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Get **SET**...**S**upport, **E**ducate, **T**rain for Success!

The **mission** of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

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## Director's Corner

Hi, hope all is well. As a parent, I have had successes and frustrations/barriers in understanding my child's progress, data/reports and working with educators. The Kentucky Department of Education's (KDE) United We Learn Council needs to hear from families. Please join me in taking this [short survey](https://bit.ly/3NO3EeL) (<https://bit.ly/3NO3EeL>) so all families voices are heard about your experiences.

Wishing you each a peaceful and relaxing Thanksgiving!

With Love,  
Rhonda Logsdon

## KY-SPIN Friends



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# Family Activities

## November Executive Functioning

You can use many items around your house to help build executive functioning skills. If your child is building a house made of blocks, you might help them think of what colors they would like to use or figure out how many blocks they need to build one of the walls. Here is another activity you could do with your child using everyday items you can find at home.

- Find different sizes and color lids around the house and place them in your child's favorite place to play. Ask your child, "What else has this shape? What else can you think of that is this color? Can you find the container that this lid fits?"
- Watch the decision process begin as your child starts to think, learn, and create.
- Be sure to ask questions and help make connections if needed.
- Introduce new or different ways to play with the objects you're using.

### Example Questions:


What are you going to build? What colors will you use? Will you use big or little lids? What other materials do you need? How much time do you think it will take to build this?

These are great ways to start the process of how to engage your child and build skills through play!

## Kentucky Family Engagement in Education Week

### November 18-22, 2024

[#KyFamEngage24](#)

 **November 18-22, 2024**  
Kentucky Family Engagement in Education Week



Monday 11/18 Relationship Building	Tuesday 11/19 Communication	Wednesday 11/20 Shared Responsibility for Learning	Thursday 11/21 Advocacy	Friday 11/22 Community Partnerships
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Learn more about [Family Engagement](#)



# Upcoming Events



## Join us for Students with Disabilities' Behavior and Discipline: Working together to Reduce Criminal Justice Involvement

December 4, 2024 12-1pm ET  
Virtual Webinar

Join KY P&A and KY-SPIN to learn ways to keep our students with disabilities in the classroom and out of the criminal justice system.

[Register Now](#)


**Students with Disabilities'  
Behavior and Discipline:  
Working together to  
Reduce Criminal Justice  
Involvement**



December 4, 2024 12-1pm ET  
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Join KY P&A and KY-SPIN to learn ways to keep our students with disabilities in the classroom and out of the criminal justice system.


Scan QR Code to register or click [here](https://tinyurl.com/7a8vtpc3)



For more information: Contact  
Amber Hamm 859-907-5685  
amber@kyspin.com

1-800-525-7746 spininc@kyspin.com www.kyspin.com

[Download Flyer](#)


**Online Webinars**  
**TRANSITION TUESDAYS**

**Building a Strong Foundation for Youth with Disabilities**  
**WHEN: 4TH TUESDAY MONTHLY START TIME: 9:30AM - 10:15AM EST**


**Sept 24, 2024 My IEP: Learning the Basics**  
Join Nick and Davis as they teach you, the students, what an Individualized Education Program (IEP) is, what the sections mean, and how to get involved in your education journey.

**Oct 22, 2024 Supported Decision-Making**  
Join our guest, Laura Butler with HDI, as she explains Supported Decision-Making, and how to use it to make your own decisions.

**Nov 19, 2024 Guardianship**  
Join Kentucky P&A to learn about guardianship alternatives and what guardianship actually means and how it might impact YOUR life! Presented by Camille Collins and Stephanie Willis.



**Educators and students encouraged to attend!**  
**FOR MORE INFO:**  
Davis Rodriguez  
270-705-2848  
davis@kyspin.com  
www.kyspin.com

**REGISTER HERE**  
  
<https://tinyurl.com/6xvmtym3>

[Register Here](#)

**LUNCH & LEARN**  
Zoom Virtual Webinar  
2nd Tuesday of each month  
12pm - 1pm EST

KY-SPIN provides training, information, and valuable resources to individuals with disabilities, their families and professionals.

**Schedule & Topics**

**November 12, 2024**  
**Executive Functioning: Practical Strategies for Everyday Life**  
Presented by Lindsay Eubanks, Family & Community Field Training Coordinator at KY Autism Training Center (KATC)  
This session will provide parents, caregivers, and educators with an introduction to executive functioning and how it impacts those with disabilities. Attendees will learn practical strategies and tools to help individuals improve their ability to organize their world and navigate it more independently. Topics include visual supports, time management, and emotional regulation techniques to help improve everyday functioning at home and school.

