



WEST VIRGINIA PARENT
TRAINING & INFORMATION

'Bits & Pieces'



Christmas Frazzle with An Emotional Child

Are you a parent of a child who runs up and down the aisles of a store while shopping? Are you worried about what the neighbors might think of the high-pitched shrieks of laughter or screams? You are not alone! There are some tips available to help you with your "bouncing off

the walls" child.

- Get the wiggles out!
- Redirect them.
- Teach them how to self-calm.

More tips are available at:

<https://www.empoweringparents.com/article/holiday-stress-how-to-keep-calm-and-avoid-fighting-with-your-kids/>



Need to Talk with A Friendly Voice Who is Not Judging?

There are times as a parent when you need help coping with a child who has special needs. There are WVPTI trainers who can help with issues. However, if you would like a community forum to look at other parents' questions, there are several available. One is [Empowering Parent.com](http://EmpoweringParent.com) who have live coaches ready to talk with you. Another one is the [Circle of Moms](http://CircleofMoms) who has a current issues by parents. Check them out and talk with other parents.



Gift Ideas for Your Special Needs' Child

The holiday gift giving is filled with thousands of choices but what would be the best gift for your special needs child.

The 2017 Gift Guide for Kids is ready at ADDitude site. The items include options such as a huge, huggable beanbag pal called Hugibo. There are other ideas available [/www.additudemag.com/slideshows/best-gifts-for-kids-with-adhd-guide](http://www.additudemag.com/slideshows/best-gifts-for-kids-with-adhd-guide).



Hello,

WVPTI, Inc. would like to wish all our readers a wonderful holiday. We understand this is a busy time of year. If you ever need assistance or have a question, we are here to assist you in making a positive difference in the lives of toddlers, children and youth adults with special needs. We would like to extend our best wishes for a happy and safe holiday.

Brenda Lamkin,

Executive Director of WVPTI

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West Virginia Parent Training and Information, Inc. (WVPTI) is a non-profit agency that operates the statewide federally funded Parent Training and Information Center, [Family to Family \(F2F\) Health Information Center](#) and is the [Family Voices](#) State Affiliate Organization for West Virginia.

The programs and services of WVPTI, Inc. are based on the concept of parents helping parents. Our mission is to empower parents of children and youth with disabilities in their roles as parents, decision makers, and advocates for their children and to promote partnerships among parents and professionals.



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Self— Advocacy is our strength!

- Speaking up for yourself,
- Asking for what you need,
- Negotiating for yourself (working with others to reach an agreement that will meet your needs),
- Knowing your rights and responsibilities,
- Using the resources that are available to you,
- Being able to explain your disability either by the use of written words, pictures.
- Being able to explain your disability either by the use of written words, pic-

tures or gestures.

For the full article; <http://>

[www.autismspeaks.org/family-services/tool-kits/
transition-tool-kit/self-advocacy](http://www.autismspeaks.org/family-services/tool-kits/transition-tool-kit/self-advocacy)



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