



Geauga HMG-EI Newsletter

October—November—December 2019

Concerns about your child's development?

Contact us:

Geauga County Help Me Grow Early Intervention Program

(440) 729-5250 or (440) 389-3322

Click or visit our website:

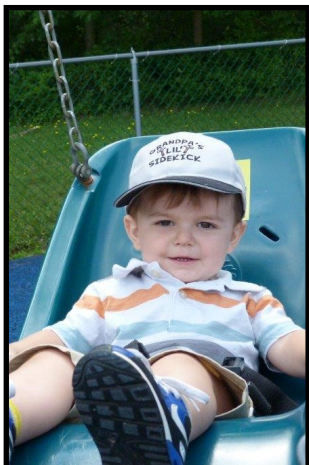
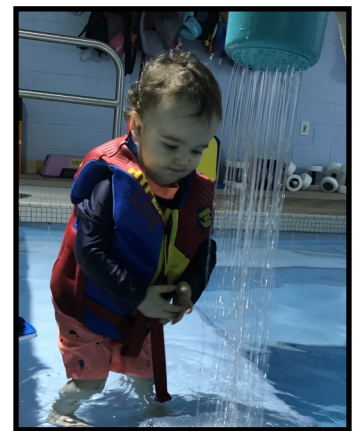
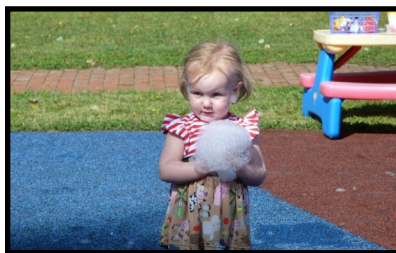
www.geaugaffc.org/helpmegrow



Summer Playgroups!



If you are interested in joining our playgroups please call 440.729.9406 x1705 or email plg@geaugadd.org



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The Geauga Help Me Grow/Early Intervention Program is funded by Geauga Family First Council/Ohio Department of Health and Geauga County Board of Developmental Disabilities.

Parenting a Picky Eater? - From our Occupational Therapist

Children don't come with a feeding manual. Picky eating in babies, toddlers and older kids is more common than you realize with 25% of typically developing children never growing out of it. Using the wrong spoon, limiting your child's diet to "kid foods" like chicken-nuggets, improper positioning in the high chair, using sippy cups instead of straws, preparing separate foods for kids and adults, offering too many snacks and dependence on "pediatric" milks are all examples of why picky eating can develop from these common feeding practices (Melanie Potock, mymunchbug.com). Parenting a picky eater requires compassion and patience. Here are a few tips: Provide structure, eat meals at the table with no grazing in between. Snacks are okay, but treat them as mini-meals that you sit down for. Eat together as often as possible. Not only does this make eating more enjoyable, it also exposes our kids to more foods and models a varied diet. It may seem like they're not paying attention, but they are! Avoid using tablets, TV, toys, and books at the table because they aren't actively eating. It can be a SLOW process weaning them off distractions if you're currently relying on this to help your child eat. Have meals ready at the table and mark the beginning of the meal with a song, prayer, or wish. This is a great time to see how your child's day has been going! And always remember...take a few minutes to breathe deeply and slow down your pace before bringing the family to the table. Many happy memories begin at the dinner table!

Pumpkin Energy Bites

Ingredients

- 1 cup dates, chopped; packed
- 1/4 cup honey
- 1/2 cup pumpkin puree
- 1 tablespoon chia seeds (can substitute flax seeds)
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/8 teaspoon ground nutmeg
- 1 cup oats, Old fashioned, or rolled (use certified gluten-free oats for a gluten free recipe)
- 1 cup shredded coconut (unsweetened)
- 1/2 cup pumpkin seeds (raw—pepitas)

- Prep time: 20 minutes
Cook time: No bake but needs 30 minutes in the fridge before shaping
Yields/Serves: 24 energy bites



