

October  
November  
December

# Help Me Grow Geauga County Early Intervention Metzenbaum Newsletter

2024

Serving Geauga County children from birth to age 3 with  
Developmental Disabilities. Helping people Live, Learn, and Earn in our community

Visit our website for more  
information on services  
provided by the Geauga  
County Board of  
Developmental Disabilities:

[www.geaugadd.org](http://www.geaugadd.org)



@GeaugaDD



@GeaugaDD



## Are you Concerned?

You know your child best. If you have concerns that  
your child has a delay/disability or know someone who  
has concerns, call us! There is no need to  
"wait and see."

Early Intervention (EI) works with families with children  
birth to age 3 who have developmental disabilities so  
that they have the best possible start in life.

To make a referral: Visit [www.ohioearlyintervention.org](http://www.ohioearlyintervention.org)  
to complete the process online or call us at  
1-800-755-GROW



**METZENBAUM CENTER**

The Geauga County Board  
Of Developmental Disabilities





Did you know there is open swimming for Early Intervention Families with Brenda at the Metzenbaum Center's indoor therapeutic pool on Wednesdays! Contact Brenda at [bpowell@geaugadd.org](mailto:bpowell@geaugadd.org) or 440-688-5846 to sign up.

# PARENT RESOURCES

The U.S. Department of Transportation's National Highway Transportation Safety Administration has child passenger safety resources available for families and guardians in recognition of Child Passenger Safety Week and National Seat Check Saturday. [Click here](#)



## Music at Metzenbaum

The Geauga County Board of Developmental Disabilities offers a variety of inclusive music programs available to families in Geauga County. We will bounce, sing, and explore music together. Music is powerful, it helps with our attention spans, turn taking and preschool readiness skills. It builds relationships and creates a bond. Music engages a child by gaining their attention and motivating them and most importantly, MUSIC IS FUN! Families must live in Geauga County to enroll in weekly classes. Anyone can join the virtual classes.

**Virtual Facebook Music**- available every Wednesday at 9:30 on the page Geauga County Board of DD, posts to Instagram afterwards



**Mini Music** is for babies ages 6 months up to 17 months old  
Classes on Tuesdays at 9, 10 or 11

**Movin with Music** is for children ages 18 months up to 3 years old  
Classes on Mondays or Thursdays at 9, 10 or 11

**For more information or to enroll in a class contact Carol at [ccolombo@geaugadd.org](mailto:ccolombo@geaugadd.org)**



## 7 Minute HIIT Workout for Kids

- 7-Minute HIIT Workout for Kids**  
Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!
- FROG JUMPS**  
Hop, hop, back and forth like a frog.
  - BEAR WALK**  
Hands & feet on the floor, hips high - walk left and right.
  - GORILLA SHUFFLE**  
Sink into a low crouching squat, with hands on the floor, shuffle around the room.
  - STARFISH JUMPS**  
Jumping jacks as fast as you can, with arms and legs spread wide.
  - CHEETAH RUN**  
Run in place, as FAST as you can! Just like the fastest animal in the Sahara.
  - CRAB CRAWL**  
Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.
  - ELEPHANT STOMPS**  
March in place lifting your knees as high as you can and stomping the ground as hard as you can!



## Music at the Libraries



Movin with Music will be offered at: Thompson library on October 11th, November 15th, February 21st, & April 4th  
Contact the library for sign up.





**Emotional Regulation is the ability to effectively manage and respond to an emotional experience. People unconsciously use emotion regulation strategies to cope with difficult situations many times throughout each day. However we often witness our children experience dysregulation as meltdowns, tantrums or difficult behaviors when they aren't able to diffuse their negative emotions.**

## Meltdowns

- Can begin as a tantrum and grow when control is lost
- Occurs when feeling overwhelmed
- Limited to no control while happening
- Can result in complete shutdown or withdrawal
- Occurs with or without an audience

## Tantrums

- Goal Oriented
- Express want or need
- Begin 12-24 months up to age 3
- Some control maintained
- Resolve once able to “use words”
- Usually has an audience

## How to tell the Difference

First determine the underlying cause. Is it goal-oriented? What is the child trying to say? Does it subside when you remove your attention? Does distraction reduce it?

If you can answer “yes” to all these, you’re witnessing a tantrum.

If it’s a meltdown, distraction or attention does not lessen it. Talking or picking child up might cause screaming or crying to increase.

## Calming & Coping Strategies



Preparing children to better manage their own tantrums and meltdowns involves teaching them to recognize, name, and verbally express their feelings. Use of calming strategies and then providing opportunities when they are calm to practice them provides acceptable alternatives to screaming and physical aggression.



## Ways to support your child

Talk with your child and share facts they can understand.

Let them know it’s ok if they feel upset. Share with them how you deal with your own stress so that they can learn to cope from you.

Try to keep up with regular routines. If schools are closed, create a schedule for learning with fun activities and relaxing time.

**Need help? Know someone who does? If you or someone you care about, are feeling overwhelmed with emotions like sadness, depression or anxiety, or feel as if you want to harm yourself or others please reach out for help.**





**The Early Childhood Subcommittee meeting will be held Thursday October 3rd, 2024 via zoom at 10:00 AM. Meeting ID 851 1826 3884 Passcode 807277 [Meeting link](#)**

The ECS is an advisory group of Geauga Family 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. The focus of the group is to gather input regarding direction, planning & success for the Geauga County Help Me Grow program. We encourage Help Me Grow parents to join us to share feedback about services they are receiving and/or gaps in services they might be experiencing. We value your opinions, and your time is valuable to us and will send you a \$25 gift card for attending the meeting. Please contact your Service Coordinator if you have any questions.

## Parent Rights

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

The Ohio Department of DD EI via:

Phone: 614.466.6879

Email: [ei@dodd.ohio.gov](mailto:ei@dodd.ohio.gov)

Mail: Ohio Dept. of DD

Early Intervention

30 East Broad Street, 12th Fl.

Columbus, OH 43215

[Click Here to View Your Rights as a Parent!](#)

**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.**

**[Click Here to Learn about System of Payment!](#)**

