

January 2026

FEC

NEWSLETTER

Family Empowerment
Center for Disabilities



A Fresh Start That Really Works: Tiny Habits

The Tiny Habits method, created by Stanford Behavior Scientist B.J. Fogg, is the easiest, most reliable way to make your 2026 resolutions actually stick. Instead of relying on willpower, take any goal and shrink it to something ridiculously small—30 seconds or less—then anchor it to an existing daily routine using the simple formula: “After I [current habit], I will [tiny new behavior].” For example: “After I pour my morning coffee, I will do two push-ups against the counter” ...then smile and give yourself a quick fist pump. The secret sauce is that instant, genuine celebration—whether it’s a quiet “yes!,” a smile, or that little fist pump. That burst of positive emotion wires the habit into your brain far faster than motivation alone ever could. Start tiny, anchor smart, celebrate every time—and watch your resolutions grow naturally into lasting success all year long. For more info, visit

<https://tinyhabits.com/>



Upcoming FEC Events

Special Education Navigation Training: Join us on **Wednesday, January 21st** for an IEP basics class, which is an overview of IEPs.

Zoom sessions: **9:30 AM–10:30 AM or 6:00 PM–7:00 PM.**

Parent/Caregiver Support Group: Join us on **Wednesday, January 24th** to share experiences, seek advice, and offer mutual support.

Zoom sessions: **9:30 AM–10:30 AM or 6:00 PM–7:00 PM.**

Email fec@changingtidesfs.org for Zoom links to the training or support group.

Start the Year Strong – Collaborate the IDEA way.

Sometimes families and schools don't see eye to eye about your child's education needs, and that's okay. Under IDEA, families have the right to address concerns in positive, collaborative ways through Alternative Dispute Resolution (ADR). Many issues (accommodations, services, or placement) can often be resolved by starting with a calm conversation at the school level, requesting a facilitated IEP through the Humboldt-Del Norte SELPA, or using free mediation with a neutral mediator from the Office of Administrative Hearings. These are ways you can help focus on solving problems together, saving time, and preserving relationships rather than moving straight to formal hearings. If concerns remain unresolved, families may choose to file a due process complaint or a state or civil rights compliance complaint. January is a great time to learn your options and feel confident advocating for your child in the new year. Visit our FEC Resource Padlet for more on Special Education, Parenting, Early Start, and local and virtual training resources.



If you need help understanding these options or deciding which path is right for your family, the Family Empowerment Center is here to support you.

Visit our FEC Resource Padlet for a variety of information on Special Education, Parenting, Early Start, plus Local and Virtual Events and Training Resources. Check in often to stay up to date!

Click or Scan
for FEC
Resource
Padlet



Phone (707) 444-8293

FEC@changingtidesfs.org

www.changingtidesfs.org

Open Monday-Friday 8:30 AM to 5:00 PM

Closed 12:00 PM to 1:00 PM

2249 Myrtle Avenue

Eureka, CA 95501

Community Spotlight



Redwood Coast Regional Center

Redwood Coast Regional Center is one of California's 21 regional centers and proudly serves families in Del Norte, Humboldt, Lake, and Mendocino counties. Partnering with the Department of Developmental Services, RCRC supports more than 4,700 children and adults with lifelong developmental disabilities (including autism, intellectual disability, cerebral palsy, and epilepsy) and provides early intervention for infants and toddlers at risk of delay. Their caring, person-centered teams work side-by-side with families to coordinate services, therapies, housing, employment, and community inclusion — all with the goal of helping each person live the most independent and meaningful life possible.

For more information or to start services, visit redwoodcoast.org or call the Eureka office at (707) 445-0893. RCRC is here for your family every step of the way.

PARENTING TIP ~

Organizing School Paperwork for IEPs, 504s, and More

Staying on top of your child's education documents can reduce stress and strengthen advocacy. Here's how:

- 1. Create a Dedicated Binder:** Use dividers for sections like IEPs, evaluations, progress reports, and correspondence for easy access.
- 2. Label by Date and Type:** Sort chronologically (e.g., "2025 IEP Meeting Notes") to track changes over time.
- 3. Track Deadlines:** Use a wall calendar or a calendar app to note annual reviews, reevaluations (**every 3 years**), and response timelines (e.g., **15 days for school replies**).
- 4. Highlight Key Info:** Mark goals, accommodations, and contacts with sticky notes or highlights for quick reference during meetings.
- 5. Backup Regularly:** Store copies in a safe spot, and review quarterly to purge outdated items.

These tips can empower you for the year ahead—reach out to FEC for personalized organization templates! If you're interested in joining us on **January 16th**, we will be having an IEP Binder Workshop to help put these tips to use. Call (707) 444-8293 for more information.



We Value Your Feedback!

Please Click or Scan the Code to visit our FEC Virtual Suggestion Board and let us know what you would like to see more of at the Family Empowerment Center for Disabilities

Not on our mailing list?
Join by sending a request to
FEC@changingtidesfs.org

Bilingual Spanish Services Available
Community Resource and Referrals
Contact us for more information about our services!

Local Events for Kids & Families

Humboldt County Fair Ice Rink- January 1st–11th, M-F 3:00–9:00 PM,

Sat/Sun 9:00 AM–9:00 PM Humboldt County Fairgrounds, Ferndale

Family skating fun with adaptive options available—perfect for winter fun.
\$15 kids/\$20 adults.

FREE- Native Plant and Garden Tour- January 3rd, at 1P

300 Community Park Way (to the left of HealthSport) in Arcata. Pete Haggard (Bugman) will show that wildlife will come to the city if native plants are provided.

FREE – Little Builders Club- January 8th, 10:30 AM–12:30 PM Fortuna Library Ages 0–5 playtime with blocks and crafts—sensory-friendly for young families.

FREE – Ferndale Library Game Night- January 22nd, 6:00–9:00 PM

Ferndale Library All-ages board games and fun—adaptable for wheelchairs and varying needs.