Method

Combine the dates, honey, pumpkin puree, chia (or flax) seeds, cinnamon, ginger, and nutmeg in a food processor, and pulse until smooth, scraping the sides down occasionally to combine. Transfer the mixture to a large bowl, and stir in oats, coconut, and pepitas until evenly combined. Cover and refrigerate for at least 30 minutes. Once the mixture is cool and easier to work with, use a spoon, cookie scoop or a melon baller to shape it into about 1-1.5 inch balls and then use hands to shape even further. Alternately, you can line a small baking pan with parchment paper, and press the mixture evenly into the pan, let it cool and cut into squares. Can be stored in an airtight container in the fridge for 1-2 weeks.

Karla Faso, MS, OTR/L, GCBDD

Dialogic Book Reading - From our Developmental Specialist

Dialogic Book reading is a way to interactively read with your child to promote receptive and expressive language. When you read with your child the child should become the story teller and you follow their lead. We should not require a child under the age of 3 to sit and listen without participating. This strategy will help you as a parent check for your child's understanding of the text/picture.

When choosing books for dialogic book reading pick books with lots of pictures and simple language.

- * **P** Prompt your child—Example: What is this? (point to the cow)
- * **E** Evaluate your child—Example: Ooo I do see a cow!
- * **E** Expand on their response—Example: What sound does a cow make?
- * **R** Repeat the prompt—Example: What else do you see?

- * **C** Completion—Example: The cow says _____?
- * **R** Recall—Example: What was the cow eating?
- * **O** Open-ended—Example: What do you see?
- * **W** What, where, why, how questions—Avoid yes and no questions
- * **D** Distancing—Example: Oooo we saw a cow at the zoo last week!



Abby Ball/Schultz, Developmental Specialist, GCBDD



Movin' with Music

6 week sessions



Mondays @ The Metzenbaum Center
8200 Cedar Road, Chesterland
9:00—10:00 or 10:00—11:00

Wednesdays @ Valley Presbyterian Church
17560 Chillicothe Road, Chagrin Falls
9:15—10:15



Thursdays @ St Mary's School
401 North Street, Chardon
8:45—9:45



Fridays @ Geauga Library Admin. Center
12701 Ravenwood Drive, Chardon
9:00—10:00

Please contact JoAnn Anselmo to reserve a spot!
Janselmo@geaugadd.org
or 440.729.9406 x1317



Swim Play Group

Let's build muscles and improve coordination together while having fun in the warm therapy pool. Swimming is a great bonding experience for you and your child!



Swim Dates for 2019:

October: Monday 7th, Wednesday 23rd, Thursday 24th
November: Monday 4th, Wednesday 20th, Thursday 21st
December: Monday 2nd, Wednesday 18th, Thursday 19th

Please RSVP to reserve your spot:
plg@geaugadd.org or 440-729-9406 X 1705



- Things to Bring
- Swim suit for you and your child
 - Towels
 - Swim diapers if applicable
- *Parent or Caregiver



Pacifier Facts & Tips

- * A pacifier can restrict tongue movement and can hold the front of the tongue down, so only the back can move. This means making sounds like 'T', 'D', 'N' & 'L' is much harder!
- * Prolonged use of a pacifier is associated with an increased risk of middle ear infections!
- * It is best to STOP pacifier use by the time your child is 1 year old!
- * Go "Cold-Turkey". Set a date for when it will be gone, & stick to it!



October is Down Syndrome Awareness Month

- * During the month of October, we celebrate people with Down syndrome and make people aware of our abilities and accomplishments. It's not about celebrating disabilities, it's about celebrating abilities. For more information please visit: www.upwithdowns.org



November is Prematurity Awareness Month

- * About 1 in 10 babies are born preterm, or before completing the normal 37 to 40 weeks of pregnancy. For more information please visit: www.cdc.gov



December is National Safe Toys & Gifts Month

- * According to the U.S. Consumer Product Safety Commission, hospital emergency rooms treated an estimated 251,700 toy-related injuries in 2010 throughout the United States.

