



Empowering families of children with special needs since 1983

Helpline: 800.578.2592

May 2016, Monthly Express

Self Advocacy for Kids

No one is a better champion for your child than you. However, children who learn to self-advocate are confident, self-aware, and more socially adept.



Photo: United States Marine Corps

As parents we take great joy in helping our children grow into full, happy, confident human beings. When they are young, part of our job is making sure they're getting attention and support from others to help them on their journey. Speaking to doctors, teachers, coaches, or friends is all part of being a parent.

Although we are our children's most vocal advocates, one valuable skill we can help them attain is self advocacy. This requires both willingness and ability.

- **Tell your children it's OK to speak up** for themselves.
- **Listen to them** describe their strengths and weaknesses.
- **Discuss how** to address these challenges.

DONATE
to Matrix

[En Español](#)

Upcoming Matrix Events

[Matrix Milers—First Day of Training for the Santa Rosa Marathon](#)



[Matrix Mighty Milers First Day of Training!](#)



Every child, regardless of his or her abilities, should have opportunities to look forward to and goals to reach for.

Participating in the Matrix

- **Congratulate them** when they assert themselves.
- **Give feedback** on ways to speak up more effectively.

For strategies and more ideas check out these links:
[Smart Kids with Learning Disabilities website](#)
[Pacer Center Action Information Sheet](#)



Self Advocacy for Kids in the Early Years

It's never too early to begin teaching self-advocacy skills to our little ones. Even if it's as simple as asking them to choose which shirt they want to wear – red or blue – or which fruit they want to eat – apple or orange?

Giving them simple choices and praising their wise decision making skills will go a long way toward building their self-esteem and allowing them to feel confident in making whatever decisions they'll be capable of making as they grow.

Here's a good resource about Self Advocacy for little ones with disabilities: [Milestones Autism Resources](#)

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Upcoming Matrix Trainings, Workshops, and Events

TRAINING

Behavior Intervention Plans: Supporting Students with Behavior Challenges

Thursday, May 19

Matrix Novato Office
 94 Galli Drive, Suite C



ARNOLD ADVOCACY
 Special Education Solutions

[Click here for more information and to register](#)

TRAINING

Matrix Parent Network & SCDD North Bay present: Individual Program Plan (IPP) Basics

Thursday, May 26

Vacaville Town Square Library
 1 Town Square Place

[Click here to register](#)

Mighty Milers is a fun way for all children to make a difference and get active.

Upcoming Matrix Trainings & Workshops

[Behavior Intervention Plans: Supporting Students with Behavior Challenges](#)

[Matrix Parent Network & SCDD North Bay present: Individual Program Plan \(IPP\) Basics](#)

A special thanks from the heart to [W. Bradley Electric, Inc.](#) for sponsoring the trainings below:

[Special Education Rights and Responsibilities](#)

[Derechos y Responsabilidades de La Educación Especial](#)



Ways To Give



[Join Our Kitchen Table](#)

Community Events



How to Talk So Kids Who Are "Wired Differently" Will Listen
[Sunday, May 15](#)

2nd Annual Children's Network
 Community Night

[Click here to download a flyer](#)

TRAINING

Special Education Rights and Responsibilities

Tuesday, June 7

Vacaville Town Square Library
1 Town Square Place

[Click here to register](#)

Training sponsored by [W. Bradley Electric, Inc.](#)

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EVENT

Saturday, June 4, Matrix Milers First Day of Training!



Come Run With Us!
Have fun and connect with our community while also raising money for Matrix.

- ▶ Do something for yourself
- ▶ Set a goal
- ▶ We're here to help

Questions? Email Coach Alexs at alexslsynch@gmail.com

Join our training team for the Santa Rosa Half Marathon or the 5K. All registrants get a free pair of Balega running socks, and the first 40 people to sign up will get a free entry into the Santa Rosa Half Marathon (\$138 value).

- Full 12 week training program
- Incredible weekly giveaways
- Weekly training runs
- Social events all summer long

[Click here to sign up for the Santa Rosa Half Marathon training team](#)

[Click here to sign up for the Santa Rosa Marathon 5K training team](#)

EVENT

Tuesday, June 7, Matrix Mighty Milers First Day of Training!



