

NEWSLETTER

Crisis Nursery



Special needs,
extraordinary potential



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The Family Support Center is happy to offer FREE crisis nursery care for children ages 0-11 in three locations in the Salt Lake Valley. Parents who are stressed, need a break, have an emergency arise, or have no one else to help take care of their children can leave their children safely in our care for up to 72 hours at a time at no charge. Please call one of our crisis nurseries to schedule an appointment. The numbers for specific locations are listed below and our crisis nursery number is 801-967-4259. Call

You must call to reserve a space for your child before every crisis nursery visit.

You will need to fill out paperwork before your child's first visit. Please plan to arrive at least 40 minutes before their first scheduled drop-off time to fill out paperwork on-site.

Sugar House 801-487-7778

Midvale 801-255-6881

West Valley 801-967-4259

MARK YOUR CALENDAR!

Social Skills Presented by URLEND

Social skills are the tools that enable students to communicate, learn, ask for help, get needs met in appropriate ways, get along with others, make friends, develop healthy relationships, protect themselves, and in general, be able to interact with the society harmoniously. Come and learn how to help your kids to strengthen these skills.

Friday, February 28 3:00-5:00 PM Granite School District, D102 2500 S. State Street, Salt Lake, 84115

Online Registration: <https://conta.cc/2l5ojRE>

Section 504: What Parents Need to Know

Section 504 provides equal access and opportunities to individuals with disabilities. This may include equal access to education, academic services, and nonacademic settings such as extracurricular activities, meals, recess, and physical education through accommodations and supports. Accommodations include tools and procedures that provide access to general education instruction. This workshop will help parents understand their role in working with school personnel to develop a Section 504 Plan.

Friday, March 27 6:00-8:00 PM Granite School District, D102 2500 S. State Street, Salt Lake, 84115 Online Registration: <https://>

Cynthia Clayton, Parent Consultant
serving Granite School District
2500 Sout State Street Suite B 215A
South Salt Lake, Utah
84115
Cell: 801-833-3825 *Texts welcome!
Office: 385-646-4190
cynthia@utahparentcenter.org
www.utahparentcenter.org

GUARDIANSHIP

As your teen with a disability approaches age 18, the age of majority in Utah, you will need to make many decisions. Among them is whether or not you will need to seek guardianship of your young adult.

The time to explore options for supporting your son or daughter in the future is while you are still the one responsible for making decisions about his or her education, safety, and well-being. That way, you have time and opportunity on your side.

Guardianship is a legal process that allows someone (usually a family member) to ask the court to find that a person age 18 or older is unable (incompetent) to manage his/her affairs effectively because of a disability. A guardian steps in the shoes of the person with a disability and makes decisions in the individual's best interest. Guardianship is a legal matter that has consequences for both parents and offspring which involves the court system.

This decision should not be taken lightly as guardianship can take away many of the person's rights. On one hand, it puts protections in place so your son or daughter can live life more safely, with as much self-determination as possible; on the other hand, it limits civil rights. By its very nature, guardianship is quite restrictive. He or she is usually stripped of the authority to make decisions that is granted to adults.

What about Guardianship and Other Options?

There are other options to be considered as well, such as conservatorship or having an educational advocate. Another option is using person centered planning or supported decision making to help the adult with disabilities to make decisions.

If these possibilities have crossed your mind, you'll need to find out more—much more—before taking action.

Suggestions to Consider

If you feel you need to learn more about future care-taking options for your son or daughter, here are a few suggestions to get started:

- Learn how Utah defines guardianship. What guardianship options exist, and what are the laws that govern them?
- Explore the differences between guardianship, conservatorship, having an educational advocate, person-centered planning and supported decision making. What would each mean for you and for your young adult?
- Determine the best way to provide support to your son or daughter. What is the least restrictive way to provide your young person with the support he/she needs to make decisions?
- Determine the level of support needed. How much support is needed to make sound decisions and choices? Does he or she need support, for example, in identifying *when* to make a decision? In exploring options? In coping with the consequences of choices? What *types* of supports does he or she need? Consider the "informal" supports your young adult already has (for example, a network of family or friends). Are these enough to support him/her in decision-making, or will more supports be needed?

For more information on Guardianship and other options contact Utah Family Voices at 801-272-1068 And info@utahfamilyvoices.

