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Live:

Better Hearing and Speech Month

May is Better Speech and Hearing Month. This year's theme is **Early Intervention**. At Easter Seals North Georgia, we know the importance of early intervention. The brain is still forming in the first three years and quite pliable.

ESNG Speech Therapist, Cristina Jones, fills us in on the importance of nutrition and mealtime for your child's health, including speech.

Your toddler is growing up fast! Given your toddler's new mobility, he is more interested in moving around and exploring his world than sitting still to eat. Your toddler is also establishing a sense of independence, which can lead to some messy mealtimes or just straight up refusal. Read the entire article [here](#).

Learn [more](#) about the importance of Speech Therapy.

Mental Health Awareness Month

May also focuses on mental health. Juanita Brigman, our Mental Health Program Manager, contributed this article explaining the importance of **early intervention** when you feel your child may be suffering.

May is Mental Health awareness month. Mental illness is an often shunned topic and treatment is often avoided due to the attached stigma. This is unfortunate as research suggest that 1 in 4 adults in the U.S. suffer from a range of mental illnesses. According to NAMI (n.d.), nearly 5 million children suffer with what we commonly call mental illness. The most common mental illnesses diagnosed in childhood include: ADHD, ADD, Disruptive Behavior Disorder, Pervasive Developmental Disorders, Anxiety Disorder, to name a few. The most common causes for mental illness in children include: heredity, biology, physical/psychological/emotional trauma and environmental stress (NAMI, n.d.). Read the entire article [here](#).

Learn:

Teacher Appreciation Week

Although the actual origins of Teacher Appreciation Week are not certain, we do know that Congress declared National Teachers Day in 1980. In 1985, the Parent Teacher Association established the first week in May as National Teacher Appreciation Week. It has been celebrated annually ever since.

At ESNG, we have over 175 teachers in our 11 child development centers. This week, we profiled some of those teachers on our [Facebook page](#) and our [blog](#).

Here's our Jackson Co. Center with their Superhero teachers and our Guice center appreciating their teachers!



Pre-K Getting Ready for Kindergarten

May signals the end of the school year for our students and a big moment for the pre-k classes. They are getting ready for Kindergarten and our early education programs have prepared them well. Our Guice center visited a local elementary school and learned all the great things they will encounter come August.



At our Sylvan Hills center, parents learned how to enroll their children into public schools from parents and teachers. Teachers also reiterated the importance of family engagement especially in their children's education, which includes meeting with teachers regularly, reading to and with their children and making sure their child is encouraged to perform at his or her highest level.



Be sure to follow us on [Pinterest](#) as we will be adding activities that will be sure to keep your child engaged and learning throughout the summer.

Play:

Facebook: <https://www.facebook.com/EasterSealsNorthGeorgia>

Twitter: <https://twitter.com/eastersealsnga>

Instagram: <https://instagram.com/eastersealsnga/>

Pinterest: <https://www.pinterest.com/eastersealsnga/>

Blog: <http://www.eastersealsnorthga.wordpress.com>

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