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Educate
Train for Success!

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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. Daily living skills are an essential part of our children's growth. As adults, we often do these tasks without a second thought—but we all had to learn them over time. Our children are no different. These small, everyday skills lay the foundation for independence as they grow into adulthood.

The good news is—you don't need to make it complicated. Start now, simply by including your children in your daily routine. Little by little, help them gain confidence and independence.

For example, when you're cooking dinner, let them safely help with age-appropriate tasks. Or during laundry time, they can collect clothes from around the house, sort them by color, or help load the washer. These small steps make a big difference in building the life skills they'll need to thrive as adults.

With Love,
Rhonda Logsdon





SKILLS LOADING...



KY-SPIN

Daily Living Skills!

KY-SPIN Kids are at it again!
They want to build a daily living skills road map!
Can you help them by making your own daily living skills map?

Draw your own pictures, use stickers, or use the pictures below to create your own road map on page 2!

 Waking up	 Brushing teeth	 Getting dressed	 Eating
 Hand washing	 Sleeping	 Bathing	 Chores

Let's make a special map that shows everything you do each day, like a little adventure!

1. Think About Your Day: What's the first thing you do when you wake up? What do you do next? Keep thinking until bedtime!
2. List each step in order like brushing your teeth, eating breakfast, getting dressed, and going to school. Don't forget little things too!

"Let's go on a daily adventure!" 🌟

www.kyspin.com 800-525-7746

My Daily Living Skills Road Map

Pretend each thing you do every day is a stop on your road map.

800-525-7746 www.kyspin.com

[Download](#)

Family Activities

Teaching our little ones *Daily Living Skills*
One day at a time!



A *Daily Living Skill* is any self-care activity you do daily at home, work, or even school. All children learn daily living skills every day! Parents, using the above activity, start by explaining to your little ones what a daily living skill is and start a discussion!

Example questions:

- What self-care skills do you do every day? (examples: brush teeth, get dressed...etc.)
- What other self-care skills do you think you would like to learn?
- How can your daily living skills help others?

Parents, try introducing a new skill every week or two to keep those minds learning!

Upcoming Events!



YOU'RE INVITED! FAMILY EVENT

COME AND JOIN US!

JUNE 24, 2025 1 PM - 2 PM EST
SOUTHWEST REGIONAL PUBLIC LIBRARY
9725 DIXIE HWY
LOUISVILLE, KY 40272

JUNE 26, 2025 1 PM - 2 PM EST
SCOTT COUNTY PUBLIC LIBRARY
104 SOUTH BRADFORD LN
GEORGETOWN, KY 40324

FREE EVENT
FOR FAMILIES OF CHILDREN WITH
DISABILITIES

REGISTER HERE
[HTTPS://TINYURL.COM/67EYWZWJ](https://tinyurl.com/67EYWZWJ)

SPACE IS LIMITED



Door Prizes:
Lakeshore Learning
Kit for your family



WHY PLAY WITH US?

- Learn how to support your child's learning
- Resources to support your child at home
- Activities and games

FOR MORE INFORMATION CONTACT:
AMBER HAMM @ 859.907.5685 OR
AMBER@KYSPIIN.COM

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Resource Central



Supporting Your Child After Stressful Events



Supporting Your Child After Stressful Events

By: Ben Riepe, Meghan von der Esche, and Julia Sayles

When stress has overwhelmed your child, you can support healing. Your relationship with your child can help buffer the impact of trauma or stress.

Trauma occurs when frightening experiences, exposure, or events overwhelm a child's ability to cope. Trauma can occur from one big event, like a storm or a car crash, or ongoing exposure and experiences that are frightening and harmful.



Each child is different, so how they experience a situation is different as well

If your child has experienced a stressful or potentially traumatic event, you may notice a change in their behavior. Your child might not know what caused their fearful or strong reaction. It could be a sound, a smell, a facial expression, or a movement that reminds them of a stressful or traumatic event. Your response during and after a stressful experience can help your child feel physically and emotionally safe. Healing ways to respond include:

Prioritize the relationship with your child. Connect with your child to help them feel safe, secure, and seen.

