



# Geauga HMG Newsletter

January - February - March 2017

## What is Help Me Grow?

**Help Me Grow** is a voluntary program for pregnant women and families with infants and toddlers between the ages of birth and three years old. The goal of the program is to assure that newborns, infants, and toddlers have the best possible start in life. Help Me Grow provides services that promote children's growth and development and support families during their children's early years.

A **Help Me Grow Worker** can make visits to your home to provide you with information about community services and resources for Geauga Families. Your child will also be screened for health and overall development to make sure he/she meets important milestones.

The purpose of **Help Me Grow** is to help parents help their children reach their fullest potential because the first three years of life are so important to a child's overall educational, social, and emotional development.



### Contact us:

Geauga County Help Me Grow  
8200 Cedar Road  
Chesterland, Ohio 44026

Program Information & Central Intake:  
440-729-5250  
Toll Free 1-866-975-1100

Check us out online at:  
[www.geaugaffc.org/helpmegrow](http://www.geaugaffc.org/helpmegrow)  
[www.ohiohelpmegrow.org](http://www.ohiohelpmegrow.org)

Geauga Help Me Grow is funded by Geauga Family First Council & Ohio Department of Health with the Early Childhood Developmental & Home Visitation Program component funded by Geauga County Job & Family Services.





Be sure to watch your email for additional community opportunities and events that HMG/EI will forward.

If you'd like to be added to our email list, please contact your Help Me Grow Service Coordinator.

## REFER A FAMILY



In hopes of reaching all Geauga County families who could benefit from Help Me Grow home based services, we need your help. Families who refer another family to Help Me Grow would receive a \$25 gift card with each successful referral.

For more information on this upcoming program, contact Meredith Myers at 440.729.5250 x1530

## STABLE ACCOUNT

Savings and investment solutions for people with disabilities.

Stable account allows you to now save or invest up to \$14,000 per year without losing government benefits like Medicaid or SSI.

### Informational Meeting

February 28, 2017

5:30 pm-7:00pm

Pizza & Drinks

Metzenbaum Center

8200 Cedar Road

Chesterland

R.S.V.P. Janice Chesnes at 440.729.9406 x1512 or [jchesnes@geaugadd.org](mailto:jchesnes@geaugadd.org)

## ON THE MOVE



### New Location

209 Center Street, Unit A  
Chardon, OH 44024

Effective December 5, 2016



## Attention parents ... do you have questions? feedback? ideas?

**Please join us at the next Early Childhood Subcommittee meeting!**

**Thursday, January 5, 2017**

**At Geauga Job and Family Services**

**12480 Ravenwood Road**

**Chardon, OH 44024**

### *What is Early Childhood Subcommittee?*

The Early Childhood Subcommittee is an advisory group of the Geauga County Family and 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, and success for the Geauga County Help Me Grow program. The ESC is also the place where community professionals and parents have the opportunity to talk about gaps in services for young children still exist in Geauga.

### *We value your time & your opinions...*

During the meeting we provide you with child-care. 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 pay you \$25 for attending the meeting.*

# Blowing bubbles to promote speech

By Vanessa Oster SLP

Blowing bubbles encourages breath support which is needed to talk in sentences. It also helps strengthen the muscles needed for common speech sounds. This activity teaches lip puckering and lip rounding which assists in the production of 'm', 'p', 'b' and 'w' sounds.

## Target Vocabulary:

Bubbles, more, want, pop, blow, big, small, please, pole, me, up, bye-bye, wet, open, whoa, wow, watch, my turn/your turn, in/out, on/off, dip and all done.

## Activities to teach the concept of blowing:

- \* **Hand:** Put your hand to your mouth and say 'I can feel air on my hand'. Let your child try. This allows your child to feel the airflow.
- \* **Tissue:** Place approximately 1-2 inches away from your mouth and exhale. Point to the tissue moving and say 'Did you see that! Air cam out of my mouth.' This shows your child that they need to exhale—Also needed for blowing bubbles and speech production
- \* **Mirror:** Position close to mouth to create condensations you speak. Watch the mirror fog up! This also provides visual feedback.
- \* **Bubbles:** Blow a bubble and catch it on the bubble wand. See if your child can kiss the bubble. Next, see if your child can blow the bubble off the wand by softly saying 'who'.
- \* **Straw:** Submerge in a cup of water and show your child how to make bubbles by blowing into the straw.
- \* **Cotton Ball:** Place at one end of table and try to blow to the other end. Make it a game—try to see whose cotton ball can reach the end first!



