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NEVADA PEPPI
Strengthening Families with Education • Empowerment • Encouragement

E-Communiqué

October 26, 2026



Help Chef PEPPI Complete the Kindness Recipe!

Help Chef PEPPI create the perfect recipe for kindness! Only four days remain to submit your message and be entered in our **final drawing** on Friday, October 30.

Every thoughtful message adds a special ingredient to Chef PEPPI's kindness recipe. Visit the I Care We Care: Stirring Up Kindness webpage to download your templates and submit your message today. Don't forget to check out the Swag Bag for great resources and explore our ICWC Activity Book and Youth Activity Book for fun activities kids of all ages can enjoy. Let's stir up kindness together!

FAMILIES SHARE
Solutions for Hope And Resiliency Exchange

Creating Positive Experiences for Teens

Raising teenagers can be both incredibly difficult and incredibly rewarding. They are becoming young adults. Their bodies mature. Their brains grow by leaps and bounds. Their emotional lives become more complex and independent. Here are some tips for parents on everyday ways to be positive. Having strong, ongoing relationships can help teens and their parents through bumpy times.

Your Healthiest Self: Wellness Toolkits

Each person's "healthiest self" is different. We have different bodies, minds, living situations, and people influencing our lives. Each area can impact your overall health. This means we each have a unique set of health needs. Use these wellness toolkits to find ways to improve your well-being in any area you'd like. Toolkits in English or Spanish.



Family Peer Support Specialists (FPSSs) use their lived experience raising a child with behavioral health or related needs to support other families. Upcoming trainings include FPSS in Las Vegas on November 9, 10, 16, 17, and 18, and a virtual FPSS-Supervisor training statewide on December 8-10. Learn more about family peer support and training eligibility on the Family Peer Support Network of Nevada webpage and sign up for future training announcements through our training distribution list.

Helping Youth after the Recent Shooting

Even when a school shooting happens far away, media coverage can have an emotional impact on children and teens. By creating a safe space to talk, answering questions honestly, and offering reassurance, parents can help their children cope with difficult news in a healthy way. Here are some guidelines for parents that may help.



Navigating Today's Economy with the Help of 211

As many Nevada families continue to feel the impact of rising housing costs, increasing utility bills, and higher grocery prices, making ends meet has become more challenging than ever. During times of financial uncertainty, knowing where to find reliable support can make all the difference. Nevada 211 is a free, confidential service connecting families with local help for housing, utilities, food, childcare, transportation, and other essential needs. Dial **211** or **1-866-535-5654**, text your ZIP code to **898211**, search the online directory, or use the Nevada 211 mobile app. Families do not have to navigate hard times alone. Nevada 211 can connect them with support in their communities.

Practice Mindfulness

According to the American Psychological Association, mindfulness can reduce stress, improve focus and memory. For kids, mindfulness may lead to less worry, better concentration, and fewer tantrums or meltdowns. PBS KIDS content can help you build a toolbox of mindfulness practices. Check out these PBS KIDS shows and games to help grow your family's mindfulness skills.



Great opportunities to increase your advocacy skills and improve education opportunities for your child. Register for these informative FREE trainings.

- Presented by Nevada PEP

¡Seis Consejos de Abogacía que Gira de un No a un Sí!

Martes, 27 de Octubre
10:00am – 11:00am
¿Está cansado de que le digan "No"? Usted es el experto en su hijo y usted sabe las necesidades de su hijo y usted sabe las necesidades de su hijo. Aprenda cómo conseguirlo con estas seis estrategias de increíbles!

REGISTER NOW

Considering College- What You Need to Know

Thursday, October 29
4:00pm – 5:00pm
Do you have a disability and want to go to college? In this webinar we break down what youth with disabilities and their parents need to know about preparing for, applying to, and succeeding at college.

REGISTER NOW

Developing the IEP to Meet Your Child's Needs

Monday, November 2
5:00 pm – 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

Help Your Child Focus on Learning

Tuesday, November 3
12:00 pm – 1:00pm
Does your child struggle with focus and attention? Do they have trouble staying on task at home and at school? This workshop will provide tips to improve your child's focus, learning and positive behavior.

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.

Suicide Proofing Your Home

Many youth today are struggling with their mental health. 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 may want to think about Suicide Proofing their home. This brochure is in English and Spanish offers tips and ideas for keeping your family safe.



Disability and Bullying

Children with disabilities are more likely to experience bullying, which can negatively affect their emotional well-being, social relationships, and academic success. Read more here. For more information on bullying go to our #SafeAllies page to learn about your rights in English and Spanish and the Bullying Reporting and Investigation Process in English and Spanish.

Tips for Helping Your Child Focus and Concentrate

Concentration is a skill that can be developed with practice, much like strengthening muscle, and improving it helps children succeed in school, other activities, and building confidence. Learning to focus on one task at a time can improve learning, academic performance, happiness, and stress management. Here are some tips to help kids build their concentration muscle.



Early Childhood



How to Give Clear Directions

Following directions are skills that children learn through their daily interactions. When children do not follow directions, it can be frustrating for parents. You can increase the chances that your child will listen and successfully follow directions when your direction is clearly stated and you follow through. Here are some tips in English and Spanish.

Making Friends

Some kids naturally develop the skills involved in making friends, starting at a young age. Others need a bit more time. And some kids have underlying challenges that make it harder to make and keep friends. If your child needs support, these 4 skills for Making Friends may help.

Wisdom: The World of Emotions



An interactive social-emotional learning app that helps kids develop mindfulness, emotional regulation, and coping skills through play, stories, and guided experiences.

Download on the App Store | GET IT ON Google play

APP COMPANY: Wisdom

Military-Connected Children News

Helping Your Military Child Navigate Stress

Stress and frustration can happen to many children. Our children can experience everyday stressors such as worrying about schoolwork, juggling responsibilities, having problems with peers, experiencing financial difficulties in the family, or going through adolescence. Read more here.

Youth MOVE Nevada Update

As we wrap up Bullying Prevention Month, remember that kindness, acceptance, and standing up for one another matters year-round. Check out our Bullying Prevention podcast episode to learn more about bullying prevention and your rights in Nevada. Join our weekly meetings to connect with other youth, explore resources, and talk about mental health. Be sure to follow us and stay connected!

103 Things to Do Before, During, or After Reading

This article offers a collection of interactive activities that help kids become more involved in the stories that they read. These engaging strategies encourage deeper comprehension, critical thinking, and a stronger connection to reading.

PLANNING FOR THE FUTURE

Helping Transition-Age Students Feel Connected

Every student deserves to feel welcomed, valued, and included at school. Schools can strengthen belonging for students with disabilities by involving them in classroom activities, supporting friendships, and listening to their perspectives. Beginning at age 14, students can take part in Transition activities by leading their own Individualized Education Program (IEP) meetings, connecting with peers through mentoring programs, and learning from role models. Transition assessments can also help identify Accommodations—changes or additional supports and activities that can help students prepare for college or employment. Explore more about Transition in this resource from Edutopia.

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.



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!)



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