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E-Communiqué

September 25, 2026



Are You Ready to Stir Up Kindness?

Beginning Thursday, October 1st
October is National Bullying Prevention month

Chef Peppi is Stirring Up Kindness: Add Your Ingredients to the Kindness Recipe

Join us as we begin this year's **I Care We Care** campaign with Chef Peppi as he stirs up kindness and helps us create a kindness recipe to raise awareness about Bullying Prevention. We will share anti-bullying resources, highlight **YOUR** messages of kindness, and have prize drawings all month long. Watch the [video](#) and stay tuned!



Join Families SHARE Facebook Group

This Facebook group is a place for families to connect and share their experiences with other families by creating an open and inviting atmosphere. Connect with other PEP families and exchange tools that help you reduce stress, stay hopeful, and build resilience. Join [HERE](#).

Message in a Backpack Guiding Your Child's Behavior

Challenging behaviors often happen when children feel they don't have another way to express their feelings or another way to get what they need. It's important to stay calm, patient, and consistent as you help your child understand your expectations. [Click here for some helpful tips](#).



Nevada Office of Suicide Prevention

Mental health challenges can affect anyone at any time, and help is available. The [Nevada Office of Suicide Prevention](#) works to raise awareness, connect communities with resources, and encourage people to seek support. People may be coping with many stressors, including family concerns, work or school pressures, financial difficulties, health challenges, grief, isolation, or major life changes. [NAMI](#) offers practical steps for supporting your mental health, while [SAMHSA](#) provides resources for parents and caregivers and support services for youth.

If you or someone you know is experiencing emotional distress or a suicidal crisis, call or text [988](#) to reach the Suicide & Crisis Lifeline. Support is available in English and Spanish, and answers to common questions are available on the

[FAQ](#) page. Trained crisis counselors provide free and confidential support 24 hours a day, seven days a week.

Nevada families experiencing a behavioral or mental health crisis can also contact the [Mobile Crisis Response Team](#) for crisis intervention and support. [Crisis Support Services of Nevada](#) provides additional resources, including tips for keeping loved ones S.A.F.E.R. in [English](#) and [Spanish](#). Help is always available, and you do not have to face a difficult time alone. Reach out and speak with someone today—support is here whenever you need it.

Unity Day is Wednesday, October 21

WEAR AND SHARE **ORANGE**

A day to unite through kindness, and acceptance, to prevent bullying. Wear **orange** and share your picture on social media on **Wednesday, October 21st** and tag us **@NevadaPEP** and **@YouthMOVEnv** and use the hashtags **#UnityEveryDay** and **#UnityDay2026**



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

Behavior & Discipline in Schools

Tuesday, September 29

11:00 am – 12:00pm

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.

How Is My Child Reading?

Tuesday, October 6

10:00 am – 11:00am

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



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Developing the IEP to Meet Your Child's Needs

Thursday, October 1

11:00 am – 12:00pm

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



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

Thursday, October 8

11:00 am – 12:00pm

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



Looking for more convenient times? Did you know our Free On Demand webinars are always available 24/7 in English and Spanish [click here](#).

A Call to ACTION

The 2026 Nevada Children's Report Card provides a comprehensive look at the well-being of children across Nevada, highlighting key data on health, education, economic security, child welfare, and early childhood. The report provides valuable information about the experiences and needs of Nevada's children and families. Learn more [HERE](#).

#SAFE ALLIES



Bullying — Warning Signs

Bullying can have a lasting impact on a child's mental health, confidence, and overall well-being. This [helpful resource from NAMI](#) outlines common warning signs of bullying, tips for starting conversations with your child, and practical strategies for supporting children who are being bullied, engaging in bullying behaviors, or witnessing bullying. Learn how to recognize the signs and take action early. Check out our [#SafeAllies](#) program for more information about bullying prevention and explore our [Training Flyer](#) to learn about the variety of **free trainings** available for families.

Reading Motivation

Reading is more than learning the basics — children also need motivation and interest to become strong readers and writers. Research shows that children who are highly motivated to read often build larger vocabularies, stronger background knowledge, and greater achievement gains. [Learn how families can encourage reading motivation.](#)



Early Childhood



Successful Transitions for Young Children

Transitioning, or moving, to new places, people and activities is something we do many times during the day. However, change can be overwhelming and seem unpredictable for young children, especially when they are not ready to move on to the next place or activity. [How to Help Your Child Transition Smoothly Between Places and Activities](#) has some great tips for parents to teach your child this important skill.

Understanding ADHD

Attention Deficit/Hyperactivity Disorder (ADHD) is a condition which includes difficulties with attention, increased activity, and difficulties with impulsivity. Estimates show that up to 10 percent of school-aged children and about 4 percent of adults have ADHD. Treatment is most effective when it begins early and when intervention is individualized to the needs of the child. Learn about ADHD, [how it's diagnosed, and how to find support](#). Check out the ADHD [Fact Sheet](#).

Medito: Meditation & Sleep

Medito is a free mindfulness app offering guided meditations, breathing exercises, sleep stories, and calming sounds to support relaxation, better sleep, focus, and wellbeing.



APP COMPANY: [Medito Foundation](#)

Your Child's Self-Esteem

Kids with self-esteem feel liked, accepted, and confident. They're proud of what they can do and think good things about themselves. Kids with low self-esteem criticize themselves and doubt they can do things well. They feel they're not as good as other kids and think of the times they fail rather than when they succeed. Read more in [English](#) and [Spanish](#).

Military-Connected Children News

Helping Your Military Child Navigate Stress

Military-connected children face unique stressors such as frequent moves, school transitions, deployments, and family separations, which can add to everyday childhood stress. By providing support, routines, and healthy coping strategies, caregivers can help children build resilience and develop lifelong skills for managing stress and change. Read the full article [HERE](#).

Cookie Monster Teaches Self-regulation

Self-regulation is important for children's emotional development and helps them learn to identify and manage their feelings. It also helps children stay healthy and get along with others. In this [video](#) see how Cookie Monster practices self-control. Here are some simple [strategies](#) for parents to teach self-regulation skills so children can be successful in inclusive classrooms.

Youth MOVE Nevada Update

September is Suicide Prevention Month. We want to encourage youth to reach out to important resources like the [Children's Mobile Response Crisis Team](#) or [Nevada 988](#) if you are struggling. You are also invited to [join our weekly youth led meetings](#) to learn more about communication skills and resiliency. Don't forget to follow us on social media to stay connected!



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. If parents have concerns, they 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.

PLANNING FOR THE FUTURE

Is There a Connection Between Sleep and Mental Health?

Sleep plays an important role in a youth's mood, stress level, and overall well-being. When youth get enough rest, they may be better able to manage anxiety, depression, and everyday stress. Changes to school start times, bus schedules, and class schedules can also affect sleep routines. Check out this [article](#) from the National Sleep Foundation to learn more about how sleep supports mental health.

Statewide Family Network News

School can bring anxiety for some children and youth, while others may experience separation anxiety. In either situation, it can be difficult to know what signs to watch for, when it may be something more serious, and what steps to take. This month, we'd like to share a couple of videos about [anxiety](#) and [separation anxiety disorder](#). Created by the [Child Mind Institute](#), these videos are a helpful resource to support you and your child through school-related anxiety and separation concerns.

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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