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Empowering families of children with special needs since 1983 Capacitar a las familias de niños con necesidades especiales desde 1983				Helpline 800.578.2592

August 2019 Express

Self-Advocacy for Kids at School

By Alyssa DiFilippo, Director of Parent Services

**Children who learn to self-advocate
improve their self-esteem, self-awareness,
and self-confidence.**



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[Español](#)



RACE DAY THIS SATURDAY!

Matrix Mighty Milers is a **FREE** running program for kids of all ages and abilities. **Please come cheer our team** on as they complete their goal finishing the 5k course of the Santa Rosa Marathon!

[Read Mighty Milers Race
Day Details](#)



This in turn helps them to develop and maintain friendships, communicate more effectively with others, and succeed in school and in life.

There's no better place for your children to practice self-advocacy skills than in their IEP (Individual Education Plan) meetings. **Encourage your young students to attend the IEP meeting, even if only for a few minutes.** Ask them to introduce themselves to the team and say a few words about what they enjoy in school. Have them talk about some of the things at school that are challenging.

The time they spend at the meeting can increase as they age. Don't worry about "talking about them with the team in front of them." There are ways around that. **Talk with your team about how to best integrate your child into the IEP meeting.** You can still have the essential conversations you need to have with the team *about* your children and their performance at school.

- If appropriate, share this resource from Pacer Center with your children:
<https://www.pacer.org/transition/resource-library/publications/NPC-28a.pdf>
- Here are a few tips from the Child Mind Institute to help your child talk about their disability to teachers:
<https://childmind.org/article/how-to-help-kids-talk-about-learning-disabilities/>
- This webpage from Pacer Center features short videos and links to self-advocacy resources:
<https://www.pacer.org/students/transition-to-life/advocating-for-myself.asp>
- Some best practices in self-advocacy from the Center for Parent Information & Resources:
<https://www.parentcenterhub.org/priority-selfadvocacy>

Self-Advocacy for Kids in the Early Years

By Alyssa DiFilippo, Director of Parent Services



Upcoming Matrix Trainings & Workshops



[View and register for trainings on our website](#)

Help us FUEL our Mighty Milers!

[Watch this 2 minute video](#)

and learn more.

Visit our [Crowdrise page](#).

Fuel our Mighty Milers to get across the finish line!

Thank You to our Mighty Milers Sponsors!



The Swain Center
Advanced Treatment for Learning, Communicating and Learning





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.

Give them simple choices. Praise their wise decision-making skills. These small gestures go a long way towards building self-esteem. Your encouragement gives them confidence. They will continue making whatever decisions they are capable of making as they grow.

Always remember that even the littlest eyes are watching and imitating how you interact in the world. So teach away, but remember to “be what you want to see”.

Check out this helpful article in HuffPost:

https://www.huffpost.com/entry/how-to-teach-your-child-to-self-advocate_b_8436074

Upcoming Matrix Trainings, Workshops, and Events



Visit our website to view our many Fall Training Offerings. We have a new website AND we are using a new registration system. Registration may look and feel a little different this season.

- Go to the **Trainings & Events** menu item (top right on website)
- [Select Matrix Trainings](#) for training descriptions
- [Select Training List](#) for quick registration (Our new registration form does NOT open in a new tab. We are working to improve this).



“I can’t thank you enough for connecting me to my Support parent. Speaking with someone who has been through similar issues makes me feel less alone!”
Anonymous quote from a P2P parent. [Click here to read more](#) about P2P



[Morton & Basset Spices](#)

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

[The Swain Center](#)

[Campbell Wellman](#)

[Arnold Advocacy](#)

[Langtech](#)

[Santa Rosa Marathon](#)

Thank you to The Marin Community (MCF)



We are very pleased to have received a \$50,000 capacity building and sustainability grant from [Marin Community Foundation](#). We look forward to this partnership.