Run for Fun!
Join our kids' 5k training team...
an inclusive team for children of all different ages and abilities.

Kids with special needs deserve to experience the same opportunities that other children experience. Matrix Mighty Milers is an inclusive 5K training team for children of all ages and all different abilities.

While raising money for Matrix Parent Network &

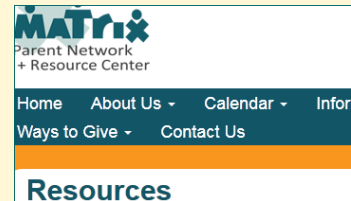
Comey Night
Friday, May 20

Sensory Sensitive Film Screenings, Santa Rosa, 10am, the last Saturday of each month

Saturday, May 28

[Visit our Calendar](#) for more community events

Explore Our Resources



MATRIX
Parent Network
+ Resource Center

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Ways to Give - Contact Us

Resources

- [Information by topic](#)
- [Matrix Newsletters](#)
- [Links to Key Public Agencies](#)
- [Matrix Libraries \(in our offices\)](#)

Connect Online!

[Like us on Facebook](#)

[Join our Matrix Big Tent](#)
A safe online community for Matrix parents/guardians only



[Facebook](#)



[Twitter](#)



[Flickr](#)



[Big Tent](#)

Check out our 3 Facebook support groups!

[Sonoma](#)

Resource Center, the team will train for 12 weeks and participate in the Santa Rosa Marathon 5K.

[Click here for more information](#)

[Click here to join!](#)

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Ways to Give

Matrix Kitchen Table



Your \$20 a month provides support to 12 families a year. Join us at [Our Kitchen Table.](#)

Matrix News

Matrix Welcomes Coleman McDonough

We are all happy to have Coleman on our Matrix team. It's nearly impossible to get by without a skilled data specialist!

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En Español

Auto Defensa de Niños

Nadie es un mejor campeón que usted para su hijo. Sin embargo, los niños que aprenden a autodefenderse tienen confianza, conscientes de sí mismos, y mucho más sociables.

Como padres tenemos una gran alegría en ayudar a nuestros niños a crecer, felices, ser seres humanos confiados. Cuando son jóvenes, parte de nuestro trabajo es asegurarse de que van a obtener la atención y el apoyo de los demás para ayudarles en su viaje. Hablando con médicos, maestros, entrenadores o amigos es parte de ser un padre.

Aunque somos más defensores vocales de nuestros hijos, una habilidad valiosa con la que podemos ayudarles es a alcanzar es la defensa propia. Esto requiere voluntad y capacidad.

[Marin](#)

[Solano/Napa](#)

 Forward

- **Diga le a sus hijos que está bien** hablar por sí mismos.
- **Escucharlos** describir sus puntos fuertes y débiles.
- **Discutir cómo** hacer frente a estos retos.
- **Felicitarles cuando** afirman a sí mismos.
- **Comentarios y** sugerencias sobre la manera de hablar más eficaz.



Auto defensa para niños en los primeros años

Nunca es demasiado pronto para comenzar a enseñar habilidades de autodefensa a nuestros pequeños.

Incluso si es tan simple como preguntar a elegir qué camisa quieren llevar, rojo o azul, o qué fruta se quieren comer, manzana o una naranja?

Dándoles opciones simples y alabar sus habilidades de tomar decisiones sabias que recorrer un largo camino hacia la construcción de su autoestima y permitiendo que se sientan seguros en la toma de cualquier decisión que van a ser capaces de hacer a medida que crecen.

[Volver arriba](#)

Próximos Entrenamientos y Talleres de Matrix

Derechos y Responsabilidades de La Educación Especial

Thursday, May 26

Roseland Pediatrics

711 Stony Point Road, Suite 17, Santa Rosa

[Haga clic aquí para mas información y para registrar](#)

Esta entranamiento está patrocinado por

[W. Bradley Electric, Inc.](#)

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