

## “Get an Early Start” News for Parents of Children 0-5

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Welcome to our e-newsletter specifically for parents who have children ages 0-5, and the professionals who serve them! Our program remains virtual through the end of this calendar year in an abundance of caution; however, we continue to provide many services and roll out new ones. With the fall season upon us, I hope you have a chance to take a breath, find some trees with color-changing leaves on them with your child, and enjoy!

I wanted to highlight our upcoming webinars all about [Transition at age 3](#). There are some new things that are available for transitioning families, such as provisional eligibility for the Regional Center services for 3- and 4-year-olds, as well as the Self-Determination option. Come find out more, and encourage others to join us!

I am also thrilled to announce that PHP is celebrating November as “Get an Early Start!” month! There are a lot of great informational webinars planned, as well as fun virtual activities on Saturdays for you to enjoy with your child. We are also rolling out our very anticipated digital [Family Care Notebook](#) in Spanish, Vietnamese, and English. [Take a peek](#) at all the events here- and sign up to be the first to download the free Family Care Notebooks!

We also have a Facebook Group that we encourage everyone to join. We have been posting information that may be of value, and we also encourage others to share opportunities for parent leadership and training. [Join here!](#) It is a private group, with no selling of products or services. However, free events of interest will be allowed!

I have included information on other PHP events that may be of interest to you, as always! I hope everyone stays happy, and healthy as we move into the Fall. We hope to see you at one or more events!

### **Highlights of our October On-Line PHP Events Calendar:**

**Thursdays, starting October 7th for 4 weeks, 6:30-8:30 PM** [“Sharing the Journey”](#)  
Sharing the Journey is a 4 session online support workshop series. Topic to be covered include: Self Care Strategies, Building Resilience with the 5 Protective Factors,



Community Supports and Services, and The One Page Profile. To participate your child should be between 0 and 17 years old and reside in Santa Clara County. Limited to 8 places to allow for more intimate sharing & discussion. Participants will be asked to complete a short questionnaire before receiving the meeting link and again after the series is over.

**Monday, October 11 & 25th, 8:00-9:00 PM** “[The Early Years: Special Needs Parent Support Group](#)” The journey to, through, and beyond a special needs diagnosis can make the parenting experience all the more intense. Especially during the pandemic! Join an intimate circle of fellow travelers for sharing, listening, and supporting each other with practical advice. Group is for parents of children ages 2-8. Facilitated by Rabbi Laurie Matzkin, JCC Mindful Jewish Journeys Educator. The group is compassion-based and anyone interested in meeting others sharing the journey of parenting a child with special needs is encouraged to attend. Jewish wisdom will be used as a framework for discussion prompts; however, no Jewish background or affiliation is necessary.

**Tuesday, October 12th, 10:00-11:30 AM** “[A Quick Guide to the IEP & Special Education Process](#)” Would you like to improve your skills and knowledge to become active partners in developing your child’s educational program? This online training will help you understand the special education process; it is an overview of the ins and outs of the IEP. The goal is to help you understand your rights, recognize the value of your parenting expertise, and improve your communication and problem-solving skills.

**Wednesday, October 13th, 6:30-8:00 PM** “[Transition at age 3 for Children with Special Needs](#)” This webinar will explain the details of this change from Early Intervention Services to School-Based Services and other programs for children with special needs. You will find out about IEP’s through the school system, IPP’s through the Regional Center, and other services that are available as your child moves out of Early Start. We will be available to answer your questions, and we will offer valuable resources and information that are important for preschool-age children.

**Wednesday, October 20th, 3:30-4:30 pm** “[Baby n Me Music Group](#)” Come join us for this fun-filled, one-hour session held monthly! We come together to play and connect through MUSIC. We try to include YOUR child’s favorite songs and rhymes in the session. We will share activities to strengthen your connection with your child through a joyful music-making experience. The sessions will be co-facilitated by Christopher Drennan, MT-BC, board certified Music Therapist.

**Thursday, October 21st, 7:00-8:30 pm** “[Parent Cafe! for Families with Children ages 0-5 Together. Shake it Up!](#)” Parent Cafes are safe spaces for parents and caregivers to relax, reflect, and talk about the joys and challenges of raising a family. Parent Cafes



are judgment-free zones where we share experiences and resources while learning from one another. Cafes look to parents and caregivers as leaders and experts in their own lives. You will be able to meet other parents of young children with delays or disabilities in small, confidential Breakout rooms, as well as in a larger meeting room, and comfortably learn and share from each other.

**Tuesdays, October 26th-November 16th, 6:30 PM to 8:30 PM** “[Understanding Difficult Behavior in Children with Intellectual/Developmental Disabilities](#)” We want your life to be easier! This is a 4-part online workshop series for families of children with special needs. If your child exhibits challenging behavior due to a developmental disability, this class may be for you! To participate your child should be between 0 – 17 years old and live in Santa Clara County. Attendance is limited to 10 families to allow for intimate sharing and discussion.

**NEW e-packets and videos:**

Most PHP webinars, support groups and services are FREE, with pre-registration required. We are committed to providing innovative, high-quality online content to families like yours. [Please consider making a voluntary donation](#) to help us continue this important work for families raising children with special needs throughout our community! Thank you!

**We hope to “see” you at one or all of these events!**

Questions? 408-727-5775 or [info@php.com](mailto:info@php.com) – ask for an Early Start Specialist  
Preguntas? 408-727-5775 [info@php.com](mailto:info@php.com) – pregunte por una especialista de Early Start