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.

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.
  Congratulate them when they speak themselves.

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Upcoming Matrix Events

**Matrix Milers–First Day of Training for the Santa Rosa Marathon**

**Matrix Mighty Milers First Day of Training!**

Photo: United States Marine Corps

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

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

**Thursday, May 26**
Vacaville Town Square Library
1 Town Square Place

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

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**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**

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**Ways To Give**

**Our Kitchen Table**

**Join Our Kitchen Table**

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**Community Events**

How to Talk So Kids Who Are "Wired Differently" Will Listen

**Sunday, May 15**

2nd Annual Children's Network Comedy Night
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.

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 Alex at alex@lynnch@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 &
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 humados 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.
• 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 efic.

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.

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 más información y para registrar

Esta entrenamiento está patrocinado por W. Bradley Electric, Inc.

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