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The Parent Network

December 2017

Mission: Idaho Parents Unlimited supports, empowers, educates and advocates to enhance the quality of life for Idahoans with disabilities and their families.



Registration and location information for all events can be found on our website:

<http://www.ipulidaho.org/> [Click here for a downloadable PDF of this newsletter!](#)

Upcoming Events

***Includes non-IPUL community events**

Idaho Parents Unlimited Free Monthly Statewide Workshop/Webinar Series:

In-Person: Second Wednesday of each month

Webinars: Last Tuesday of each month

Stop Spinning Your Wheels - Advocacy and Coordination Skills for Your Child's Special Health Care Needs:

Date: December 13, 2017

Time: 6:00 - 9:00 p.m.

Locations: Boise, Pocatello, and Coeur d'Alene

Visit Idaho Parents Unlimited events calendar for location details and registration at:

<http://ipulidaho.org/events-calendar>

***The Green Apple Project Autism Support Group:**

Date: Second Tuesday of each month

Time: 6:30 - 7:30 p.m.

Location: 1630 23rd Ave, Suite 501, Lewiston, ID 83501

(Free childcare available)

***Safe Infant Sleep Class - Statewide Monthly Classes:**

***Boise**

Date: Second Thursday of each month

Time: 5:30 - 6:15 p.m.

Location: Ada County Paramedics - 370 N. Benjamin Lane Boise, ID 83704

***Caldwell**

Date: Second Thursday of each month

Time: 5:15 - 6:15 p.m.

Location: West Valley Medical Center Indian Creek Room - 1717 Arlington Ave, Caldwell, ID 83605

***Coeur d'Alene**

Date: Third Thursday of each month

Time: 5:30 - 6:30 p.m.

Location: Heritage Health - 1090 West Place Coeur d'Alene, ID 83814
Register at www.inwsids.org - Attendees will receive a Halo Sleep Sack at no charge

***Madison Cares Autism Parenting Support Group:**

Date: Third Thursday of each month

Time: Noon - 1:00 p.m.

Location: Madison Education Center - 60 W Main, Rexburg, ID 83440
Contact Deb Allen 208-359-3300 Ext. 3426

***Pocatello Support Group:**

Date: Second Wednesday of each month

Time: 10:00 - 11:30 a.m.

Location: Amazing Glaze Doughnuts - 215 East Cedar Street,

Pocatello, ID 83201

Join the Pocatello Support Group on Facebook for more details:

<https://www.facebook.com/groups/796698450427294/>

***Parents of Special Ones Support Group:**

Date: Third Wednesday of each month

Time: 9:30 a.m.

Location: Access Point Family Services - 5565 Yellowstone Ave.,
Pocatello, ID 83201

***Mom's Like Us - Support Group:**

Date: 1st and 3rd Tuesday of each month

Time: 6:30 - 7:30 p.m.

Location: Kootenai Medical Center MRI Conference Room - 2003
Kootenai Health Way, Coeur d'Alene, ID 83814
Contact Janell Woods at 208-818-3192 for details

***Courageous Kids Climbing:**

Contact Jeff at: JeffRiechmann@cs.com for locations and details

***CDA KROC Center Activities for Individuals with Disabilities:**

Please note page 16 and page 31. Program scholarships are available.

<http://issuu.com/kroccda/docs/kroc-program-guide-fall2017?e=3057940/51820597>

***Visit your local library for upcoming events in your area:**

North Idaho:

[Coeur d' Alene Public Library](#)
[Bonnars Ferry Public Library](#)
[Post Falls Public Library](#)
[Moscow Public Library](#)
[Lewiston Public Library](#)
[Orofino Public Library](#)

Southwest Idaho:

[Caldwell Public Library](#)
[Emmett City Library](#)
[Nampa Public Library](#)
[Ontario Community Library](#)
[Payette Public Library](#)
[Weiser Public Library](#)
[Boise Public Library](#)
[Meridian Library District](#)
[Mountain Home Public Library](#)
[Twin Falls](#)
[Kimberly Public Library](#)
[Burley Public Library](#)

East Idaho:

[Portneuf District Library](#)
[Marshall Public Library](#)
[Larsen-Sant Library](#)
[Bear Lake County Library](#)
[Idaho Falls Public Library](#)
[Madison Library District](#)
[Fremont District Library](#)

The Community Library-Ketchum

Parent Training and Information Center - IDEA Part D

Is my Child Eligible for an IEP?