**December 10, 2024**  
**Parentally Placed in Private School/Homeschool in Kentucky**  
Join KY-SPIN to discover the difference between Home/Hospital Instruction (sometimes called homebound or NTI) through the public school system and parentally placed in private school/homeschool. We will explore the Americans with Disabilities Act (ADA), Section 504 of the Rehabilitation Act of 1973 as amended, and the Individuals with Disabilities Education Act (IDEA) to learn what are your options and what can you expect from each related to students with disabilities.

One registration, attend monthly or just the ones you prefer (topics updated quarterly)  
For more information contact: [CLICK HERE](#) OR SCAN TO REGISTER  
Amber Hamm, Training and Outreach Coordinator

 [amber@kyspin.com](mailto:amber@kyspin.com)  
 800-525-7746  
 [www.kyspin.com](http://www.kyspin.com)

  
<https://tinyurl.com/5y88een>

**KY-SPIN's**  
virtual

**Caregiver Support Group:**



# KY-SPIN virtual CAREGIVER SUPPORT GROUP

Join KY-SPIN's monthly caregiver support group specially designed for parents of children with disabilities of all ages. These virtual support groups are driven for families, by families. Each meeting offers caregiver support and a parent café.



## Topics of Discussion:

**October 21, 2024 10-11:30 AM (EST)**

### **ASSISTING YOUR STUDENT WITH BULLYING**

Join us in a conversation about what bullying is and how you can talk to and support your student.

**November 18, 2024 10-11:30 AM (EST)**

### **EXECUTIVE FUNCTION EXPLAINED: SIMPLE STRATEGIES FOR PARENTS AND CAREGIVERS**

Join us for an insightful discussion where we'll explore what executive function is, how it impacts your student's daily life, and effective strategies to help them thrive. Equip yourself with the tools to support your student's success.

**December 16, 2024 10-11:30 AM (EST)**

### **SELF-CARE FOR CAREGIVERS**

Self-care during the holidays is crucial for caregivers, especially when we are focused on everyone else. Join KY-SPIN to discover realistic, simple ways to practice self-care during this very busy time.



Scan QR Code or [click to register](https://tinyurl.com/yc2p22t5)  
<https://tinyurl.com/yc2p22t5>  
You only need to register once, attend each month or just the months you want!

1-800-525-7746

[spininc@kyspin.com](mailto:spininc@kyspin.com)

## For more information:

**Contact Amber Hamm**

859-907-5685

[amberekyspin.com](mailto:amberekyspin.com)



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## EXECUTIVE FUNCTION EXPLAINED: SIMPLE STRATEGIES FOR PARENTS AND CAREGIVERS

