

TVDSA NEWSLETTER



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

In this Issue

| | |
|---|---|
| Idaho Gives 2021 is Almost Here ! . . . | 1 |
| TVDSA Book Recommendations . . . | 1 |
| Help Google Understand the Down Syndrome Accent | 1 |
| Supporting Students with Down Syndrome. | 2 |
| Understanding Why Kids Have Trouble Managing Emotions | 2 |
| Mission/Vision Statements. | 2 |
| Board Information | 2 |

Idaho Gives 2021 is Almost Here!

TVDSA is proud to participate in Idaho Gives again this year. Idaho Gives will run from April 29 to May 6, 2021. We will have more details coming soon on how you can participate.

Idaho Gives is a unique opportunity for both TVDSA and you, to participate in an event that incorporates additional prize pools to multiply your donations and qualify TVDSA for additional awards. All of these will allow TVDSA to continue supporting our loved ones who have Down syndrome.

Please review the **TVDSA Idaho Gives website** before completing



your donation. You will find specific guidance related to contest times and requirements for each prize and how you can make the biggest impact with a little extra effort. We hope you will use this opportunity to maximize your already outstanding support of TVDSA to continue our mission.

Upcoming Events

April 13
Board Meeting
Google Meet, 8:00 pm

Help Google Understand the Down Syndrome Accent

Has your child asked a Google device for information or to do something and Google doesn't understand their Down syndrome accent?

Your child can help teach Google to understand people with Down syndrome. Get in on **this cool opportunity** and have your child record their voice.

TVDSA Down Syndrome Book Recommendations

Throughout March, our board member and librarian Jen Rice put together a list of great books about Down syndrome and inclusion.

Here is the complete list to reference when looking for a great read!

- Can I Play Too? by Mo Willems
- Wonder by R.J. Palacio
- 47 Strings by Becky Carey
- Strictly No Elephants by Lisa Mantchev
- What's Inside You Is Inside Me Too by Deslie Quinby and Jeannie Visootsak
- You Are Enough by Margaret O'Hair and Sofia Sanchez

- We Are All Wonders by R.J. Palacio
- Riding The Bus With My Sister by Rachel Simon
- The One and Only Ivan by Katherine Applegate
- Bloom by Kelle Hampton

Other great books:

- We'll Paint The Octopus Red by Stephanie Stuve-Bodeen
- Just Ask! by Sonia Sotomayor
- This Is Ella by Krista Ewert
- It's Okay To Be Different by Todd Parr
- Insignificant Events in the Life of a Cactus by Dusti Bowling

Supporting Students with Down Syndrome

This **online course**, starting May 2021, is a great opportunity for parents and educators to learn from Dr. Paula Kluth and features content on myths of Down syndrome, curricular supports for inclusive education and behavior ideas. One of our presenters is a sibling and participants will also learn from individuals with Down syndrome.

If you're interested in attending, remember you can apply for a TVDSA scholarship to pay for the \$99 fee. It will be virtual learning. To learn more, contact **scholarship@idahodownsyndrome.org**.

Let teachers at your child's school know about this terrific professional development opportunity so they can be even more confident about including students with Down syndrome.

Our Mission

To enhance the quality of life for persons with Down syndrome by promoting inclusive environments as well as advocating respect, dignity, and appropriate supports for people with Down syndrome to ensure that the world sees them as we do — Equal.

Our Vision

A world where full inclusion is a reality rather than a goal.

Contact Information

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Understanding Why Kids Have Trouble Managing Emotions understood.org

Español

No es inusual que los niños en edad preescolar se pongan a llorar cuando "arruinan" su dibujo. En cambio, la mayoría de los niños de 10 años no harían algo así. Ellos suelen ser más capaces de manejar sus emociones.

Sin embargo, algunos niños tienen dificultad para controlar las emociones incluso a medida que crecen. Puede que todavía tengan arrebatos emocionales o se enojen mucho cuando algo sale mal. O que estén de mal humor por largos periodos de tiempo.

Estos desafíos pueden ser a veces una cuestión de madurez. El estrés y la ansiedad también pueden desempeñar un papel en esto. Pero una causa común es tener dificultad con el autocontrol.

La dificultad para manejar las emociones no solo ocurre cuando los niños experimentan emociones negativas, también puede suceder con los sentimientos de alegría. Algunos se emocionan en exceso con actividades sociales u otros eventos.

Suele ser evidente cuando los niños tienen dificultad para manejar las emociones. Lloran o tienen rabietas o incluso se vuelven agresivos. Pero algunas señales son menos evidentes. Por ejemplo, los niños podrían:

- Frustrarse y darse por vencidos rápidamente.
- Preocuparse demasiado o durante mucho tiempo por cosas sin importancia.
- Sentirse heridos, incomprendidos o como una víctima con frecuencia.
- Tener dificultad para pasar por alto cosas que los molestan.

Lea el artículo completo en understood.org.

Board of Directors

President **George Taylor**
Vice President and **Community Outreach Chair** . . **Charmaine Thaner**
Secretary and **Membership** **Jen Rice**
Treasurer and **Spanish Contact**..... **Lucy Olmos**

English

It's not unusual for preschoolers to burst into tears when they "ruin" their drawing. Most 10-year-olds wouldn't do that, though. They typically have more ability to manage their emotions.

But some kids struggle with managing emotions even as they get older. They might still have outbursts or get overly upset when something goes wrong. Or slip into a bad mood that goes on and on. These challenges can sometimes be a matter of maturity. Stress and anxiety can also play a role. But a common cause is trouble with self-control.

Kids who have a hard time managing emotions don't only struggle with negative ones. They can get caught up in feelings of joy or anticipation, too. Some get overexcited about social activities or other events.

It's often clear when kids have a hard time managing emotions. They cry or have tantrums or even get aggressive. But some signs are less obvious. For example, kids might:

- Be quick to get frustrated and give up
- Worry too much or too long over minor things
- Often feel hurt, misunderstood, or like a victim
- Have trouble letting go of things that are upsetting

Read the full article at understood.org.