Healthy Bodies

For Boys and Girls
Utah Family Voices
Utah Parent Center

Resource by Vanderbilt Consortium Lend

Utah Family Voices Utah Parent Center

Jodi Hansen
Transition Coordinator

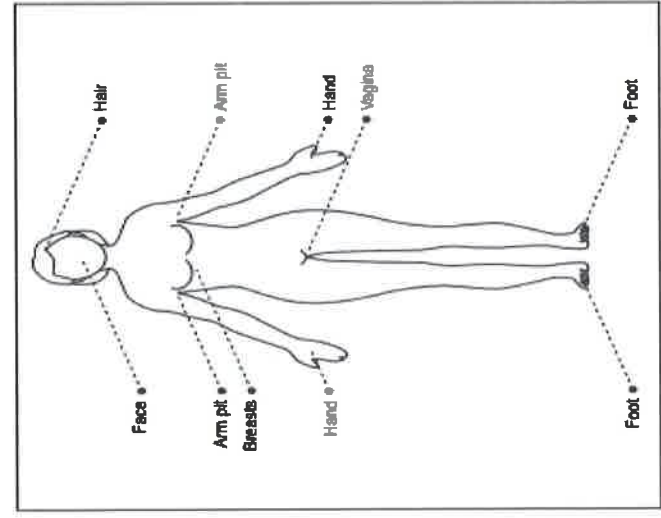
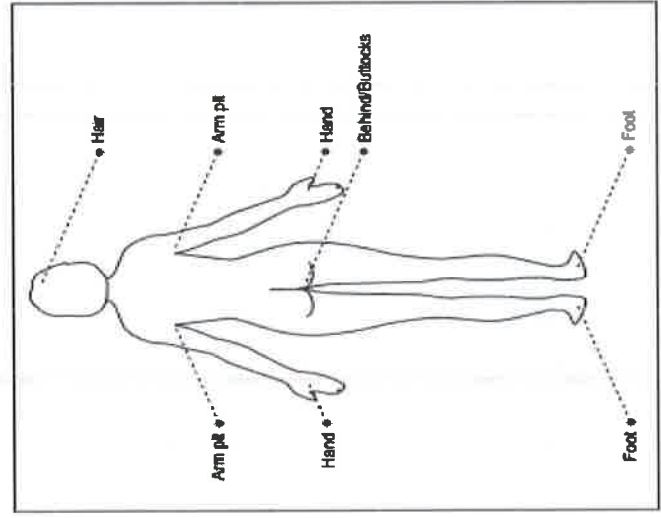
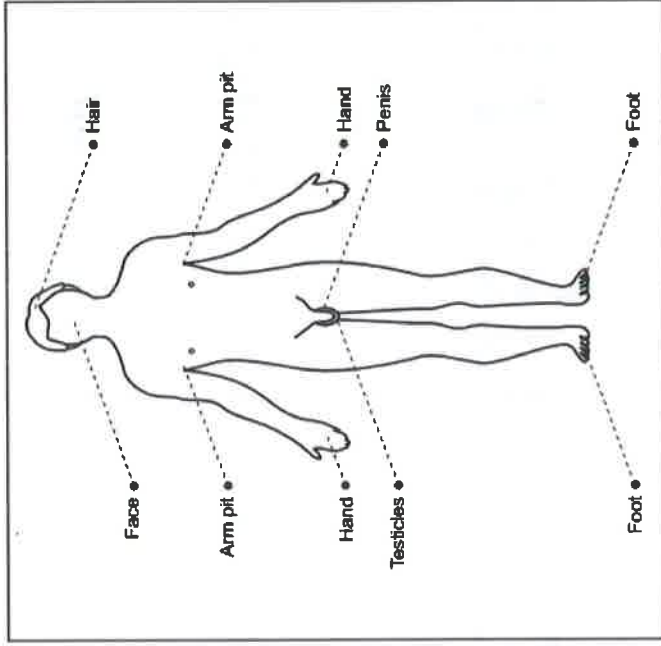
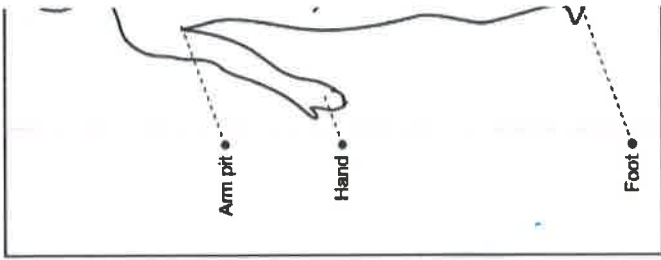