Several of the questions regarding special education are in relation to IEP eligibility and the eligibility determination process. Parents want to know what the eligibility criteria is and how they can ask the school to evaluate their child. The purpose of the evaluation process is to determine the eligibility of a student for special education services. This pertains to both initial determination and three year review of eligibility, or re-evaluation. It is also a process for gathering important information about a student's strengths and needs. The evaluation process should include the use of a variety of assessment tools and strategies to gather relevant functional, developmental, and academic information about the student, including information provided by the parent.

According to the Idaho Special Education Manual, "To demonstrate eligibility for special education services, all three of the following criteria shall be met and documented. This is often called the three-prong test for eligibility:

1. The student has a disability according to the established Idaho criteria;
2. The student's condition adversely affects educational performance; and
3. The student needs specially designed instruction.

Adverse Impact: A determination made by the evaluation team that the student's progress is impeded by the disability to the extent that the student's educational performance measures significantly and consistently below the level of similar age peers preventing the student from benefiting from general education. Educational performance refers the student's performance in academic achievement, developmental and or functional skills.

Needs Specially Designed Instruction: Special education is specially designed instruction, provided at no cost to the parents, to meet the unique needs of a student with a disability. Specially designed instruction means adapted, as appropriate to meet the needs of an eligible student, the content, methodology, or delivery of instruction to address the unique needs of the student that result from the student's disability and to ensure access of the child to the general curriculum so that he or she can meet Idaho Content Standards or Idaho Core Standards that apply to all students."

Idaho Special Education Manual

<http://www.sde.idaho.gov/sped/files/shared/2016-Special-Education-Manual.pdf>

The process to determine eligibility can be initiated by either the parent/guardian or the school district. If a parent wishes to make this request it should be done in writing. Idaho Parents Unlimited has created a template which is available on our website to make this process easy for families.

Template

[http://ipulidaho.org/resourceattachments/request%20for%20evaluation%20\(1\).pdf](http://ipulidaho.org/resourceattachments/request%20for%20evaluation%20(1).pdf)

We also assist families individually since every child has unique circumstances and this is a complex process. Families can contact Idaho Parents Unlimited to receive information and resources throughout the process.

Family to Family Health Information Center - Idaho Family Voices

21st Century Health Care: How Apps, Online Information, and Digital Tracking Can Help Promote Family Centered Care

We live in an electronic world, which is helping patients, parents, and care providers access resources and healthcare details using smart phones, tablets, or other electronic devices. Such resources include

online organizers, apps, medical trackers, financial trackers, and employment resources.

The Pew Research Center's Internet & American Life Project, in 2012, confirmed the reality that the digital world is a big part of our lives:

- 85% of Americans are online
- 55% of US adults go online wirelessly
- Small screens outnumber big screens: Almost half of US adults own a smartphone
- 17% of US adult cell phone owners use their phones to look up health or medical information

For more detailed survey reports and analysis, click this link to access the online journal article published in 2012. www.nursingworld.org

Online Medical Information at Your Fingertips

Electronic patient education and communications, such as email, text messaging, and social media, are on the rise in healthcare today. In some instances, it is just as much a part of healthcare as regular in-office visits. The conveniences of technology today provide for more efficient solutions to communicating with providers, monitoring chronic conditions and their related behaviors, tracking symptoms, and more. Providers have the capability to adjust medical equipment, see patients, order supplies, and communicate between providers without leaving their office. These technological advances have many benefits for patients with mobility and transportation challenges. Rural families

and patients have also seen improvements to access from advances in web-based and mobile care. In addition to patient/provider communication and accessibility, technology has allowed for decreasing medical expenses for both the provider and the patient, leading to more efficient and accurate care. There are countless apps and programs available; below are just a few examples:

Milestones Matter

Early detection and intervention are key to ensuring that children are developing at the appropriate rate and stages for their age. The Center for Disease Control, along with help from other healthcare professionals, developed a mobile app to help track early childhood milestones. Through this app, parents and caregivers can access examples, tips, and activities for each age and stage of early childhood development. Caregivers can also keep track of appointments.

App: Centers for Disease Control and Prevention - Milestone Tracker Mobile App

https://www.cdc.gov/ncbddd/actearly/milestones-app.html?s_cid=AAP-2017-APP-PC7

The Idaho Department of Health and Welfare, Infant Toddler Program has created an online questionnaire specific to a child's age. To access this information click this link to be taken to their webpage.

