



# Early Start Developmental Services

*Feel Good About Giving*

## August 2015

Early Start Services upcoming important dates and program closures:

- Labor Day, September 7th, 2015, Easter Seals Holiday

### How to Cancel an Appointment

We want you to be able to keep every appointment you have with our Early Start staff. However, if you do need to cancel, please contact us 24 hours in advance or first thing in the morning if your child wakes up ill. The contact number for Pediatric Administration is 916-679-3155. **Thank you.**

## Staff Updates

We would like to welcome Mary Swickard (left) and Diana Felix (right) to the speech team! They both just finished their Master Degree in SLP and joined Easter Seals for their clinical fellowship year. Kris Courtwright, speech supervisor pictured in the middle, and the rest of her team are so excited to add to their wonderful team as is the rest of the Pediatric department!



## Program Updates

In the Early Start Developmental Services program, we served a total of 466 clients for the month of July with a total of 1079 services provided. 343 clients received child development, 38 received feeding services, 231 received speech services, 199 received occupational therapy and 268 received physical therapy services with us as part of their infant program. We received 73 new intakes in July, the most we have had in the past 5 years!

## WarmLine Family Resource Center [www.warmlinefrc.org](http://www.warmlinefrc.org)

### September

Activity	Day/Date	City
Chalk and Bubble Art	Saturday, Sept. 12	Roseville
Miniature Golf	Saturday, Sept. 19	Grass Valley
Special Education (IEP)	Tuesday, Sept. 22	Sacramento
Bounce U	Tuesday, Sept. 22	Roseville
Love & Logic Workshop	Wednesday, Sept. 23	Sacramento
Train Ride w/ Sacramento Valley Live Steamers	Saturday, Sept. 26	Rancho Cordova



## Social-Emotional Development [Zerothree.org](http://Zerothree.org)

Below are some ideas for nurturing relationship-building skills in infants and toddlers:

**Allow for some unstructured, uninterrupted time with your child each day.** Let her be the leader in deciding what to play. Don't multi-task during this special playtime—just be there with your child one-on-one. She will feel loved and special with your full attention. When you have to do turn to daily chores, you can stay connected with your toddler by talking with her or having her help with the activity, giving her "jobs" she can handle. With your baby, you can narrate what you're doing and offer her interesting, related objects to keep her connected to you—like giving her a wooden spoon to play with while you're cooking.

**Let your child know you're interested in her activities.** Show a sincere interest in your child—whatever she is doing. Your attention is what she desires and is thrilled to receive. You can show your interest by commenting on or describing what she is doing: "You are using so many beautiful colors to make that drawing." Or, get involved by following her lead. If she is putting blocks in a container, see if she'll take turns with you, or if you can build something together. This will also help her learn about the value and joy of back and forth play which is an important aspect of all successful relationships.

**Encourage children to express their feelings in an age-appropriate way.** Forming positive, healthy relationships depends on the ability to show feelings appropriately and to recognize the feelings of others. Teach children acceptable ways to vent anger, like drawing an angry picture, running in the yard, or tossing a pillow on the floor. Label your own feelings, "I am happy because you helped me clean up," or, "I am sad that grandma had to fly home." It is important for children to know that you have feelings too, but that there are ways to cope with them so you can feel better.

**Respect and recognize your child's feelings.** This teaches your child to trust her instincts. It can also help her work through powerful or difficult feelings and allow her to move on. Knowing you respect her feelings teaches your child empathy and respect for others, which are important elements in any relationship. Accepting her feelings, without minimizing them or making fun, also increases the chances that she will share more with you as she grows.

**Play games that explore feelings.** Use puppets to act out a young child's typical frustrations or fears, like having to share toys with a playmate, adjusting to a new baby, or separating from loved ones. Make drawings or hats for different emotions, and talk about pictures in books that communicate feelings. Also, watch what your child "tells" you during her play—it can be a window into her inner thoughts and feelings. For example, if your child dresses up in mommy clothes and acts out leaving her teddy bear at the babysitter's house, she may be wondering about separations. You can help her think through these big ideas and feelings by playing along and perhaps reminding her that, while Teddy misses his mama, he knows his mama always comes back.

**Provide opportunities for your child to develop relationships with peers.** Children need practice in order to learn to share, take turns, resolve conflict, and feel the joy of friendship. Playing together gives children all of this—plus a chance for parents to connect with others adults, too! At this age, being present during play-dates is important as children often need help learning and practicing their new friendship skills. And it's a good rule of thumb to keep play-dates short for little ones—45 minutes-to-an-hour is about right for most toddlers.



**Easter Seals Vision:** *People with disabilities will have equal opportunities to live, learn, work and play in their community.*

- Children with disabilities will be fully included and have the same experience as their peers.
- All adults with disabilities will experience the life style of their choice.
- All seniors will live out their lives in comfort and with dignity.