Oh No! Here it Comes: Onset of Puberty

- Talking To My Son and Daughter About These Things

Growing Up





No Couch Potatoes! Helping Your Son Stay Active

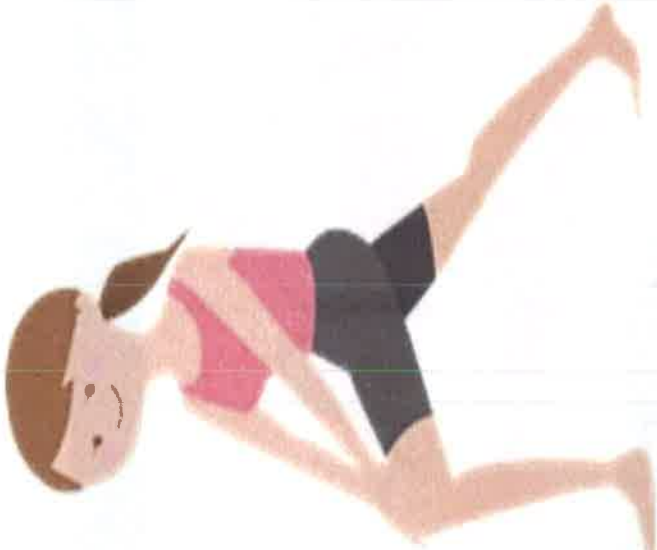
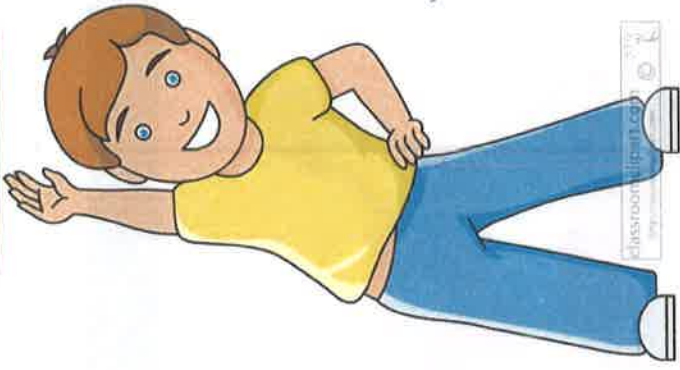
● How To Start





Leg Stretch





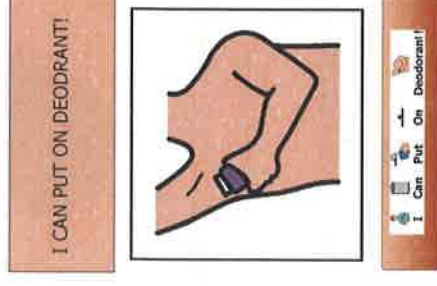
First



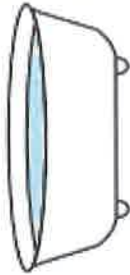
Then

Phew! What's That Smell?

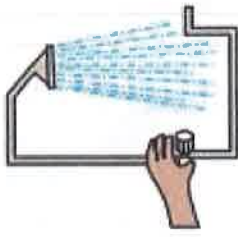
- Encouraging Good Hygiene
- Common Trouble Spots