Ages and Stages Questionnaire-

<https://www.asqonline.com/family/812-screening-family-access-open-asq-3-english/start>

Patient Portals and Digital Care Notebooks

There are endless possibilities for digital health care aids. Seizure

trackers, remote diabetes monitoring, remote heart monitoring, sleep disorder therapy, patient care notebooks and organizers, and access to patient records are just a few examples of how ever-adapting and advancing technology can help patients and providers access accurate, up to the minute information. Check with your local provider to discuss options for patient portal access. Below are links to online resources to create a personalized digital care notebook. You can also check with your private insurance for digital organization tools.

American Academy of Pediatrics National Center for Medical Home Implementation - Building Your Care Notebook

http://www.medicalhomeinfo.org/for_families/care_notebook/Collaborative_Care_Notebook_from_Utah_Family_Voiceshttp://www.fv-ncfpp.org/files/5813/0721/3621/Care_Notebook_-_entry_enabled1_reduced.pdf

Exceptional Children's Assistance Center

<https://www.ecac-parentcenter.org/family-to-family-health-center/care-notebook/>

Seattle Children's Hospital Center for Children with Special Needs

<https://cshcn.org/pdf/care-notebook-all-docs.pdf>

Mobile Apps

Care Sync

<http://www.caresync.com>

My Medical App

<http://mymedicalapp.com>

Transition to Adulthood

Transition to adulthood can seem like a never ending sea of information and responsibilities. Thanks to online organizers/apps, medical trackers, financial trackers and employment resources at their fingertips, adolescents and adults can be better prepared to enter the life of independence with the help of a smartphone, tablet, or electronic communication device.

Got Transition?

Among many other activities, Got Transition, in partnership with the Maternal and Child Health Bureau and The National Alliance to Advance Adolescent Health, serves as a clearinghouse for current transition information, tools, and resources.

<http://www.gottransition.org/resources/>

Life Organization Apps and Tools on Pinterest

<https://www.pinterest.com/lasenders/transition-appssupports-students-transitioning-fro/?autologin=true>

Help is out there. Contact Idaho Parents Unlimited to get connected to these valuable resources and more.

Please Note: While online and digital information may be helpful and convenient, it is important to remember that it should not substitute the monitoring and care of a licensed healthcare professional. Always seek professional advice for your health care needs.

Open Enrollment for 2018 Coverage

Open Enrollment Dates: November 1, 2017 - December 15, 2017

At Your Health Idaho, you can shop, compare, and choose the right plan for your needs. Your Health Idaho is also the only place where you may be eligible to receive a tax credit to help offset the cost of coverage.

To enroll in an insurance plan with Your Health Idaho:

- Apply for cost-savings with the Idaho Department of Health and Welfare.
- Create an account on Your Health Idaho.
- Shop for a plan that is right for you.
- Enroll and make your first premium payment.

If you need help along the way, certified agents, brokers, and enrollment counselors are available to help free of charge.

For help and more information, visit: <https://www.yourhealthidaho.org/howtoenroll/>

Opportunity for Parents of Children with Disabilities in Idaho to

Advocate at the Federal Level

There are many changes occurring at the federal level right now that may have an impact on children with disabilities and special health care needs. If these issues concern you and you would be interested in providing feedback to our congressional leaders in Washington, please note their contact information below:

Washington DC contact information:

Senator Mike Crapo-

239 Dirksen Senate Office Building
Washington, DC 20510
Phone: (202) 224-6142
Fax: (202) 228-1375
Website: <https://www.crapo.senate.gov/>

Senator James Risch-

483 Russell Senate Office Building
Washington, DC 20510
Phone: 202-224-2752
Fax: 202-224-2573
Website: <http://www.risch.senate.gov/public/>

Representative Raúl Labrador-

1523 Longworth HOB
Washington, DC 20515
Phone: (202) 225-6611
Fax: (202) 225-3029
Website: <https://labrador.house.gov/>

Representative Mike Simpson-

2084 Rayburn House Office Building
Washington, D.C. 20515
Phone: 202-225-5531
Fax: 202-225-8216
Website: <http://simpson.house.gov/>

Please note that each of our US congressman also have offices located throughout Idaho.