- ▶ **Play together**
 - Engage in activities where you and your child find joy (e.g., playing outside, art, crafts, dancing, reading, storytelling, cooking).
- ▶ **Find time to check in and connect with your child**
 - Continue or create opportunities for conversations with your child about their interests, likes, dislikes, feelings, or friends.
 - What was something surprising that happened today?
 - What was a challenge today?
 - What made you feel loved today?
 - What made you laugh today?
- ▶ **Talk about your feelings**
 - Children watch adults to make sense of the world around them. Seeing you upset or angry can be upsetting and scary for your child. Don't hesitate to explain your feelings to your child (e.g., "I feel sad today because I miss grandma. It's normal and okay to feel sad").

Supporting Your Child After Stressful Events

Be Consistent. Predictability helps support safety by giving your child clear information about what will happen next and what is expected of them. Encourage all caregivers to talk with the child about routines, expectations, and transitions.



- ▶ **Consistent routines**
 - Review your daily schedule. Let your child know if a change is coming.
 - Make the day or activities in the day predictable. Try to have a similar order for activities or routines (e.g., we wash hands, eat dinner, have a bath, read together, and then go to sleep).

- ▶ **Clear expectations and rules**
 - Provide directions in clear and simple language. Say what you want to see (e.g., "Use walking feet" instead of saying "don't run").
 - Post visuals of expectations or family rules.
 - Review expectations and rules with your family (e.g., "Remember, when we play with our friends, we use kind words and soft touches").

- ▶ **Prepare for transitions**
 - Give a warning (e.g., "Five more minutes, then we go outside to play").
 - Show a visual of what activity is coming next.
 - Use a timer (e.g., "When the timer goes off, it is time to clean up").



Show understanding of changes in behavior. A big behavior might happen because of stress from the situation. Show your child you understand.

- ▶ **Pay attention to your words and how you say them.**
 - In a calm voice, "I notice your fists are balled up. It looks like you are feeling angry."
 - "I feel scared too. We've got this. Let's take deep breaths together."
- ▶ **Have empathy for your child and their experience in the moment, and for yourself, too.**
 - "That felt really hard for both of us."
 - "There's nothing that will change about how much I love you."

- Recognize that your child may use behavior to show you that they feel scared, overwhelmed, or unsafe. Help your child understand their feelings and experiences so they feel safe and begin to heal.

- "You've asked me several times when we are leaving. It can feel confusing when we don't know when something is happening. Let's check our schedule together to know when we plan to leave."
- "You're covering your ears! Sometimes, loud noises can be scary. Let's sit together until we both feel safe."

If you are reading this and think you could use extra support, reach out to a trusted adult, such as your child's teacher, director, or another family. You can also explore the resources below. It is okay to reach out for help.



Website	Resource Description
Kids Mental Health Foundation - Resources for Parents and Caregivers ¹	Free resources to help children manage life's challenges.
National Institutes of Health - Helping Children and Adolescents Cope with Traumatic Events ²	Resources for helping children cope with disasters and traumatic experiences.
National Center for Relational Health and Trauma-Informed Care ³	Helpful handouts to help children who have experienced trauma and stressful events.
ChallengingBehavior.org - Family Engagement Resources ⁴	Free downloadable resources to support routines, schedules, and transitions.

¹ <https://www.kidsmentalhealthfoundation.org/mental-health-resources/parents>

² <https://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-disasters-and-other-traumatic-events>

³ <https://www.nccfrc.org/trauma-informed-care/resources-for-families/>

⁴ <https://challengingbehavior.org/implementation/family-engagement/pschedules>

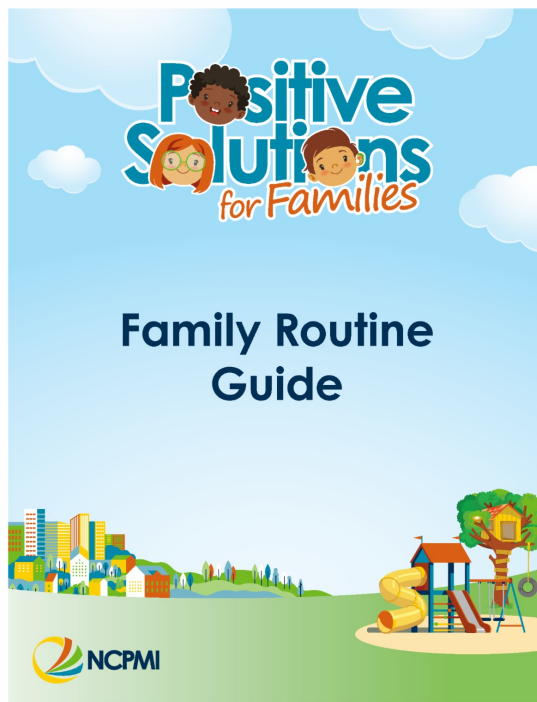


National Center for Pyramid Model Innovations | [ChallengingBehavior.org](https://challengingbehavior.org)