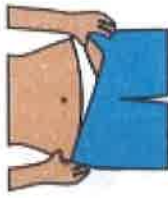
Fill tub with warm water



Turn on shower



Take off clothes



Get in tub



Get in shower



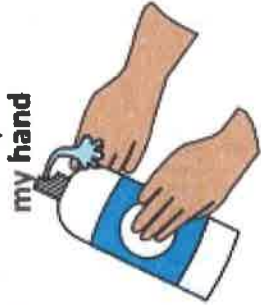
Wash whole body



Rinse soap off



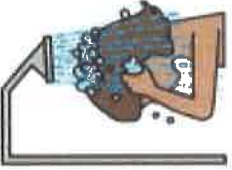
Put shampoo on my hand



Rub into hair



Rinse out shampoo



Turn off the water



Dry off with towel



Put on deodorant



Put on clean clothes



I did a good job


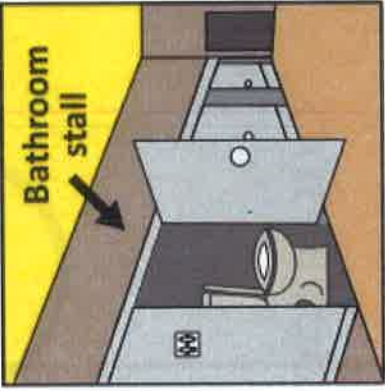


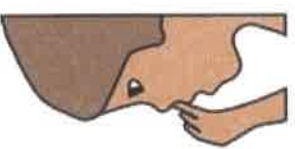

Oh Please, Not Here!










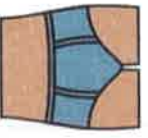


- Appropriate and Inappropriate Public Behaviors
- Teaching These Skills To My Son
- Touching Private Parts

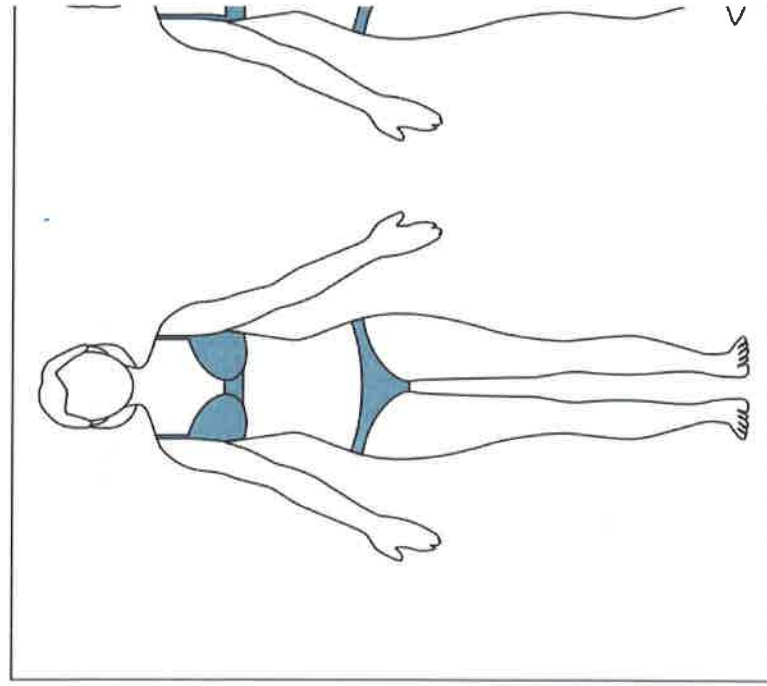
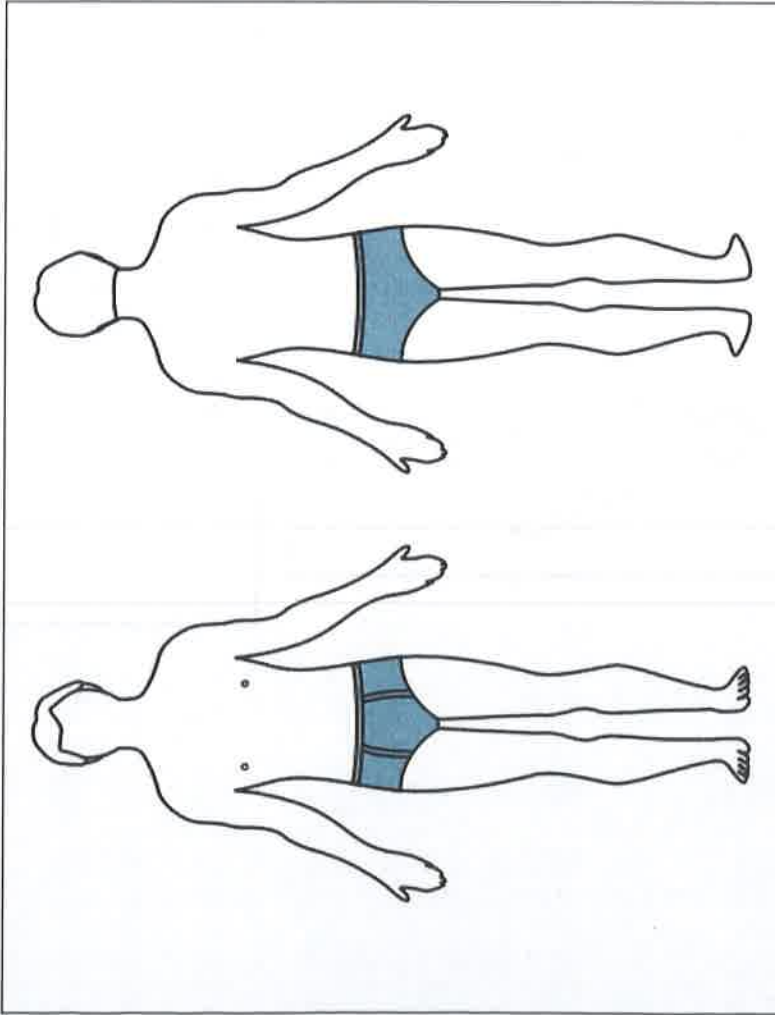