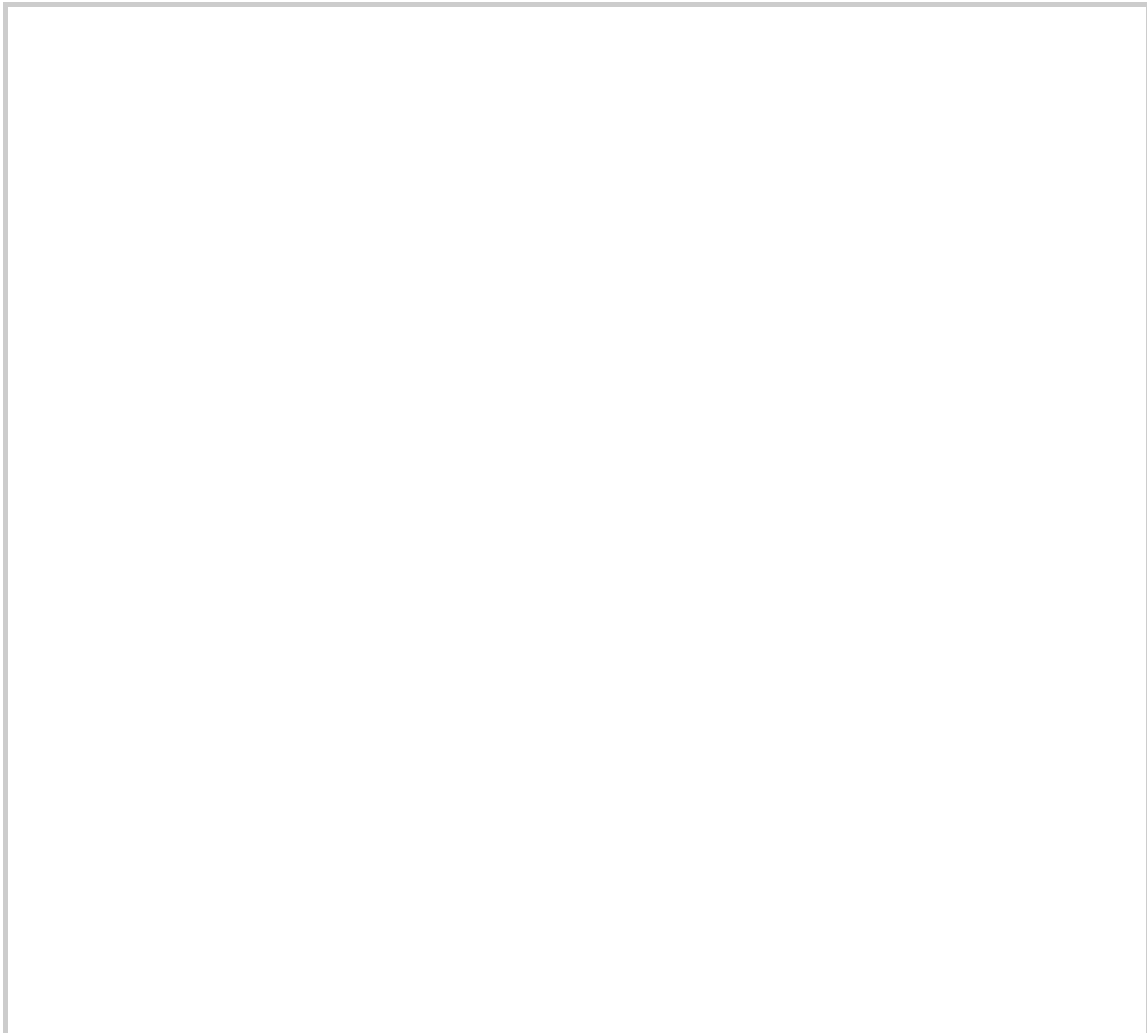
Join us for an insightful discussion where we'll explore what executive function is, how it impacts your student's daily life, and effective strategies to help them thrive. Equip yourself with the tools to support your student's success.

[Register Here](#)

# Resource Central



## Read at Home Plan: Family Guide



# READ AT HOME PLAN FAMILY GUIDE



[Download Here](#)

**Read At Home Plan Guide - Spanish**  
[Download Here](#)

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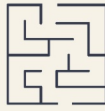
## Early Childhood

## Early Childhood: Executive Function Skills

Executive Function Skills are skills that help you start and complete tasks. Developing these skills at an early age will help children be successful at school and home.

### Fun Ways to Build Executive Function Skills

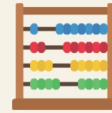
#### Problem Solving



Processing

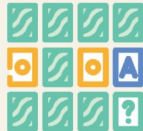


Fine Motor



Counting

#### Memory Recall



Matching



Association

#### Social



Teamwork

#### Emotional



Calming

#### Transitioning



Completing Task

#### Chunking



Sorting/Grouping



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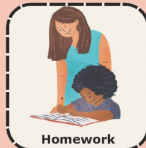
### Early Childhood: Develop a Routine

Developing a routine can help children transition from one activity to the other and teach daily living skills.

Family Activity: Create a routine for your child with their help. Cut out the images below and use them to create a visual plan on page 2. Children can draw their own pictures and use pictures of themselves. Get creative and have fun!



Brush Teeth



Homework



Get Dressed



Meal Time



Bath Time



Clean Up



Go to School



Family Time



Play



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### My Routine

Name: \_\_\_\_\_




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800-525-7746

spininc@kyspin.com

[Download Here](#)

If you need someone to talk to....

- 988 Suicide & Crisis Lifeline Crisis Line: 988 (talk or text)  
Website: <https://988.ky.gov>
- KY Crisis Text Line: Text KY to 741741 to reach a volunteer Crisis Counselor
- National Suicide Prevention Lifeline (800) 273-TALK (8255)
- Kentucky [Community Mental Health Centers \(CMHCs\)](#) 24-Hour Crisis Numbers
- Disaster Distress Helpline Crisis line: 1-800-985-5990 (also available for Voice Phone-VP); Spanish-speakers can press “2” for 24/7 bilingual services. Website: <https://www.samhsa.gov/ddh>

## Youth Connect:

### Executive Function



<https://youtu.be/BF2C5OLFGF4>

# EXECUTIVE FUNCTION

Skills you build over your life, that work together to help you successfully start and complete tasks are called Executive Function skills.