Idaho contact information:

Senator

Mike Crapo-

Boise:

251 E. Front St., Suite
205
Boise, ID 8372
Phone:(208)334-1776
Fax:(208)334-9044

Coeur d'Alene:

610 Hubbard, Suite 209
Coeur d'Alene, ID 83814
Phone:(208)664-5490

Senator

James Risch-

Boise:

350 N. 9th St., Suite 302
Boise, ID 83702
Phone:(208)342-7985
Fax:(208)343-2458

Coeur d'Alene:

Harbor Plaza
610 Hubbard, Suite 213
Coeur d'Alene, ID 83814

Representative

Raúl Labrador-

Coeur d'Alene:

1250 Ironwood Drive,
#241
Coeur d'Alene, ID 83814
Phone:(208) 667-0127
Fax:(208) 667-0310

Lewiston:

313 D Street, Suite 107
Lewiston, ID 83501
Phone:(208) 743-1388

Representative

Mike Simpson-

Boise:

802 West Bannock, Suite
600,
Boise, ID 83702
Phone:(208)-334-1953
Fax:(208)-334-9533

Idaho Falls:

410 Memorial Drive, Suite
203
Idaho Falls, ID 83402

Fax:(208)664-0889

Phone:(208)667-6130
Fax:(208)765-1743

Fax:(208) 888-0894

Phone:(208)-523-6701
Fax:(208)-523-2384

Idaho Falls:

410 Memorial Dr., Suite 204
Idaho Falls, ID 83402
Phone:(208)522-9779
Fax:(208)529-8367

Idaho Falls:

901 Pier View Drive, Suite 202A
Idaho Falls, ID 8402
Phone:(208)523-5541
Fax:(208)523-9373

Meridian:

33 E. Broadway Avenue, Suite 251
Meridian, ID 83642
Phone:(208) 888-3188
Fax:(208) 888-0894

Twin Falls:

1341 Fillmore St. Ste. #202
Twin Falls, ID 83301
Phone:(208)734-7219
Fax:(208)734-7244

Lewiston:

313 'D' St., Suite 105
Lewiston, ID 83501
Phone:(208)743-1492
Fax:(208)743-6484

Lewiston:

313 D. Street, Suite 106
Lewiston, ID 83501
Phone:(208)7430792
Fax:(208)746-7275

Pocatello:

275 S. 5th Ave. #275
Pocatello, ID 83201
Phone:(208)-233-2222
Fax:(208)-233-2095

Pocatello:

275 S. 5th Ave., Suite 225
Pocatello, ID 83201
Phone:(208)236-6775
Fax:(208)236-6935

Pocatello:

275 South 5th Avenue, Suite 290
Pocatello, ID 83201
Phone:(208)236-6817
Fax:(208)236-6820

Twin Falls:

202 Falls Ave., Suite 2
Twin Falls, ID 83301
Phone:(208)734-2515
Fax:(208)733-0414

Twin Falls:

1411 Falls Avenue East, Suite 201
Twin Falls, ID 83301
Phone:(208)734-6780
Fax:(208)734-3905

Youth Corner

Have you Heard of YouthACT?



As you continue to grow and understand your disability, you will begin to see many resources available to help you plan your adult life. A resource that can help is the Youth Action Council on Transition (YouthACT). YouthACT is a national initiative that aims to help youth who have disabilities make the transition to adulthood by focusing on leadership and advocacy skills.

According to the National Collaborative on Workforce and Disability for Youth (NCWD.Youth), "While many organizations and government agencies are responsible for helping youth transition to adulthood (e.g. schools, employment and training programs, after school and recreation programs, health and mental health services, housing programs, disability services, courts and juvenile justice agencies, and child welfare and foster care programs), youth rarely have a voice in the decisions these agencies and organizations make about the programs, services, and policies that affect them. Increasing youth voice in organization and agency decision making and policy making is important to ensure youth receive the opportunities, services, and

support they need during the transition to adulthood."

You may be wondering how all of this applies to you. It is best explained by the resource itself. Take a look at the information below to find out exactly what getting involved with the YouthACT looks like:

YouthACT information from NCWD/Youth:

Youth, are you ready to ACT? Do you want to:

- Develop your leadership and advocacy skills?
- Be a leader in your community who improves opportunities and services for youth?
- Have your voice heard on both the local and national levels?
- Build positive relationships with other youth across the country?
- Learn how to work in partnership with adults to make change?
- Be part of a national movement to make sure that ALL youth, including youth with disabilities, can become successful adults?

If you answered yes, consider applying to participate in the Youth Action Council on Transition (YouthACT)!

