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Get **SET...Support, Educate, Train 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. Happy New Year ☐  
Transitions can be rewarding and hard at the same time for everyone. Take small steps to help make those transitions a smooth one, it is never too late to start. I know as a parent and sister I find myself thinking and saying "I should have done this" instead of focusing on now and moving forward from here. There is no right or wrong, we all get there in different ways and in our own time, just as our children do. Give yourself grace, celebrate the successes and what the future holds for you all.

With Love,  
Rhonda Logsdon



## KY-SPIN

# Get a jump start on transition!



The KY-SPIN Kids are transitioning from elementary school to middle school! Let's see how we can help make it easier for everyone!

Match activity at the bottom to item it can help with.



Bigger Classrooms With More Students



Lockers and Locks



New Rules To Learn



Bigger Class Schedule



More work



Bigger School



All New Teachers

- A. Go to open house.
- B. More kids means distractions! So practice listening skills.
- C. Ask a teacher what kind of locks are used for lockers. (having that type of lock to practice on at home can help!)
- D. Meet as many teachers as you can at open house!
- E. Ask each teacher for their class rules.
- F. Set a time to do homework for each day of the week.
- G. Ask for an early copy of your schedule and use it to find the locations of each class during open house.



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**Elementary School**

**Transition**

**Middle School**

# Family Activities

January

It's all about transition!

Transition starts at birth and as we age, it can be intimidating to our little ones. The sooner we start developing those transition skills the better equipped they

will be when they arise. You can use the above worksheet to start a discussion.

- Have your child fill in the letters for each action they feel will help make the transition easier for the KY-SPIN kids.
- Next, talk about their choices and ask questions about how they feel about any transitions that may occur with them.
- Then discuss ways you can work together to make their transition easier.

**A simple way to explain transition to little ones would be "Moving from one thing or place to another."**

## Upcoming Events



*Online Webinars*  
**TRANSITION TUESDAYS**

**Building a Strong Foundation for Youth with Disabilities**

WHEN: 4TH TUESDAY MONTHLY      TIME: 9:30AM - 10:15AM EST

**Jan 28, 2025 Hey, Where's My Transition Plan?**  
Transition planning is essential to success after high school. Join Nick as he explains to you what to consider in your transition plan and how to get the support you need.



**Feb 25, 2025 Identifying Healthy Relationships**  
You will have many different types of relationships as you enter adulthood. In this session, Nick will explain different types of relationships you will need and how to recognize relationship red flags.

**Mar 25, 2025 Disability Disclosure**  
What is Disclosure? When and why would you disclose? How should you disclose your disability? Nick will be explaining all of this and offering you great resources to help you learn what, when and how to disclose your disability to those around you.

**Educators and students encouraged to attend!**

FOR MORE INFO CONTACT:  
Davis Rodriguez      270-804-9927  
DAVIS@KYSPIN.COM      [www.kyspin.com](http://www.kyspin.com)

REGISTER HERE



<https://tinyurl.com/5c4ytxoc>

### January 28, 2025 Hey, Where's My Transition Plan?

Transition planning is essential to success after high school. Join Nick as he explains to you what to consider in your transition plan and how to get the support you need.

[Register Now](#)

### February 10, 2025 Caregiver Support Group: Relationships & Power Differences

Relationships are an important part of life, especially for parents of children with disabilities. Join us to talk about relationships and the challenges that can arise.

[Register Now](#)



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:

- **JANUARY 27, 2025 10 AM (EST)**  
DIAGNOSIS SURVIVAL  
Join KY-SPIN as we discuss the feelings, challenges and rewards of receiving the diagnosis of a child.
- **FEBRUARY 10, 2025 10 AM (EST)**  
RELATIONSHIPS & POWER DIFFERENCES  
Relationships are an important part of life, especially for parents of children with disabilities. Join us to talk about relationships and the challenges that can arise.
- **MARCH 17, 2025 10 AM (EST)**  
HOW TO TALK TO OTHERS ABOUT YOUR CHILD'S DISABILITY  
Sharing details about your child's disability with others is often necessary, but it is not easy. Join us as we discuss the necessity of these conversations but also how and when this information may need to be shared.

