District Wide Parent Training Schedule
Half Hollow Hills School District

Date	Time	Consultant	Topic:	Description
September 24, 2026 / Thursday	2:30-3:30 via zoom	Vertullo	Why We Need Sleep: An Overview	This session will explore the fundamental question of what sleep is and why it's essential for our well-being. We'll delve into the vital role sleep plays in supporting healthy brain function, physical health, and emotional regulation.
September 29, 2026/ Tuesday	2:30-3:30 via zoom	McDermott	What are social emotional skills?	Social emotional skills help individuals manage emotions, form relationships, show empathy, make decisions, and handle social interactions. In this training we will explore the five domains of social emotional skills, why they are important, how these skills develop, and how to support the development of social emotional skills.
October 8, 2026 /Thursday	2:30-3:30 via zoom	Vertullo	Behavioral Sleep Strategies	Behavioral sleep strategies are a set of habits and techniques designed to improve your sleep. These methods focus on changing your behaviors and environment to support your child's body's natural sleep-wake cycle. These strategies will improve sleep quality while reducing challenging behavior.
October 20, 2026/ Tuesday	2:30-3:30 via zoom	McDermott	Visual Supports October 20, 2026 2:30 PM	Using Visual Support Systems is an effective tool utilized in teaching skills. Using visual

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				supports can help teach students with ASD in multiple settings and disciplines. Visual support can aid in communication,learning new skills, social skills, etc.
November 12, 2026/Thursday	**2:30-3:30 via zoom**	**Vertullo**	**Stress Management-November 12, 2026 2:30 PM**	**In today's fast-paced world, stress is a common part of life that can affect a child's mental well-being. However, research shows that individuals with autism often experience especially high stress levels, which can increase their risk of developing mental health difficulties. This session will discuss strategies for implementing stress management.**
November 17, 2026/ Tuesday	**2:30-3:30 via zoom**	**McDermott**	**Empathy for Others-November 17, 2026 2:30 PM**	**Empathy is the ability to recognize, understand, and share the feelings and perspectives of another person. It involves both emotional and cognitive processes that enable individuals to connect with others on a deeper level, fostering compassion and mutual understanding. Empathy is critical for building strong interpersonal relationships, reducing conflicts, and promoting prosocial behaviors like helping, sharing, and cooperating. It plays a key role in emotional intelligence.**
December 3, 2026 /Thursday	**2:30-3:30 via zoom**	**Vertullo**	**Receptive Language-December 3, 2026 2:30 PM**	**This session will review: Receptive language is the ability to understand spoken, written, or signed words. It is essential for communication**

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				and social skills, helping us follow directions, answer questions, and respond to others. Children usually develop receptive language first, understanding words long before they can speak them.
December 22, 2026 / Tuesday	2:30-3:30 via zoom	Mcdermott	Identifying my emotions- December 22, 2026 2:30	Helping children learn to identify and understand emotions is a vital part of their social emotional development. In this training we will be looking at how emotional identification empowers children to navigate their feelings, build healthy relationships, and respond effectively to life's changes. We will look at strategies for teaching children to identify emotions, the challenges of doing so, how to incorporate emotion identification in daily life and the benefits of doing so.
2026 Districtwide Parent Trainings (Wait to post to website until November 2026 time TBD)				
January 14, 2027 / Thursday		Vertullo	Self Awareness	
January 26, 2027 Tuesday		McDermott	Emotional Regulation	
February 11, 2027		Vertullo	Social Play and Leisure Skills	
Feb 23,2027 Tuesday		McDermott	Self-Advocacy	Children, including those with autism and other disabilities, may need to use self-advocacy skills in various situations to express their needs, preferences, and boundaries effectively. We will explore some common scenarios where these skills are essential

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March 11, 2027/ Thursday		**Vertullo**	**Joint Attention**	**Joint attention refers to the shared focus of two individuals on an object, event, or concept. It is a critical social-cognitive skill where one person signals or responds to another's cues to engage in shared awareness or interaction. We will look at how the process can occur through verbal communication, gestures, or gaze direction and how joint attention is the foundational social- emotional skill for children and teens to develop and strengthen.**
March 30, 2027 / Tuesday		**McDermott**	**Non-Verbal Communication**	**Nonverbal communication (NVC) refers to the transmission of information, emotions, and intentions without the use of spoken or written words. We will explore how Nonverbal cues play a crucial role in conveying meaning and fostering understanding in interpersonal interactions.**
April 8, 2027 / Thursday		**Vertullo**	**Safety Skill in the Home and Community**	**Participants will explore evidence-based approaches for teaching safety skills, including prevention strategies, explicit instruction, and generalization across environments to support independence and well-being."**
April 27,2027 / Tuesday		**McDermott**	**Conflict Resolution Skills**	

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May 6, 2027/ Thursday		**Vertullo**	**Assertive Communication**	**Assertive communication is a crucial skill that empowers children to express their needs, preferences, and personal boundaries clearly and respectfully. For children on the autism spectrum, learning and applying assertive communication**
May 25, 2027 / Tuesday		**McDermott**	**Psychological Flexibility**	**Psychological flexibility is the ability to adapt to life's challenges, stay aligned with personal values, and respond effectively to changing circumstances and emotional experiences. Psychological flexibility plays a vital role in fostering emotional regulation, enhancing problem- solving skills, and building resilience. We will look at how psychological flexibility can have positive effects on children's emotional well-being and developmental outcomes**
June 3,2027/ Thursday		**Vertullo**	**Toilet Training**	**This training focuses on evidence-based toilet training practices for individuals with developmental and learning differences. Emphasis is placed on data-informed decision-making, reinforcement strategies, and collaboration between home and school."**
June 15, 2027 / Tuesday		**McDermott**	**Mindfulness**	**Mindfulness is the practice of being fully present in the moment, without judgment, and with a sense of awareness and acceptance of one's thoughts, feelings, and sensations. In recent years, mindfulness has gained widespread recognition for its benefits to mental health and well- being. We will look at the benefits of mindfulness in social skills development as well as with emotional awareness in individuals on the autism spectrum.**

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