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Positive Solutions for Families: Family Routine Guide



Positive Solutions for Families: Family Routine Guide

Family Planning Sheet

What _____ (child's name) does during _____ (routine):

Why I think my child does it:

What can I do to prevent the challenging behavior?

How do I respond when challenging behavior occurs?

What new skills can I teach?

What materials or resources do I need to implement the plan?

[Download the complete Guide](#)

Early Childhood

Exploring Daily Living Skills

Exploring Daily Living Skills

What in the world are Daily Living Skills?

Daily Living Skills (DLS) are vital self-care activities carried out each day to uphold our physical and emotional health. By practicing these skills, we enhance our daily experiences and build a strong foundation.

What do Daily Living Skills look like in Early Childhood?

During the preschool years, children absorb life skills like sponges. This period is the best time to build independence, responsibility, and confidence. These skills are key ingredients for shaping resilient and independent adults.

Examples of Early Childhood Daily Living Skills

- Hygiene
- Communication
- Getting dressed
- Eating Healthy
- Bathing/Showering
- Potty Training
- Problem-solving skills

How can we help develop Daily Living Skills in children?

- Stick to a routine
- Turn errands into adventures
- Join in the fun
- Talk while completing tasks

Encourage imaginative play

www.kyspin.com - (800) 525-7746 - spininc@kyspin.com

[Download Here](#)


Check out these additional resources:

- [Early Childhood Develop a Routine Activity](#)
- [Time To Get Ready Infographic](#)
- [Early Childhood Executive Function](#) or [Video](#)

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>

Daily Living Skills = Independent Living Skills



Transition to Independent Living

TOP SKILLS NEEDED TO LIVE INDEPENDENTLY



CLEANING



HYGIENE




LAUNDRY



MONEY MANAGEMENT



GROCERY SHOPPING



COOKING




TRANSPORTATION

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

QUESTIONS TO ASK???



- WHERE DO YOU WANT TO LIVE?
- WILL YOU HAVE TRANSPORTATION OR SHOULD YOU LIVE NEAR A BUS STOP?
- WHAT DO YOU PICTURE YOUR COMMUNITY LOOKING LIKE?
- WILL YOU BE WORKING CLOSE TO HOME?
- WHAT ARE YOUR HOBBIES?
- HOW DO YOU PLAN TO MAKE CONNECTIONS WITH OTHERS?
- LIST 3 ACTIVITIES YOU CAN DO IN YOUR COMMUNITY.



LEARN WHAT YOU NEED TO PRACTICE TO LIVE INDEPENDENTLY AND TO BE INVOLVED IN YOUR COMMUNITY. DETERMINE WHICH SKILLS ARE BEST TO LEARN AT HOME AND WHICH ARE BEST LEARN AT SCHOOL!

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

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Check out these additional resources:

- [Daily Living Skills](#) webpage
- Transition to Independent Living:
 - [KY SPIN Youth Talk: Transition to Independent Living Video](#)
 - [KY-SPIN's Transition to Independent Living Infographic](#)
 - [KY-SPIN's My Transition Goals and Support Planning](#)
 - [KY-SPIN's Transition Trifold](#)
 - [KY-SPIN's Picture Transition Map](#)
- [KY SPIN Youth Talk Turning 18 What to Expect Video](#)
 - [KY-SPIN's My Transition Roadmap Infographic](#)
- [Executive Function Infographic](#) or [Video](#)

Youth Suite

Learn more about us
[KY-SPIN Infographic](#)
[KY-SPIN Infosheet](#)

@kyspininc on



800-525-7746 or 502-937-6894- spininc@kyspin.com

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

Download Printable [KY-SPIN Referral Form Here](https://tinyurl.com/4t2evb59)
(<https://tinyurl.com/4t2evb59>)

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