Be silly, animated and most of all HAVE FUN!!

# Exploring with Playdough

By Karla Faso, OT

Playdough is fun, versatile and an invaluable tool for working on goals with your child at home. For tactile sensitivities, Playdough is a great way to bridge the gap between comfortable sensations such as hard/firm textures and uncomfortable sensations such as soft, sticky and mushy textures. It can be used in a variety of ways to introduce sensory exploration. There is no right or wrong way to play with playdough as long as your child is having fun and using their hands to explore.



## Activities that promote this are

- \* When playing with playdough; squish, squash, roll and flatten the dough. This develops children's muscles that will encourage prewriting skills.
- \* Use play scissors, cookie cutters, and rolling pins to encourage play activities like tea parties, snowmen building, and pretend baking. This will help to develop skills like cutting while also developing hand muscles.
- \* Roll out dough in pancake shape and with plastic knife and fork practice cutting in small pieces. This helps with coordination.



## Kool Aid Playdough Recipe

3 1/2 Cups Flour	3 Tbls. Oil
1/4 Cup Salt	2 Cups boiling water
2 packs Unsweetened Kool-Aid	

In a bowl, add water to salt and Kool-Aid. Add Flour and oil. Knead until smooth. Keep in airtight container.



Be sure to check out the Chardon Public Library for the display featuring Help Me Grow and Early Intervention. The Play Learn and Grow Facebook page will post where to find the next display!

Chardon Winterfest on the Square  
 Historic Chardon Square  
 January 21, 2017  
 2pm—9pm

Come visit the snow capital of Ohio.

Dress warm for this fun filled family activities which will also include snowmen, carriage rides, and the return of the Fire & Ice Tower.



### Winter Sensory Exploration

When: January 23, 2017  
 Where: Metzenbaum Center  
 8200 Cedar Rd.  
 Chesterland  
 Time: 10:00 am—11:30 am



Please join us for winter sensory day. We will be enjoying some fun winter activities in the warmth of the building. There will be sled rides, snow balls, building snowmen, and playing in the snow.



RSVP at 440.729.9406 x1705 or plg@geaugadd.org for more details

## FREE community MOVIE NIGHT

When: February 4, 2017, 7:00-9:15

Where: Metzenbaum Center, 8200 Cedar Road

Movies: To be announced

Free popcorn and drinks will be provided. Other snacks will be available for purchase. Bring blankets and pillows if you wish to lie on mats on the floor, otherwise chairs will be provided.

For more information or to register contact Janice Chesnes at 440.729.9406 x1512 or jchesnes@geaugadd.org



## Movin' with Music

Mondays, 1/9 to 2/13 @ Metz  
 One class at 9am and one at 10am

Or

Thursdays, 1/12 to 2/16 @ 9:00  
 St Mary's School Library  
 401 North Street, Chardon.

Please contact Cathy Yane to reserve a spot!  
 cyane@geaugadd.org or 440.729.9406 x 1317

## Irish Songs and Lullaby's Dance

Performed by  
 The Metzenbaum Dancers

When: March 18, 2017

Where: Metzenbaum Center, 8200 Cedar Road

Cost: Free



## Metzenbaum Pool

HMG/EI family open swims

9-11:30  
 January 9, 2017  
 February 6, 2017  
 March 13, 2017



Family open swims

3:30-5:30  
 January 11, 2017  
 February 8, 2017  
 March 8, 2017

Contact Pam Marusek for more information contact pmarusek@geaugadd.org



Check out Geauga's Play, Learn & Grow Facebook page for information about exciting upcoming activities and calendars of events



<https://www.facebook.com/pages/Play-Learn-and-Grow-Geauga-County/327114797445810>

# January

## National Birth Defect Prevention Month

Prevent to Protect:

### Prevent Infections for Baby's Protection

Birth defects affect 1 in 33 babies born in the US. Although not all birth defects can be prevented, all women who could be or are pregnant can lower their risk of having babies with birth defects by following some basic health guidelines. These include:

- Properly prepare food
- Talk to your healthcare provider
- Protect yourself from animals and insects known to carry diseases such as Zika virus
- Maintain good hygiene



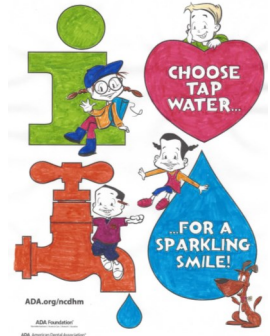
For more information about birth defects, visit [www.cdc.gov/birthdefects](http://www.cdc.gov/birthdefects)

# February

## National Children's Dental Health Month

Choose Tap Water for a Sparkling Smile

Good dental habits established at an early age are critical in maintaining good oral health



Fun Fact:

More than 70 years of scientific research has consistently shown that an optimal level of fluoride in community water is safe and effective in preventing tooth decay by at least 25% in both children and adults. Simply by drinking water.