Scan QR Code or click to register



<https://tinyurl.com/37867pr6>

You only need to register once, attend each month or just the months you want!

For more information contact Amber Hamm



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

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

**January 14, 2025 504 Plans**

Come and join us as we navigate Section 504 and how it can support your child through school and in the community.

**February 11, 2025 Relationships and Disabilities**

Join KY-SPIN and our guest, Elisabeth Holt, MSW, Bethany House Abuse Shelter speaking on relationships and people with disabilities. This will include what harmful relationships look like versus healthy connections, how to help your loved one navigate relationships, and how to find help when you need it. as we explore how to identify different types of relationships that affect our loved ones.

**March 11, 2025 Is Your Child Struggling at School?**

Children may struggle at school academically, socially, functionally, behaviorally or even getting them to attend school. We will explore options you can access through the school to help them. Learn how to request a Special Education evaluation for an Individualized Education Program (IEP) or 504 plan. We will also explore written communication with your child's school and the importance of it.

For more information contact:

Amber Hamm, Training and Outreach Coordinator

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

800-525-7746

[www.kyspin.com](http://www.kyspin.com)

[CLICK HERE](#) OR SCAN TO REGISTER



<https://tinyurl.com/3u7dqvzd>

[Register Now](#)

## February 11, 2025 Lunch & Learn: Relationships and Disabilities

Join KY-SPIN and our guest, Elisabeth Holt, MSW, Bethany House Abuse Shelter speaking on relationships and people with disabilities. This will include what harmful relationships look like versus healthy connections, how to help your loved one navigate relationships, and how to find help when you need it. as we explore how to identify different types of relationships that affect our loved ones.

# Resource Central



**U.S. Department of  
Education:**  
updated non-regulatory



U.S. Department of  
Education

## Parent and Family Engagement

Title I, Part A of the Elementary and  
Secondary Education Act of 1965 Act

Non-Regulatory Guidance

| January 2025



guidance, ***Parent and Family Engagement under Title I, Part A of the Elementary and Secondary Education Act of 1965, as Amended by the Every Student Succeeds Act.***

[Download Here](#)

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## U.S. Department of Education's OSERS Bulletin January 16, 2025 Highlights: (Access complete bulletin [here](#))

- U.S. Department of Education Secretary Miguel A. Cardona issued a [letter to education leaders](#), Jan. 8, on the use of restraint and seclusion in schools and the lasting, negative impact this practice has on children.
  - [Guiding Principles for Creating Safe, Inclusive, Supportive, and Fair School Climates](#)
  - [Using Functional Behavioral Assessments to Create Supportive Learning Environments](#)
  - [Positive, Proactive Approaches to Supporting Children with Disabilities: A Guide for Stakeholders](#)
- [Dear Colleague Letter on Inclusive Educational Practices. January 16, 2025](#)
  - [Building and Sustaining Inclusive Educational Practices Guidance](#)

BUILDING AND SUSTAINING  
INCLUSIVE EDUCATIONAL  
PRACTICES

ALIGNED WITH THE ELEMENTARY AND SECONDARY EDUCATION  
ACT OF 1965 (ESEA) AND PART B OF THE INDIVIDUALS WITH  
DISABILITIES EDUCATION ACT (IDEA)



OFFICE OF SPECIAL EDUCATION AND REHABILITATIVE SERVICES  
OFFICE OF ELEMENTARY AND SECONDARY EDUCATION  
U.S. DEPARTMENT OF EDUCATION

JANUARY 2025

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## Early Childhood

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# EARLY CHILDHOOD DEVELOPMENT

