

Alpine School District

Parent Workshops Recordings

Did you miss any of our *Parent Nights* this year?

You can still watch these (and more) on the Utah Parent Center's YouTube channel under the Alpine playlist at <https://bit.ly/YTASDUPC> or scan the QR code!



Keeping it under Control: Self-Regulation

This workshop discusses simple usable strategies that can be implemented at home and in other settings to support your student in developing self-regulation skills. We also discuss how to generalize these skills across settings to increase skill independence, recognition of feelings/emotions: zones of regulation, parent strategies to support students regulate, independent student strategies: mindfulness, self-awareness and self-management

Transition to Adult Life

Transition represents the process of moving from the public school setting into adult services. A transition plan is a required part of a student's IEP and should be developed and in place by their 15th birthday. This workshop provides training on the transition plan as part of the IEP and information and referral to adult services and supports.

Transitions: Elementary to Middle School & Middle to High School

The transitions from elementary to middle school and from middle to high school are bound to create some anxiety for students and parents especially for parents of children with disabilities. This workshop discusses what can be done to help ease the transition and prepare your child for success. Information about timelines and expectations are also addressed.

Understanding the Why's

This workshop explores the benefits of having an open dialogue with your student about their disability. We also look at strategies to help your student be empowered to be a participant in their learning and how you can support them as a parent through growing self-awareness, resilience and self-advocacy skills

Behavior Basics

This workshop explains how antecedents, behavior, and consequences are interrelated to determine the function of a problem behavior. By understanding the function of a problem behavior, you will be better equipped to address your child's behavior challenges. Additionally, you will learn some tips and tricks for preventing problem behaviors.

Social skills Training for Parents

Your child will reach their greatest potential by being accepted for exactly who they are. This workshop discusses -Accepting and valuing the unique, diverse characteristics of every child. - Emotional and psychological factors related to teaching social skills. -Using all of a child's sensory modalities to teach. -The formula for addicting kids to communication and engagement.



Questions?

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