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# E-Communiqué

July 27, 2026

**JULY 1 - AUGUST 31**

NEVADA PEP  
Strengthening Families with  
Education • Empowerment • Encouragement

# Annual Membership Drive



HELP US BRING  
S'MORE SMILES  
TO FAMILIES!



**Join the Camp PEP Crew!**

**Become a Member Here**



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## Teaching Children Good Manners and Behaviors

When children learn good manners, they are building the foundation for considerate interactions throughout their lives. Teaching children good manners can be as simple as phrases like, “please” and “thank you”. Here are a [few basics](#) that can help pave the way.

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## 3 Ways to Boost Your Resilience

When you're a parent, taking time away from your usual schedule is one of the best ways to boost resilience and strengthen your capacity to nurture your children. [Click here to learn more.](#)

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## Helping Kids Transition to School

### Creating a Picture Book to Ease Anxiety

Starting a new school, changing schools, or moving classes can be both exciting and nerve-wracking. The unfamiliar environment, new routines, and meeting new people can stir up a mix of emotions. Crafting a picture book about starting school is one creative way to support your child through this transition. Here's how you can [create a story](#) that reassures and empowers your child.

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## What is Head Start?

[Head Start](#) is a federal program that promotes the school readiness of children from birth to age five from low-income families by enhancing their cognitive, social, and emotional development. Head Start programs provide a learning environment that supports children's growth in many areas such as language, literacy, and social and emotional development. Head Start emphasizes the role of parents as their child's first and most important teacher. [Find a Head Start in Nevada.](#) Following the general Head Start model, [Early Head Start](#) programs serves infants, toddlers, and pregnant women and their families who have incomes below the Federal poverty level.

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## Relaxation Thermometer

Self-regulation is the ability to understand and manage your behavior and your reactions to feelings. It includes being able to: regulate reactions to strong emotions like frustration, excitement, anger, and embarrassment and how to calm down after something exciting or upsetting happens. Here are different [strategies](#) for parents to teach this skill.



After years of Nevada PEP's advocacy and collaboration, statewide **certification for family peer support** is here.

We are proud to launch the **Family Peer Support Network of Nevada (FPSNN) program**, a statewide center of excellence in family peer support, providing training and technical assistance to support this new workforce. Check out our new [FPSNN webpage](#) to learn more about how to become an FPSS or FPSS-Supervisor or bring services to your organization.

## 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

### Understanding Section 504

Monday, July 27

5:00 – 6:00pm

Section 504 protects students with disabilities from discrimination and exclusion. Join us to learn what a 504 Plan is, how it is different from an IEP, and how a Section 504 Plan can help your child succeed.

[REGISTER NOW](#) >

### Take Steps to Stop Bullying

Tuesday, August 11

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](#) >

**Developing the IEP to  
Meet Your Child's Needs**

**Behavior & Discipline in Schools**  
Tuesday, August 18

Thursday, August 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



5:00 – 6:00pm

Learn the components of the discipline process under IDEA and gain strategies that can help children with their behavior. Understand Positive Behavioral Supports, Nevada's laws on Aversive Interventions, suspension and expulsion policies to help children 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](#).

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## Your Emotional Wellness

How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health. How you react to your experiences and feelings can change over time. Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. See six strategies to improve your emotional wellness in [English](#) and [Spanish](#).



## Bullying on the Bus

With the new school year right around the corner one of the top places where [bullying](#) happens is on the school bus. If you think about it: there are fewer adults around, a captive audience of peers, and a bus driver focused on the road. Here are some [tips](#) for parents if their child is being bullied on the bus. Check out our [#SafeAllies](#) program for more information about bullying prevention.

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## Help Your Child Be a Kind Friend

It's a new school year, and children will be making new friends. It's important to teach children how to be kind to one another; it's a skill that you can practice with your child just like math, science, or reading. Always remind children to look for other children who might need a friend. You can encourage kind behavior by suggesting [ways to be kind and compassionate](#) to make the situation better. Here are [four strategies](#) to help children be good friends.

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## Teachable Moments: How to Avoid Meltdowns

Many situations can trigger meltdowns—such as unexpected changes to routines and life. This resource offers several examples of how you could use teachable moments throughout the day, that may help to reduce those challenging behaviors in [English](#) and [Spanish](#).

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## A Positive Start to the New School Year

The new school year brings a fresh opportunity for students, families, and educators to learn, grow, and reconnect. As routines begin again, encouragement and high expectations can help every child start the year with confidence. For helpful ideas, see the CDC's [Tips to a Positive Start to the School Year](#).

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## Children's Sleep Meditations

Children's Sleep Meditations helps kids relax, manage bedtime worries, and fall asleep peacefully through calming bedtime stories, guided meditations, and gentle relaxation exercises.



APP COMPANY: [Glenn Harrold](#)

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## Are You Passionate About Helping Families?

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

**WE ARE HIRING!**

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- 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](#)

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## Military-Connected Children News

### Helping Military Children Navigate Stress

Stress and frustration can happen to many children. Military-connected children have exceptional situations that can influence their stress levels. These situations can add more pressure to their daily lives since they have to adjust to



the changes they experience with having a parent in the military. Here are some [additional stressors](#) that could increase military children's stress level.

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## Building Blocks for Healthy Self-Esteem in Kids

Self-esteem is the way we perceive ourselves. It plays a central role in a child's motivation and achievements in school, social relationships and their ability to bounce back from setbacks ([resilience](#)). Here are some of the [building blocks](#) that contribute to healthy self-esteem.

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## Youth MOVE Nevada Update

July marks Disability Pride Month, making it the perfect time to break down stigma surrounding disabilities. Check out [this video](#) to hear directly from young people about what Disability Pride means to them and why it matters. Join [our weekly youth-led](#) meetings to learn more about disabilities and mental wellness while building confidence and skills to speak up for yourself. Don't forget to follow our socials to stay connected!



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## 6 Strategies to Improve Reading Comprehension

Developing reading comprehension skills is incredibly important for [early readers](#), starting as early as [picture books](#). As school-aged children get older, it will help them understand textbooks, newspapers, and other more complex texts. Scholastic offers plenty of grade-appropriate reading comprehension [activity books](#) that can help your child practice, but in addition, here are [six tips](#) to sharpen [reading comprehension skills](#) in your early reader.

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## PLANNING FOR THE FUTURE

### Preparing Students with Disabilities

#### Life Beyond School

If you have a child in or approaching high school and you're wondering what the word *transition* really means, check out [this article](#) from Edutopia to learn the basics of transition planning and discover how your participation—and your child's—can make all the difference as they navigate their way into adult life. For more information, attend our workshop on planning for life after high school, [see our webpage](#) or contact Nevada PEP to speak with a specialist.

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## 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.

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## Statewide Family Network News

### Your voice matters!

Research shows that meaningful family involvement helps improve student success and strengthens school-community partnerships. Families can make a difference by sharing their perspectives through parent groups, advisory committees, [PTAs](#), school board meetings, and other [engagement opportunities](#). Each school may offer different opportunities, so contact your school or district to learn how they gather and use family voice.

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## 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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