CDC Developmental Milestone examples



2-6 MONTHS

Smiles when you talk or smile  
Reacts to loud sounds  
Watches you as you move  
Holds up head on tummy



6-12 MONTHS

Laughs  
Makes squealing noises  
Reaches to grab a toy  
Rolls from tummy to back



12-18 MONTHS

Plays games (pat-a-cake)  
Waves "bye-bye"  
Looks for things you hide  
Picks up items with 2 fingers



18-24 MONTHS

Points to show things  
Tries to say 3+ words  
Plays with toys  
Walks without holding on



24-30 MONTHS

Follows simple routines  
Says about 50 words  
Follows 2 step instructions  
Jumps with both feet



30-36 MONTHS

Joins other children in play  
Says first name, when asked  
Draws a circle, when shown  
Puts on some clothes



## Kentucky Early Intervention Services (KEIS)

Feeling concerned?

Free screening for any child ages 0-3 years

Toll-free (877) 417-8377



Help your child grow and thrive

Download CDC's free Milestone Tracker app



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

[Download Here](#)

## CDC's Milestone Tracker App or Digital Online Checklist

Milestones matter! Track your child's milestones from age 2 months to 5 years with CDC's easy-to-use illustrated checklists; get tips from CDC for encouraging your child's development; and find out what to do if you are ever concerned about how your child is developing.

## 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

# My Ultimate Coping Playlist

Music can help us by improving focus, relaxing our brains and releasing feel good chemicals called Dopamines.

Fill each box with the title of songs (and their artist) that you think fit the descriptions provided to create your mood altering playlist.

### FOR AMUSEMENT

\_\_\_\_\_  
Song that gets stuck in my head

\_\_\_\_\_  
Song I know all the words to

\_\_\_\_\_  
Song from my favorite movie or tv series

### TO UPLIFT

\_\_\_\_\_  
Song I associate with freedom

\_\_\_\_\_  
Song that gives me energy

\_\_\_\_\_  
Song that wakes me up

### FOR DIVERSION

\_\_\_\_\_  
Song that makes me feel safe

\_\_\_\_\_  
Song that helps me think positively

\_\_\_\_\_  
Song that inspires me

### TO DISCHARGE

\_\_\_\_\_  
Song for when I get anxious/worried

\_\_\_\_\_  
Song for when I get angry or annoyed

\_\_\_\_\_  
Song for when I feel lonely or afraid

### FOR STRONG EMOTIONS

\_\_\_\_\_  
Song that reminds me of a good memory

\_\_\_\_\_  
Song that makes me think of a loved one

\_\_\_\_\_  
Song to remind me that I am loved

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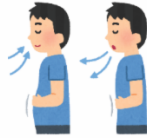
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# SELF-CARE GOALS FOR THE IEP

As an adult, you will be responsible for your own actions and your own self-care. Understanding what your body and mind need is the first step. Work with your ARC team to create self-care goals in your Transition Plan.



## **I can identify and use calming techniques to manage my emotions when I am upset.**

By the end of the IEP cycle, the student will be able to identify specific calming techniques to use when managing negative emotions with \_\_\_\_% success.



## **I can identify situations and events that will create negative emotional situations.**

By the end of the IEP cycle, the student will be able to list what situations or events can trigger negative behavior, and identify how that could impact them in their environment \_\_\_\_% accuracy.



## **I can identify areas where I need assistance and seek help.**

By the end of the IEP cycle, the student will be able to identify their own strengths and weaknesses, and seek guidance prior to escalating behaviors \_\_\_\_ times out of \_\_\_\_ times.



## **I can participate in developing a plan to meet my personal self-care goals.**

By the end of the IEP cycle, the student will work with teachers to create and execute a self-care plan for in school and outside of school using checklists, electronic reminders or picture schedules as options.

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[Contact Form \(www.kyspin.com/contact/\)](#)  
Download Printable [KY-SPIN Referral Form Here](#)

(<https://tinyurl.com/4t2evb59>)



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