<b>PLANNING PRIORITIZATION</b>  Making and setting goals. Focusing where your energy can be best used to create a plan for how to move towards your goals.	<b>ORGANIZATION</b>  Organizing your thoughts, environment, and activities simplifies work and goal achievement, preventing tasks from feeling overwhelming or being forgotten.
<b>TIME MANAGEMENT</b>  Organize, schedule, and manage your time effectively. Break down tasks to see how long they take to finish, and ensure you do not miss deadlines or let your work accumulate.	<b>TASK INITIATION</b>  Starting on a task, and beginning without procrastination is key to success. Putting things off and avoiding them can leave work unfinished.
<b>SELF-CONTROL</b>  Resisting urges and ignore distractions. Knowing how to handle and respond to your feelings in a healthy and effective way.	<b>ATTENTION &amp; FOCUS</b>  Focusing on tasks. It means keeping your attention on the goal and not getting sidetracked or distracted.
<b>WORKING MEMORY</b>  A mental notepad helps you remember directions, solve problems, and stick to plans. It keeps you on track with multi-step tasks, decision-making, and staying organized.	<b>FLEXIBLE THINKING</b>  Handling new situations and changing how you think. Adjusting your plans when needed and smoothly moving from one task to another.

Understanding and breaking down Executive Function skills can help you find areas to improve.



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# EXECUTIVE FUNCTION

Everyone has the ability to increase their executive function skills. There are many different ways you can achieve this. Here are some tips and tricks that you can use on a daily basis to improve your ability to start, organize and complete your tasks.

<b>ROUTINES</b>  <ul style="list-style-type: none"> <li>Daily Schedules</li> <li>Homework log</li> <li>Break it Down/Chunking</li> <li>Practice Prioritization</li> </ul>	<b>VISUAL AIDS</b>  <ul style="list-style-type: none"> <li>Visual schedules</li> <li>Reminders</li> <li>Color coding</li> <li>Labels</li> <li>Charts</li> </ul>
<b>ENCOURAGE FLEXIBILITY</b>  <ul style="list-style-type: none"> <li>Practice problem solving</li> <li>Role play situations</li> <li>Try new things</li> <li>Tolerate uncertainty</li> </ul>	<b>BREAK DOWN TASKS</b>  <ul style="list-style-type: none"> <li>Break large tasks into small ones</li> <li>"Chunk" like information together</li> <li>Create steps to follow</li> </ul>
<b>SELF-REGULATION</b>  <ul style="list-style-type: none"> <li>Mindfulness practice</li> <li>Deep breathing</li> <li>Recognizing emotions</li> </ul>	<b>ATTENTION &amp; FOCUS</b>  <ul style="list-style-type: none"> <li>Minimize distractions</li> <li>Set time limits for tasks</li> <li>Movement breaks</li> <li>Reduce Multitasking</li> </ul>
<b>WORKING MEMORY</b>  <ul style="list-style-type: none"> <li>Practice Repetition</li> <li>Play memory Games</li> <li>Reduce Distractions</li> <li>Exercise</li> </ul>	<b>PERSEVERANCE</b>  <ul style="list-style-type: none"> <li>Set timers to start and end tasks</li> <li>Positive self-talk</li> <li>Reward yourself</li> <li>Ask for help or support</li> </ul>



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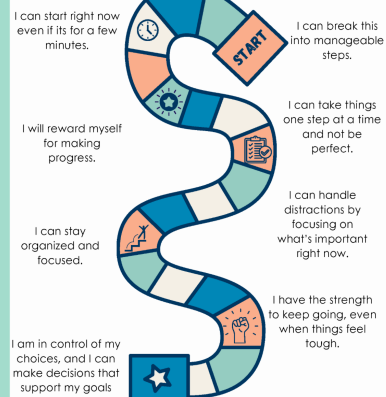
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<https://youtu.be/BWp5lee5vbU>

## Pathway to Success The Game of Growth



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## Executive Function Infographic

### Youth Suite

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[Contact Form \(www.kyspin.com/contact/\)](#)  
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