

# Nebo School District

## Free Online Parent Workshops

### Winter/Spring 2022

Thursday, January 20<sup>th</sup>, 7-8:30pm

### Advocacy Tips for Millennial Parents (Ages 25-40)

Are you a Millennial Parent trying to find the best way to advocate for your child with special needs? What are the strengths of this generation as parents and what are the challenges when it comes to advocating? Is there a way to advocate with the school without a "fight" to get what you need for your child? What are the BEST ways to work with the school when things don't seem to be "working?" Join us for tips for millennials that can help you be the best advocate possible for your generation!

All registrants who attend will be put in a drawing for free Chick-fil-A and the main prize: a child's weighted blanket!

Register: [bit.ly/MillennialAdvocate](https://bit.ly/MillennialAdvocate)

Wednesday, February 16<sup>th</sup>, 7-8:30pm

### How to teach your child "Social Skills" at home!

Being a parent or caregiver of a child who struggles with social skills can be challenging. How can parents help with social skills at home? At the school level there are school counselors and school psychologists who help kids with special needs learn these skills consistently. Come listen to a school psychologist in Nebo who will share ideas for parents to help their children at home!

Register: [bit.ly/NeboSocialSkills](https://bit.ly/NeboSocialSkills)

Wednesday, March 16<sup>th</sup>, 7-8:30pm

### Transition to Secondary

The transition from elementary to middle school and from middle school to Jr. High and from Jr. High to High School is bound to create some anxiety for students and parents, especially for parents of children with disabilities. Join us for an evening where we will discuss what can be done to help ease the transition and prepare your child for success.

Register: [bit.ly/Neboto2ndary](https://bit.ly/Neboto2ndary)

Wednesday, April 20<sup>th</sup>, 7-8:30pm

### Does your child struggle with Executive Functioning Skills?

This presentation will provide parents practical information and resources regarding Executive Functioning Skills. Participants who have children with EFS deficits such as organizing, remembering things, prioritizing, paying attention, starting and finishing tasks, turning in homework, etc., will learn how they can help their child have more life skills for future success. Techniques such as how to teach your child "cues," "self-monitoring," "temper control" and "flexible thinking" among others will be taught. These easy-to-apply techniques can be adapted to all ages of children with special needs.

Register: [bit.ly/ExecFuncNebo](https://bit.ly/ExecFuncNebo)



To register for these and other Utah Parent Center events, please scan the QR code or visit [www.utahparentcenter.org/events](https://www.utahparentcenter.org/events)



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Questions?

Contact Heidi Whittaker at 801.228.8144 or  
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