To learn more please visit: www.healthline.com



Upcoming Early Intervention Events

FALL FESTIVAL

When: Friday, October 25, 2019

Time: 10:00 a.m. to 11:30 a.m.

Note: Groups will start Trick or Treating at 10:15 a.m. sharp!
Please be punctual in arriving to allow for adequate time for Trick or Treating.

Where: Geauga County Job and Family Services

12480 Ravenwood Drive
Chardon, Ohio 44024



Please join other Early Intervention families for a morning of fun fall activities and dress your child up for a safe place to trick or treat! Healthy snacks are provided by the staff. Please bring your own bag for trick or treat goods.



RSVP Required by Monday, October 21, 2019
440.729.9406 x1705 or plg@geaugadd.org



Please join us on:

October 4, 2019

Time: 10:00 A.M.

At: Patterson's Family Fun Fest
8765 Mulberry Rd.
Chesterland

There will be a \$4.00 fee per person.

*Please Remember that this is a chance to interact with your child and the Play, Learn and Grow staff will be available to help with activities; however, you are responsible for your own child's safety during the event.

**To reserve your spot please call:

Play, Learn and Grow at: (440) 729-9406 X1705

or email : plg@geaugadd.org

by September 25th



Geauga County Early Intervention Play, Learn and Grow presents "You and Me" Art

Join us for an art activity...

Chardon Library

September 13th

Geauga West

November 8th

Bainbridge

November 15th

Time: 10:00 am - 11:00am

Reserve your spot at:

www.geaugalibrary.net

This event is open to Geauga County residents with children ages:

Infant to 3 years old



Come join us for a fun filled hour of arts and crafts. Gluing, tearing, and scribbling are all part of the enjoyment as your child experiences early learning art.

*This is an opportunity for you to interact with your child. Play, Learn and Grow staff will be on hand to help, but you are responsible for your own child's safety.



Happy Holidays!

Please join us for our HMG/EI Holiday Potluck!

Friday, December 6, 2019

11:00am - 1:00pm

Metzenbaum Center

8200 Cedar Road

Chesterland, Ohio 44026



Bring a side dish or a dessert to share!

RSVP is required by:
Monday, December 2, 2019 to attend!

Please RSVP to Lisa Ross at
plg@geaugadd.org or call
440.729.9406 x1705





New Early Intervention Programs

Mini Music

Geauga County's Early Intervention Program is now offering Mini Music, a new program for younger kiddos. Children ages 3 months-18 months are welcome with a parent or caregiver. Come learn new songs and make new friends! We will explore instruments, make fun sounds, and move our bodies.

Our new classes are currently being offered once a month at:
The Metzenbaum Center
8200 Cedar Road
Chesterland, Ohio 44026

Please contact JoAnn Anselmo at:
Janselmo@geaugadd.org or 440.729.9406 x1317 for more information.



Sensory Friendly Playgroups!



Play Learn & Grow is now offering a sensory friendly playgroup! This group is intended for children with higher sensory needs, please talk with your Service Coordinator or Primary Service Provider to enroll in this playgroup to ensure it is a good fit for your child's needs!



Early Intervention Announcements

*****Attention EI families! Early Intervention has officially gone virtual*****

We now have a HIPAA compliant website to conduct virtual visits!

We can now still conduct visits if your child is ill, there is inclement weather, or you would like your primary service provider to see your child in a different environment!

Please contact your primary service providers or service coordinator if you are interested in virtual visits!



*****Attention parents***** ... do you have questions? feedback? ideas?
Please join us at the next Early Childhood Subcommittee (ECS) meeting!

Thursday, October 3, 2019—10:00am @ Geauga County Job & Family Services
12480 Ravenwood Drive, Chardon, Ohio 44024

What is Early Childhood Subcommittee?