Blowing your nose 	
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Picking your nose 	Washing hands 
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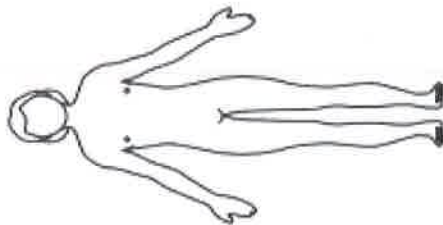
Public 	Private 	Don't touch self 
Keep arms at side 	Fold your hands 	Bathroom 
Need to touch 	Scratching your behind 	Alone 
Underwear on private parts 	Scratching your behind 	Alone 



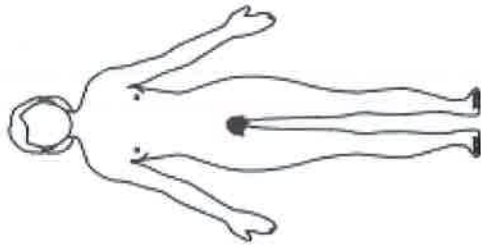
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TANNER STAGES OF LIFE - FEMALE

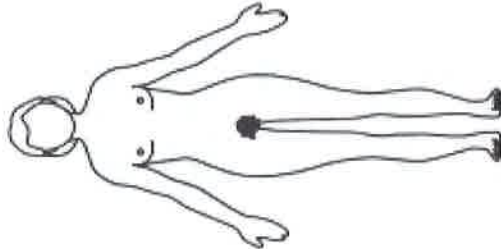
Stage 1



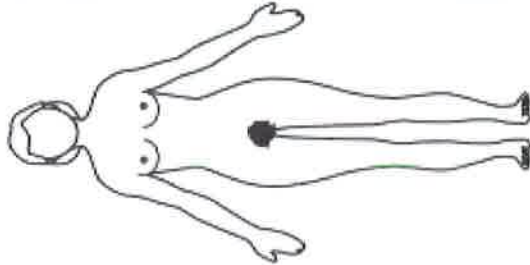
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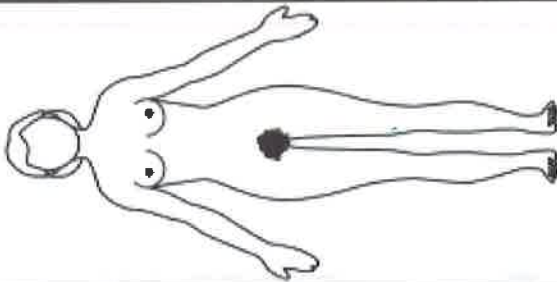
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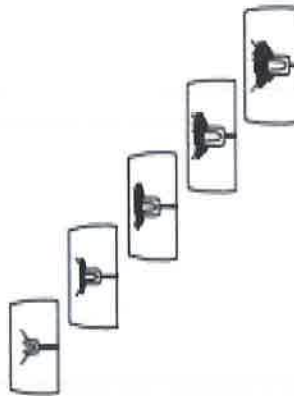
Stage 4



Stage 5

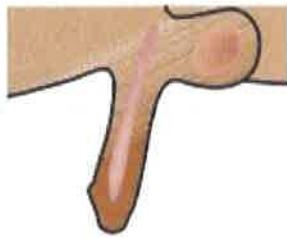


Tanner Stages of Life



My penis and testicles are growing and changing, too. I will grow hair under my arms and between my legs. This is normal.