To apply, you must:

- Be a youth between the ages of 12 and 25 at the time that you apply.
- Have a disability or be an ally of the disability community (At least one youth applicant on your team must have a disability or chronic health condition.)
- Be part of a team that includes an adult partner connected to a supporting organization and another youth.
- Have the approval of a parent or guardian if you are under age

18.

To learn more about applying, contact NCWD/Youth:

- By mail: NCWD/Youth c/o IEL, 4301 Connecticut Ave. NW Ste. 100, Washington, DC 20008;
- By email to: thomasj@iel.org; or
- By fax to: (202) 872-4050

Or visit: <http://www.ncwd-youth.info/youth-act>

VSA Idaho - The State Organization on Art and Disability



IPUL, through its Creative Access Arts Program, has been sponsoring the All Abilities dance class at Discovery Dance School in Pocatello for children between the ages of 5-15. Students perform the Brain Dance developed by Anne Green Gilbert as well as contemporary dance choreography with teachers Kristen Combs and Tiffany Chandler. The Brain Dance is a series of exercises that are used in all our IPUL dance residencies. The Brain Dance is comprised of eight developmental movement patterns that healthy human beings naturally move through in the first year of life. This is an excellent full body and brain warm-up for children and adults, and it can be done in a variety of settings. It may be used as a warm-up for any physical or cognitive activity, before tests, performances, and presentations, and it is helpful to increase energy and reduce stress. The Brain Dance is also a centering body/brain movement tool for brain reorganization, oxygenation, and recuperation. It prepares dancers for learning, and it helps with the development of appropriate behavior and social skills. The Brain Dance also enhances core muscles which facilitate postural alignment and connectivity. Focusing on Brain Dance patterns at the beginning of class helps dancers become more articulate and expressive as the developmental movement patterns are an integral part of every dance style.

Students from the All Abilities Dance Class will perform holiday-themed choreography along with all the other dance classes at their recital on December 16th at 4:30 p.m. For more information please contact Heather@ipulidaho.org or Brandi@ipulidaho.org

To learn more about IPUL's arts programs please contact

Heather@ipulidaho.org.

For more about VSA International please visit VSA, The National Organization on Arts and Disability:

<http://education.kennedy-center.org//education/vsa/>.



Idaho Parents Unlimited Monthly Regional Workshop:

FREE MONTHLY WORKSHOP SERIES

**Stop Spinning Your
Wheels: Advocacy and
Coordination Skills for
Your Child with Special
Health Care Needs**

**December 13, 2017
Time: 6:00-9:00 p.m.**



BOISE

4619 Emerald St. E
Boise, Idaho 83706

COEUR d'ALENE

Kootenai Health Center
2003 Kootenai Health Way
Coeur d'Alene, ID 83814
Inside Cafeteria, Classroom 2

POCATELLO

A New Hope
300 N. 7th Ave
Pocatello, ID 83201
Childcare available-advanced
notice required

This workshop will help parents and caregivers gain a better understanding of comprehensive family-centered care. Participants will learn how to implement a coordinated approach to healthcare for their child(ren) and youth with special healthcare needs, which will include tools to identify those needs and how to communicate with their child's providers.



Stop Spinning Your Wheels: Advocacy and Coordination Skills for Your Child's Special Health Care Needs

This workshop will help parents and caregivers gain a better understanding of comprehensive family-centered care. Participants will learn how to implement a coordinated approach to healthcare for their child(ren) and youth with special healthcare needs, which will include tools to identify those needs and how to communicate with their child's providers.

Date: December 13, 2017

Time: 6:00-9:00 p.m.

Statewide Locations:

Boise:

Idaho Parents Unlimited-
4619 Emerald St. Ste E Boise, Idaho 83706

Coeur d'Alene:

Kootenai Health Center-
2003 Kootenai Health Way Coeur d'Alene, Idaho 83814
Inside the cafeteria, classroom 2

Pocatello:

A New Hope-
300 N. 7th Ave. Pocatello, Idaho 83201
Childcare available with advanced notice required

*Scholarships for childcare available upon request statewide

Register:

Link to <http://ipulidaho.org/rsvp-for-monthly-workshops-here>.