The Early Childhood Subcommittee is an advisory group of the Geauga County Family & Children First Council. Membership is comprised of various community agencies, representatives, and parents who partner together to share ideas, experiences, and expertise in the area of early childhood development.

Why should I attend Early Childhood Subcommittee?

The focus of the group is to gather input regarding direction, planning, & success for the Geauga County Help Me Grow program. The ECS is also the place where community professionals & parents have the opportunity to talk about gaps in services for young children that exist in Geauga.

We value your time & your opinions...

During the meeting we provide you with childcare. Your children will be watched by HMG staff on-site, in a child-friendly room.
In addition, your time is valuable to us - we will give you \$25.00 gift card for attending the meeting.

Upcoming Community Events

Art CLASS INTERACTIVE EDUCATIONAL

Each week the students will learn about art techniques, artists and a variety of mediums. This art class is a great way to explore all the different types of art through education and painting.

EVERY WEDNESDAY
6-7:30 p.m.
FEE: \$5.00 Per Class

SIGN UP
Please register with Jessica Bauer, 440-796-6796.

This class is open to the public and is for ages 10 years and up.

the metzenbaum FOUNDATION
Metzenbaum Center 8200 Cedar Rd., Chesterland, Ohio

Cooking Class

Join Honeybird Kitchen on the second Tuesday of each month and learn how to cook delicious, seasonal food!

We will cook each class and eat what we create!

Only \$10 per class!
5-7:30 p.m.

Metzenbaum Center, 8200 Cedar Rd., Chesterland, OH 44026
Limited to the first 16 people. Must sign up separately for each month.

the metzenbaum FOUNDATION

To attend, please register each month with Honeybird Kitchen at honeybirdkitchen@gmail.com or 440.590.9392.

BINGO!

Join us on the second Saturday of EVERY month for FREE Bingo!

6:30 - 8:00 PM

The event is open to the community. Family friendly event | Fun prizes for the winners!

8200 CEDAR ROAD, CHESTERLAND, OHIO 44026

Please register by contacting Sally Contizano at, metzenbaum.foundation@gmail.com

Registration is available at the door, but early registration is encouraged so you don't miss out!

Limit of participants is 50, reserve your spot today!

the metzenbaum FOUNDATION

Your Early Intervention Support Team

Nancy Seelbach, LISW
Project Director
Ph. 440.285.1201



Meredith Myers
Early Intervention Manager
440.729.5250 x1530

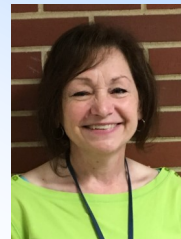


Service Coordinator's

Brittany D'Ettorre
EI Service Coordinator
440.729.5250 x1531



Cyndy Sperrazzo, M.Ed.
EI Service Coordinator
440.729.5250 x1533



Rochelle Payne, LSW
EI Service Coordinator
440.729.5250 x1535



Therapists

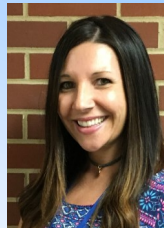
Vanessa Miller, MA, CCC/SLP
Speech and Language Pathologist
440.729.9406 x1318



Karla Faso, MS, OTR/L
Occupational Therapist
440.729.9406 x1306



Danielle Skrabec, MS, PT
Physical Therapist
440.729.9406 x1307



Play Learn & Grow, Music Therapy, & Support Staff

Lisa Ross
Play Learn and Grow
440.729.9406 x1705



Carol Colombo
Registered Music Therapist
440.729.9406 x1321



JoAnn Anselmo-Burrow
EI Administrative Assistant
440.729.9406 x1317



Developmental Specialists

Abby Schultz
EI Developmental Specialist
440.729.9406 x1304



Polly Meil
EI Developmental Specialist
440.729.9406 x1305





Community Resources



STABLE ACCOUNT Click or visit stableaccount.com or call 1.800.439.1653 for more information

Savings and investment solutions for people with disabilities. Stable account allows you to save or invest up to \$14,000 per year without losing government benefits like Medicaid or SSI.

