics. Check them out!

PLANNING FOR THE FUTURE

Nevada offers two inclusive college programs that provide individualized supports, inclusive courses, job training, and opportunities to build independent living skills for youth with intellectual or developmental disabilities. These programs are [UNLV's Project F.O.C.U.S.](#) and [UNR's Path to Independence](#), each program is designed to help students grow in confidence, independence, and readiness for the future. To explore these opportunities or receive support, [contact Nevada PEP](#).

It's Good for Children to Play Outside

Spring is here and the weather is very nice. There is scientific evidence that playing outside improves health, and children of all ages love it. We also know that the more time a child spends in nature, the more likely they will grow up to be good stewards of our planet—an environmental win! [See why it's important for kids to play outside](#).

Do You Know About: Hand in Hand Together We Can?

Celebrate the amazing people who make a bright and lasting difference in your child's life! Send in a nomination, and they'll receive a Hand in Hand lapel pin as a token of our appreciation. Your story, filled with their kindness and support, will also shine in our Hand in Hand Annual Yearbook. Click [HERE](#) to share your nomination and recognize someone who truly makes the world a little brighter!



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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