



# NBISD Parent Advisory Board

## Agenda/Minutes

Every student. Every day.  
Engage, Empower, Learn

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March 10, 2023 @ 12:00 PM

- Welcome
  - Members in attendance (Zoom): Nina Pugh, Catherine Archer, Jennifer Martinez, Anissa Moore, Sharon Carlson, Rose Zamora, Elizabeth Rochin, Kim Gonzales, Lucia, Jena
- Review of meeting norms
- Review of minutes from last meeting
- **Behavior Bites-** lunch and learn (with Anissa Moore, M.Ed. BCBA)
  - **March: Increasing Self-Help Skills: Toileting, Dressing & Grooming**
    - Toileting
      - Start where the child is in the process
      - Use visuals for each step
      - Decrease fear by making the process natural & create a comfortable setting
      - Increase motivation to 'get in' and 'stay in' using bathroom specific reinforcers and materials.
      - Reinforce each step
      - Don't punish accidents, but have the child be part of the clean-up process.
    - Dressing
      - Use organizers to help with steps, then fade to visual steps
      - Allow time in the morning for the process so it's not 'rushed'
      - Use simple clothing to build momentum (ex: elastic pants, velcro shoes or crocs)
      - Let the child be part of choosing the clothes
    - Grooming
      - Be aware of your child/student's own sensory sensitivities with hairbrushing/toothbrushing/tastes
      - Fine motor issues- adapt handles with texture or other grips
      - Make showers/baths fun.
      - Add reinforcers if necessary

- Resources/websites
  - [www.theottoolbox.com](http://www.theottoolbox.com)
  - [www.healthychildren.org](http://www.healthychildren.org)
  - [www.autismspeaks.org](http://www.autismspeaks.org)
  - [www.life-skills.middletownautism.com](http://www.life-skills.middletownautism.com)
  - [www.anybabycansa.org](http://www.anybabycansa.org)
  - [www.kinetickidstx.org](http://www.kinetickidstx.org)
  
- Upcoming Events
  - Long Creek HS groundbreaking
    - March 23, 2023 @ 10 AM
  - Autism Walk
    - Apr 1, 2023
    - Location: Ninth Grade Center 8 AM- noon
    - **UPDATE:** Location moved to New Braunfels Middle School
  - Dyslexia Movie Night (in collaboration with Comal ISD)
    - Apr 25, 2023
    - Reserve tickets at The Brauntex
  
- Gateway Cookies
  - Still in the planning stages, but should be starting next year.
  
- Social Media
  - SEPAC Facebook Page
    - Currently at 137 members; a great resource providing information for what is going on in the Special Education community.
  
- Questions/Comments
  
- Upcoming meeting dates:
  - Apr 12, 2023
  - May 10, 2023

Meeting adjourned at 12:49 PM

