



Empowering families of children with special needs since 1983  
Capacitar a las familias de niños con necesidades especiales desde 1983

Helpline 800.578.2592

## December 2016 Monthly Express

# All is Calm. All is Bright. Really?



**As parents of kids with special needs, we're constantly considering their behavior.** How does their behavior during the holiday season affect things like their learning, their friendships (or lack of them), and their stress levels?

Be the example for your child, and focus on managing your stress this holiday season. Learn how to stay calm during the holidays and plan calm celebrations. Check out these web pages and articles:

- [How to Stay Calm During the Holidays](#)
- [Special Occasions and Special Needs Kids](#)
- [Enjoying The Holiday Family Gathering With Your Special Needs Child](#)

And be kind to your fellow shoppers in crowded stores and fellow drivers in traffic. Our kids are watching us and modeling our behavior.

**Be calm, be bright. Maybe, just maybe, all will be. Happy Holidays!**



**DONATE**  
to Matrix

[En Español](#)

### Upcoming Matrix Events

**Our Hops & Harmonies Fundraiser returns to Lagunitas January 17!**  
[read more](#)



Hops & Harmonies

### Upcoming Matrix Trainings & Workshops

**ENGLISH TRAININGS**  
**Special Education Rights and Responsibilities**  
[Fairfield](#)  
[Santa Rosa](#)  
[Novato](#)

**SPANISH TRAININGS**

## The Early Years: Holiday Coping Strategies

Families who have children with special needs face many challenges during the holidays. One great coping strategy for getting through the day is **creating a holiday themed sensory basket** for your child to play with!

Fill it with decorative ornaments, pumpkins/gourds, garlands – all child friendly items of course! Reserve it for that moment when you're in desperate need of calm.

[Check out these ideas for sensory sensitive holidays.](#)

[return to top](#)

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## Upcoming Matrix Trainings, Workshops & Events

### TRAINING

#### Special Education Rights and Responsibilities

**Thursday, January 12**

Parents By Choice Meeting Room  
1545 N Texas Street #201, Fairfield

[Click here to register](#)

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### TRAINING

#### Special Education Rights and Responsibilities

**Friday, January 27**

Sonoma County Office of Education (SCOE)  
5340 Skylane Boulevard, Santa Rosa

[Click here to register](#)

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### TRAINING

#### Special Education Rights and Responsibilities

**Friday, January 27**

Matrix Office  
94 Galli Drive, Suite C, Novato

[Click here to register](#)

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## Abogando por su Estudiante con Necesidades Especiales [Santa Rosa](#)

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### Matrix News



Matrix is pleased to welcome two new members to our team!

**Erin Grucz**

Parent Advisor

**Dominique Soileau**

Events Coordinator

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### Make an Impact!



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

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### Community Events



Sonoma Sensitive Santa

## UPCOMING EVENTS

Save the Dates!

**Hops and Harmonies – January 17**



Hops & Harmonies

We'll be holding our 2nd annual Hops & Harmonies fundraiser at Lagunitas.

Come out and enjoy great music, good beer, and tasty food. Bring the entire family. Even your pets are welcome!

[Click to purchase your tickets here.](#)

**Fabulous Matrix Golf Tournament – April 28**

*The golf tournament is BACK!*  
Keep an eye out for information, but be sure to mark it on your calendar



[return to top](#)

## Make an Impact!

**Raising a child with special needs is a marathon, not a sprint**, and sometimes it feels like they keep moving the finish line! When you support Matrix, you help a family get closer to the finish line! What better gift to give this holiday season?



**As you are getting your last minute holiday gifts, don't forget about Matrix!**

[Click here to make your tax deductible donation today!](#)

[return to top](#)

## En Español

**Todo es tranquilo. Todo es brillante. ¿De Verdad?**

### Event

[Sunday, December 18](#)

**Sensory Sensitive Film – Moana**

[Saturday, December 31](#)

**Playtime Saturday**

[Saturday, January 7](#)

### Explore Our Resources

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

### Connect Online!

[Like us on Facebook](#)



Facebook



Twitter

**Check out our 3 Facebook Support Groups!**

[Marin Solano/Napa Sonoma](#)



Forward

Como padres de niños con necesidades especiales, estamos constantemente considerando su comportamiento. ¿Cómo afecta su comportamiento durante la temporada de fiestas como en su aprendizaje, sus amistades (o la falta de ellos), y sus niveles de estrés?

Sea el ejemplo para su hijo, y concentrase en manejar su estrés en esta temporada navideña. Aprenda a mantener la calma durante las fiestas y planifique celebraciones tranquilas.

Eche un vistazo a estas páginas de web y artículos:

- [How to Stay Calm During the Holidays](#)
- [Special Occasions and Special Needs Kids](#)
- [Enjoying The Holiday Family Gathering With Your Special Needs Child](#)

Y ser amable con sus compañeros de compras en las tiendas concurridas y al igual con los conductores en el tráfico. Nuestros niños nos están observando y modelando nuestro comportamiento.

Este calmado, sea brillante. Quizás, a lo mejor, todo puede ser.

¡Felices Fiestas!

[volver arriba](#)

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## Los Primeros Años: Estrategias de Afrontamiento en las Fiestas

Las familias que tienen hijos con necesidades especiales enfrentan muchos retos durante las fiestas. Una gran estrategia para hacer frente al pasar el día es creando una cesta sensorial temática de fiestas para su hijo ¡y jugar con ella!

Llenarlo con adornos decorativos, calabazas / guirnalda, ¡por supuesto, todos los artículos para niños! Reservelo para ese momento cuando este desesperado y necesite la calma.

[Check out these ideas for sensory sensitive holidays.](#)

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## Próximos Entrenamientos y Talleres de Matrix

## TRAINING

### Abogando por su Estudiante con Necesidades Especiales

**Lunes 6 de febrero**

711 Stony Point Road, Suite 17  
Santa Rosa

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

[volver arriba](#)



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[www.matrixparents.org](http://www.matrixparents.org)

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