



Empowering families of children with special needs since 1983

Helpline 800.578.2592

June 2016 Monthly Express

MILESTONES

Take a deep breath, look how far you have come!

Here we are at the end of a long school year. You've spent countless hours at workshops. You've read the latest news about your child's challenges and attended a multitude of IEP meetings—all while remaining a positive and cooperative team member. Not always an easy task!

Good job getting through to summer. Now's it's time to put all of your hard work and heartfelt efforts to rest. It's time to stop and look at what is right in front you—your beautiful child.

There's a time for everything in life. The school year is the time for crossing t's and dotting i's. Now it's time to take a deep breath, reflect on the past year, and enjoy your family and friends. You deserve it!

“Remember to breathe. It is after all, the secret to life.” – Gregory Maguire, *A Lion Among Men*

Milestones in the Early Years:

Take a deep breath and see how far you have come!

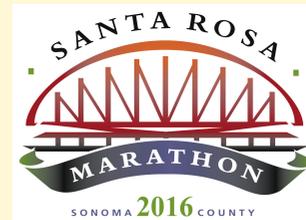


**DONATE
to Matrix**

[En Español](#)

Upcoming Matrix Events

Join us on Race Day
August 28th at the
[Santa Rosa Marathon](#)



Matrix Milers

We've already raised \$5,650
[Click here—help us raise more](#)



LAST CHANCE

[Sign up for the
Matrix Mighty Milers](#)





This column has provided you with countless links to websites which describe in detail physical, social, emotional and cognitive milestones created by the professionals to help you track your babe's development.

Well, here's one more:
[CDC | Milestones | Learn the Signs. Act Early.](#)

Now I challenge you to put all that aside – not for the whole summer – but for some moments of it. If you can, try to **not** make your little one's disabilities top priority for an hour a day, and to **not** play with them with specific toys that are meant to promote their pincher grasp or bilateral coordination or sequencing skills. Just simply play with them like you would any other typically developing child.

Give yourself (and them) a break. You may be pleasantly surprised the next time you check those milestone lists.

[Return to top](#)

Upcoming Matrix Trainings, Workshops, & Events

TRAININGS

Matrix wishes all our families a happy and healthy summer! Our training schedule will resume in September.

EVENTS

Matrix Milers

Training started last Saturday, and the team has already raised \$5,650 for Matrix! If you would like to [support our Matrix Milers team, click here.](#)

Matrix Mighty Milers

Last Chance to sign up for the Matrix Mighty Milers! Our official team training will begin on Tuesday, June 14th. Practices will be at Howarth Park from 6-7:30. This is a training team for The Santa Rosa Marathon 5K, and is a team for children of all ages and abilities. [To sign up, click on this link and fill out the form!](#)



Special thanks to our Mighty Miler Sponsors

- [Morton & Bassett Spices](#)
- [Staggs Construction](#)
- [Silveira GMC](#)
- [Parmeter General Engineers & Services, Inc.](#)

Upcoming Matrix Trainings & Workshops

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

Training resumes in September!

Upcoming Community Events

Gateway to College Academy at SRJC

SRJC  PETALUMA

"Are you behind in high school credit or know someone that dropped out...[MORE](#)

Call 778-3630 for more info or visit [Gateway to College](#) online

Accepting applications now for the fall semester.

[Watch YouTube video](#)

Road to Independence Conference



Contact: Karen Kaplan,
 Executive Director, Offerings
 Phone (415) 497-3751: Email

Ways to Give

We would like to thank all of our Matrix Mighty Milers team sponsors.



Staggs Construction
staggs-construction.com

Silveira GMC
silveiragmc.worktrucksolutions.com



Parmeter General Engineers Services, Inc.
parmeterges.com

Our SUPER SPONSOR
Morton & Bassett Spices

A special thank you to our "Super Sponsor," Morton & Bassett Spices!
www.mortonbassett.com



Matrix Kitchen Table



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

[Return to top](#)

En Español

Hitos. ¡Tome una respiro profundo, mire lo lejos que han llegado!

karensupportsu@comcast.net

CEU's OFFERED By Golden Gate Regional Center
[Download flyer here](#)

Ways To Give



[Join Our Kitchen Table](#)

Ongoing Community Events



Sensory Sensitive Film Screenings – Santa Rosa
June 25, Finding Dory
10am the last Saturday of each month

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

Explore Our Resources



Resources

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

Aquí estamos al final de un año escolar de largo. Usted ha pasado incontables horas en los talleres. Usted ha leído las últimas noticias acerca de los desafíos de su hijo y asistió a una multitud de reuniones de IEP, todo sin dejar de ser un miembro positivo y de cooperación en equipo. ¡No siempre es una tarea fácil!

Buen trabajo conseguir a través del verano. Ahora es tiempo de poner todo su trabajo duro y los esfuerzos sinceros a descansar. Es tiempo de parar y mirar lo que está justo en frente de usted su hermoso niño.

Hay tiempo para todo en la vida. El año escolar es para todos los detalles correctamente. Ahora es el tiempo de tomar una respiración profunda, reflexionar sobre el año pasado, y disfrutar de su familia y amigos. ¡Se lo merece!

"Recuerde respirar. Esto, después de todo, el secreto de la vida." - Gregory Maguire, [Un León Entre los Hombres](#)

[Volver arriba](#)

Hitos en los Años Primeros

¡Tome una respiración profunda y vea lo lejos que ha llegado!

Esta columna le ha proporcionado un sinnúmero de enlaces a sitios web que describen en detalle físico, los hitos sociales, emocionales y cognitivas creadas por los profesionales para ayudar a realizar un seguimiento del desarrollo de su bebé.

Bueno, aquí está uno más:

[CDC | Los hitos | Aprenda los signos. Reaccione pronto.](#)

Ahora le reto a poner todo eso a un lado - no paor todo el verano - pero para algunos momentos de la misma. Si puede tratar de no hacer máxima prioridad la discapacidad de su pequeño por una hora al día, no jugar con ellos con juguetes específicos que tienen el propósito de promover su agarre de pinza o de coordinación o de secuenciación de habilidades bilaterales. Simplemente jugar con ellos como lo haría con cualquier otro niño en desarrollo.

Dése (y ellos) un descanso. Usted puede ser sorprendido agradablemente la próxima vez que revise esas listas de hitos.

... ..

Connect Online!

[Like us on Facebook](#)



[Facebook](#)



[Twitter](#)



[Flickr](#)



[Big Tent](#)

Check out our 3 Facebook support groups!

[Marin](#)

[Solano/Napa](#)

[Sonoma](#)



Forward

[Volver arriba](#)

Próximos Entrenamientos y Talleres de Matrix

Derechos y Responsabilidades de La Educación Especial

Martes 21 de junio
Vacaville Town Square Library
1 Town Square Place

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

[Volver arriba](#)



info@matrixparents.org

800.578.2592

© Copyright 2016 Matrix Parent Network and Resource Center

Novato Office:
94 Galli Drive, Suite C
Novato, CA 94949

Fairfield Office:
817 Missouri Street, Suite 2
Fairfield, CA 94533

[Unsubscribe](#) acdowd@acdowd-designs.com from this list.