Join Our Monthly Giving Program



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Matrix Mighty Milers 5K race coming soon



Our Mighty Milers have been training hard every Tuesday night at Howarth Park in Santa Rosa. We have 25 participants this year and it is exciting to see the progress every week. The inclusion that is fostered and friendships that are formed are truly remarkable.

You can learn more about the race, the runners, and the program by clicking this [Mighty Milers post link](#)

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En Español

Abogando para los Niños en la Escuela

Los niños que aprenden por sí mismos mejoran su autoestima, conciencia de sí mismos y confianza en sí mismos. Esto a su vez les ayuda a desarrollar y mantener amistades, comunicarse de manera más efectiva con otros y tener éxito en la escuela.

No hay mejor lugar para que sus hijos practiquen habilidades de autodefensa que en sus reuniones de IEP (Plan de Educación Individual). Anime a sus jóvenes estudiantes a asistir a la reunión del IEP, aunque solo sea por unos minutos. Pídeles que se presenten al equipo y digan algunas palabras sobre lo que disfrutaron en la escuela. Haga que hablen sobre algunas de las cosas que son desafiantes en la escuela .

El tiempo que pasan en la reunión puede incrementar su madurez. No se preocupe por "hablar sobre ellos con el equipo que está frente a ellos". Hay maneras de evitarlo.

Your \$20 a month provides **support to 12 families a year.** [Click here to join.](#)

Community Events



[Marin County Free Library - FLAGship is coming to you!](#)

[En Marin: ¡FLAGship viene hacia ti!](#)

Tools to Use

- [Getting Organized Early Years](#)
- [Getting Organized School-Age](#)
- [IFSP](#)
- [IEP Toolkit](#)
- [Advocating for Your Child with Special Needs](#)

Additional Resources

- [Resources Index](#)
- [P2P - Connect to a Parent](#)
- [Matrix Newsletters](#)
- [Links to Key Public Agencies](#)

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equipo que está frente a ellos". Hay maneras de evitarlo. Hable con su equipo sobre cómo integrar mejor a su hijo en la reunión del IEP. Todavía puede tener las conversaciones esenciales que necesita tener con el equipo sobre sus hijos y su desempeño en la escuela.



[volver arriba](#)



Abogando de los Niños en los Primeros Años

Nunca es demasiado temprano para comenzar a enseñar habilidades de autodefensa a nuestros pequeños. Incluso si es tan simple como pedirles que elijan qué camisa quieren usar, roja o azul, o qué fruta quieren comer, manzana o naranja.

Dales opciones simples. Elogie sus sabias habilidades para tomar decisiones. Estos pequeños gestos contribuyen en gran medida a desarrollar la autoestima. Su aliento les da confianza. Continuarán tomando las decisiones que sean capaces de tomar a medida que crecen.

Recuerde siempre que incluso los ojos más pequeños miran e imitan cómo interactúa en el mundo. Enseñe, pero recuerde "ser lo que quiere ver".

Check out our 3
FaceBook Support
Groups!

[Marin](#)

[Solano/Napa](#)

[Sonoma](#)



Visite nuestro sitio web para ver nuestro horario de Entrenamientos que ofreceremos en Otoño. Tenemos un nuevo sitio web Y estamos utilizando un nuevo sistema de registro. El registro puede verse y sentirse un poco diferente esta temporada. Estos consejos pueden ayudarlo con su experiencia de registro.

- Vaya al menú de **Entrenamientos y Eventos** (arriba a la derecha en el sitio web)
- [Seleccione Matrix Training](#) para descripciones de **entrenamientos**.
- [Seleccione la Lista de Entrenamiento](#) para un **registro rápido** (Nuestro nuevo formulario de registros NO se abre en una nueva pestaña. Estamos trabajando para mejorar esto).



"No puedo agradecerle lo suficiente por conectarme con mi padre de apoyo. ¡Hablar con alguien que ha tenido problemas similares me hace sentir menos sola! "

Cita anónima de un padre P2P
[Haga clic aquí para leer más.](#)

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