Call 208-342-5884 or email parents@ipulidaho.org

Idaho Parents Unlimited, Inc.
Save the Date
Monthly Workshop and Webinar Series
2017-2018

Idaho Parents Unlimited, Inc
Assisting Families of Children with Disabilities
and/or Special Health Care Needs
Serving Idaho Families Since 1985

DAY & TIME

In-Person Workshops -
2nd Wednesday/month
6-9PM

Webinars -
last Tuesday/month
11AM & 9PM (mst)

RSVP

- 208-342-5884
- parents@ipulidaho.org
- www.ipulidaho.org

BOISE ←↔
4619 Emerald Ste. E.

↔↔ **POCATELLO**
A New Hope
300 N. 7th Ave.

COEUR D'ALENE ←↔
Kootenai Health Center
2003 Kootenai Health Way
(inside the cafeteria
classroom 2)

SAVE THE DATE

PARENT EDUCATION CALENDAR
Monthly Workshop & Webinar Series

August 2017	Success with the IEP
September 2017	Success with the IEP
October 2017	Bullying Prevention (parents & youth)
November 2017	Parent & Professional Collaboration
December 2017	Stop Spinning Your Wheels - Advocacy & Coordination Skills for Your Child's Special Health Care Needs
January 2018	Skills for Effective Advocacy and The Power of a Personal Story (Parents & Youth)
February 2018	Planning for a Healthy Transition (Parents & Youth)
March 2018	Getting and Keeping the First Job (Youth & Parents)
April 2018	Success with the IEP
May 2018	Positive Behavior Interventions and Supports

Plain Text:

December 2017

Stop Spinning Your Wheels-Advocacy & Coordination Skills for Your Child's Special Health Care Needs

January 2018

Skills for Effective Advocacy & the Power of a Personal Story (Parents & Youth)

February 2018

Planning for a Healthy Transition (Parents & Youth)

March 2018

Getting and Keeping the First Job (Parents & Youth)

April 2018

Success with the IEP

May 2018

Positive Behavior Interventions and Supports

June 2018

Families are Important (Early Childhood Focus)

July 2018

Support & Resources/ Parent Meet-Up

Date:

In Person Workshops - Second Wednesday of each month

Webinars- Last Tuesday of each month

Time:

In Person Workshops- 6-9 p.m. in all locations

Webinars- 11 a.m. and 9 p.m. Mountain Standard Time

Locations:

Boise:

4619 E. Emerald Street, Suite E
Boise, Idaho 83642

Pocatello:

A New Hope
300 N. 7 th Avenue
Pocatello, Idaho 83201

Coeur d'Alene:

Kootenai Health Center
Inside the cafeteria, classroom 2
2003 Kootenai Health Way
Coeur d'Alene, Idaho 83814

Registration:

Call- 208-342-5884

Email- parents@ipulidaho.org

Link to online registration- <http://ipulidaho.org/rsvp-for-monthly-workshops-here>

IPUL Staff



Angela Lindig, Executive Director
Jennifer Zielinski, Program/Parent Education Coordinator
Amy Ireland, North Parent Education Coordinator
Brandi Shaffer, East Parent Education Coordinator
Sarah Tueller, Southwest Parent Education Coordinator
Heather Kirk Skinner, Statewide Arts Education Coordinator
Rosario Beagarie, Bilingual Parent Education Coordinator
Candace Garman, Bookkeeper
Bill Nuttycombe, IT Specialist

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Join the IPUL Board of Directors! <http://www.ipulidaho.org>

The contents of this electronic newsletter were developed under a Cooperative Agreement from the US Department of Education, Office of Special Education (OSEP) Grant #H328M140020 and the U.S. Department of Health and Human Services, Health Resources Services Administration (HRSA) Family to Family Health Information Center Grant # H84MC12896. However, the contents do not necessarily represent the policy of the either department, and you should not assume endorsement by the Federal Government.

IPUL's parent education programming is always free to families. Consider making a tax-deductible contribution to assist us in assisting families who are raising exceptional children in Idaho. If making a cash contribution is out of reach right now, you can still help by making Idaho Parents Unlimited your charity of choice when shopping at Amazon.com or Fred Meyer thanks to their fantastic giving programs:

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Shop at AmazonSmile
and Amazon will make
a donation to:
Idaho Parents
Unlimited Inc
501(c)(3) non-profit
amazon smile

 Fred Meyer
community
rewards
Where shopping & giving unite

Idaho Parents Unlimited, Inc, 4619 Emerald, Ste. E, Boise, ID 83706

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Sent by parents@ipulidaho.org in collaboration with



Try it free today