For free coloring sheets: visit [ADA.org/ncdthm](http://ADA.org/ncdthm)

# March

## Developmental Disability awareness month

**METZENBAUM CENTER**  
The Geauga County Board  
Of Developmental Disabilities

**COME TO THE  
COMMUNITY  
CARNIVAL**

**Saturday, March 4**  
11 a.m. – 2 p.m.

**METZENBAUM CENTER**  
8200 CEDAR RD. IN CHESTERLAND.

Join the Geauga County Board of Developmental Disabilities for its Community Carnival! The carnival is a **completely free event** open to the public. Come for free food, games and the chance to win prizes.

**MARCH IS DEVELOPMENTAL  
DISABILITIES AWARENESS MONTH.**  
Help us raise awareness for the  
individuals that we help to live, learn  
and earn in our community!

### "A Night to Shine"

In honor of your children, the HMG/EI staff is hosting a very special event to celebrate your child!!

Have fun and dress your child up as they walk the red carpet and shine!! As your child is being introduced, this event will showcase their unique personality and accomplishments, no matter how big or small. It will also be a time for meeting and sharing with other families experiencing similar developmental delays while enjoying some light refreshments.

Date: March 22, 2017

Refreshments: 6:00pm

Program: 6:30pm – 8:30pm

Location: The Metzenbaum Center, 8200 Cedar Road



For more information and to RSVP call 440.729.5250 x1530

**Parents' Rights in Ohio HMG E.I.**  
To file a complaint about your child's early intervention services please contact:

**The Bureau for Children with Developmental and Special Health Needs at the Ohio Dept. of Health via:**



**Phone:** 614-644-8389  
**Email:** [beis@odh.ohio.gov](mailto:beis@odh.ohio.gov)  
**Mail:** Ohio Dept. of Health  
Help Me Grow  
246 N. High Street  
Columbus, OH 43215



Are you concerned about your child's behavior?  
Is your child at risk for expulsion from preschool?

**Crossroads Early Childhood Services Can Help!**

Early Childhood Mental Health Consultation  
(Statewide Whole Child Matters Initiative)

**For more information contact:**  
**Marlayna Adamic 440-358-7370**

**Lake-Geauga United Head Start, Inc.**



**FREE Preschool**  
for children ages 3-5  
*Eligibility is based on family income*  
**CALL (440) 636-5387**



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

[geaugaparkdistrict.org](http://geaugaparkdistrict.org)



**Birthright Geauga, Inc.**

**440-286-9711**  
**24 Hour Line:**  
**1-800-550-4900**

Free & Confidential Help, Pregnancy Tests, Maternity Clothes, Infant & Children's Clothing

[www.birthright.org/chardon](http://www.birthright.org/chardon)



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

[geugakids.com](http://geugakids.com) - **440-285-9141**

**Big Brothers Big Sisters**



Big Brothers Big Sisters of Northeast Ohio is seeking men and women over the age of 18 who live in Lake, Geauga and Ashtabula Counties to volunteer as Big Brothers and Big Sisters. If this is something that interests you, please visit our website [bbbsneo.org](http://bbbsneo.org) or contact Shannon Majewski at 440-352-2526.



Geauga County  
**Public Library**

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

[geugalibrary.net](http://geugalibrary.net)

**Do you have concerns regarding your Preschool child's development?**

Please contact:

Maria R. Perusek, Ed.S, Early Childhood School Psychologist  
Geauga County Educational Service Center  
(440)-279-1708 - [maria.perusek@geaugaesc.org](mailto:maria.perusek@geaugaesc.org)



**Geauga WIC Program**

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 and children up to age 5. Visit [geaugacountyhealth.org](http://geaugacountyhealth.org) for more information on income eligibility. Please call to schedule an appointment at 440-279-1936.



Cerebral Palsy  
Group

Cerebral Palsy Group is an online resource for anyone who has been affected by cerebral palsy, brain injuries, or birth injuries.

Visit [cerebralpalsygroup.com](http://cerebralpalsygroup.com) for more information.