Parents' Rights in Ohio E.I.

To file a complaint about your child's early intervention services please contact:

The Ohio Department of Developmental Disabilities Early Intervention via:

Phone: 614.466.6879

Email: ei@dodd.ohio.gov

Mail: Ohio Dept. of DD

Early Intervention

30 East Broad Street, 12th Floor
Columbus, OH 43215



Please consider becoming a foster and/or adoptive family for the children of Geauga County who need & deserve your support.
geaugakids.com - 440.285.9141



Lake-Geauga United Head Start, Inc.
FREE Preschool
for children ages 3-5
Eligibility is based on family income
CALL 440.636.5387

Be sure to check out Geauga Public Library's website for events and story time information.

geagalibrary.net



Women, Infants, and Children (WIC) is a nutrition education program that provides nutritious foods to pregnant women, women who just had a baby, breastfeeding moms, infants & children up to age 5.
Visit geaugacountyhealth.org for more information on income eligibility.

Please call to schedule an appointment at 440.636.5331.



Gaugua WIC Program

Gaugua Park District's website is a great resource for FREE & educational events for residents of every age & ability.
geaugaparkdistrict.org



Laura Janson
Gaugua County Parent Mentor
440.635.6713
Laura.janson@geugaesc.org

*Free assistance for parents needing guidance when transitioning from an IFSP to an IEP.



For more upcoming events at Gauga County Board of DD check out our website:
<http://www.geugadd.org/community-connections---events.html>



Check out our Facebook page for information about exciting upcoming activities and our monthly calendar of events.

Click on the link below or search for us at:
[Gaugua Co. Early Intervention Program: Play, Learn & Grow](https://www.facebook.com/geugaearlyintervention)



Be sure to check your email for additional community opportunities and events that HMG/EI has to offer.

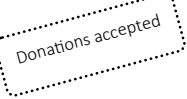
If you'd like to be added to our email list, please contact Your HMG/EI Service Coordinator or Primary Service Provider.



440.286.9711
24 Hour Line:
1.800.550.4900

www.birthright.org/chardon

Birthright serves those in Geauga and surrounding counties by providing tangible, compassionate support for pregnant women and families with small children. In addition to being a source for non-judgmental support, we can provide free pregnancy testing, maternity and children's clothing and other material needs for children.



Monday, Tuesday, Wednesday, Friday:

11:00am—4:00pm

Thursday: 11:00am-7:00pm

No appointment necessary!!

InfantSEE

FREE eye exam for Infants 1 year or younger



Dr. Graley, 14894 N State Road in Middlefield is a provider for the InfantSEE program and works with children of all ages. She prefers to start seeing children between 6 months-1 year old. Remember you can get that first visit for free if your child is 1 year or younger.

Make your appointment now,
Call 440.632.9277



More information and full list of providers;
Click the link or go to infantsee.org



Torchlight of Northeast Ohio is seeking men & women over the age of 18 who live in Lake, Geauga & Ashtabula Counties to volunteer as mentors. If this is something that interests you, please visit our website

www.torchlightyouthmentoring.com or contact :

Torchlight

Shannon Majewski at 440.352.2526.



System of Payments



Payment choices for additional Early Intervention (EI) services determined by child's IFSP.

Additional EI services may include Audiology, assistive technology devices or other needed services to meet IFSP outcomes as determined by your child's EI team.

For more information contact your child's Service Coordinator

Need Help Finding Child Care?

Try Starting Point's **FREE** child care referral line for information on child/early education options!

Serving Lake, Cuyahoga, Geauga & Ashtabula counties.



Call us at: 800.880.0971

Or visit us online at: www.starting-point.org