Erection



Sometimes when I touch my penis, it will get harder and longer. This is called an erection.



Peers, Hormones, and Mood Swings

- How You Can Help Your Child Socially
- Moods and Feelings
- More Than “Moody”





50 Teen Haircuts for Summer
by David Livimston

cheapwigsonline.com
New Modern Ashlee Simpson
Medium Capless Black...

cheapwigsonline.com
Pretty Impressive Paris Hilton
Medium Length Wavy...



7 Die&Co
Say hello to the plus size tees
and leggings you've been...
Promoted by
Die&Co



Teen Clothing. Discover the hottest, directly off...



Watch for changes in their typical behavior like the ones listed below.

- **Emotions:** Crying, shouting, laughing for no clear reason
- **Behavior:** Pacing, rocking, rubbing hands together, picking at skin
- **Aggression:** Hitting, biting, scratching, head-banging, throwing items
- **Appetite:** Eating more or less
- **Wellness:** Complaining about headaches, stomach aches, or other body aches
- **Sleep:** Sleeping more or less, trouble falling or staying asleep, nightmares
- **Thinking:** Seeming confused, having trouble focusing, seeing things that are 1
- **Energy:** Moving more or less, acting withdrawn, not doing things they used to

Talk to your child's doctor about any changes that you see.

Boys Will Be Boys

- Nocturnal Emissions
- Preparing My Son For Nocturnal Emissions
- Erections
- Things That May Help
- Boxers or Briefs



Bras, Tampons, and Pads! Oh My!

♥ Introducing Bras to My Daughter

♥ Helping My Daughter Prepare for Her Period

Teaching My Daughter About Periods

Teaching My Daughter About Self-care





The Female Exam and Menstrual Control

Why My Daughter Needs an Exam

Teaching Her What to Expect During the Exam

Preparing My Daughter for the Exam

Helping My Daughter Feel More Relaxed

Menstrual Control

Birth Control for My Daughter



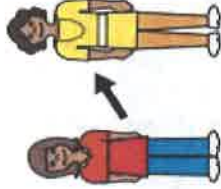
Appendix

Teaching About Periods – Story

My Period

Soon I will get a period like my _____ (e.g., aunt, mom, big sister). This means I am growing up. Other girls my age are starting their periods too. When I get a period, blood will come from my vagina. This is okay. I'm not hurt! My period may come every month. Periods are messy and can get on underwear and pants. I will use a pad in my underwear so the blood won't get on my pants. The pad may feel weird at first when I use it, but it will help keep my pants clean from the blood. I will keep my pad on. When the pad smells or becomes full of blood after _____ hours, I will change the pad in the bathroom. I will take off my dirty pad and wrap it in toilet paper. I will throw it away in the trash can. I will not flush it down the toilet. When I throw away my dirty pad I need to put on a new pad. Sometimes my stomach may hurt when I have my period. I will tell my mom or dad or the school nurse. My parents will be proud of me for taking care of my period and changing my pads.

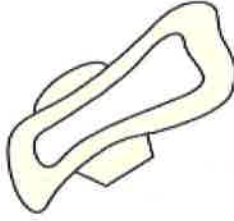
Growing up



Clean panties



Maxi pad



Bathroom



Throw away



Talk to Doctor



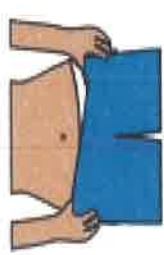







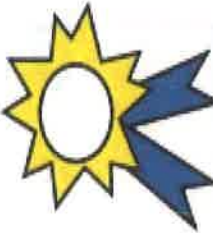
Talk



Buy 1 box



The Female Exam and Menstrual Con

<p>Take off clothes</p> 	<p>Put on gown</p> 	<p>Lay on table</p> 
<p>Put feet in stirrups</p> 	<p>Dr checks your body</p> 	<p>Stand up</p> 
<p>Take off gown</p> 	<p>Put on clothes</p> 	<p>Reward</p> 

Resources

- An appendix with social stories and visual supports may be downloaded at vkc.vumc.org/healthybodies



Utah Family Voices
Utah Parent Center
Family to Family Network
Jodi Hansen
801-272-1068

