



in Macomb

March/April 2008

Volume VI, Issue 4

Early On sheds light on issues of infants and toddlers with special needs

This publication is for families with infants and toddlers up to 36 months of age who have special needs including:

- ❖ An established condition (a diagnosed physical or mental condition with a high probability of a developmental delay); or
- ❖ A developmental delay in at least one of the following skill areas: physical, motor, thinking, communication, social/emotional or self-help.

Local agencies representing education, health care, and community services have banded together through a federal program called Early On. The purpose of Early On Macomb is to put families in touch with the local agencies best suited to assist the family with its specific needs.

Early Edition is published by Early On families for Early On families and to shine a little light on the many services and resources available in the county.

Do You Need A Hug?

Parent Education/Support Program

CARE and Early On Macomb present "Do You Need A Hug?" This is a six week parent education and support program for those adults parenting young children with special needs. Gain tools for behavior management. Learn ideas for responding to your child or other children and how to carve out time for them. Gain awareness of your strengths and tools to encourage yourself. A sibling support group and childcare are provided on site. The program meets on Thursdays, April 3, 2008 – May 8, 2008 from 6:00 – 8:00 p.m. at Mt. Calvary Church in Warren and is FREE to all families enrolled in Early On/MIPP. Look for the flyer soon or ask your service coordinator about the program!

Early edition

A parent-to-parent newsletter

Parent to Parent

Last issue, a parent wrote: "My child is a preemie that was sent home on an apnea monitor. She hasn't had any problems and the doctor is going to take her off the monitor soon. I am very nervous about this, even though she hasn't needed it. Any suggestions to help me to still be able to sleep at night?" We received the following response:

- My son was also on an apnea monitor. When the doctor decided that he didn't need it anymore, I was very upset. A friend of mine bought me an "Angel Care Movement Sensor" from Toys-R-Us. You put the sensor pad under the mattress in the crib. It's a monitor that will detect your baby's slightest movement. If he doesn't move for 20 seconds an alarm goes off. He's older now and we don't need to use it anymore, but it gave my husband and I the peace to sleep at night.

This issue, we have a parent who writes: "Just before turning two years old, my son started grinding his teeth. Does anyone have any suggestions on how to get him to stop? It's driving me crazy and I can not get through to him."

If you have any suggestions or ideas, please send them to:

MISD – Early On
Attn: Julie Lagos
44001 Garfield
Clinton Twp, MI 48038

Or, e-mail your comments to:

Jwilliams@misd.net

Early On Activities

- **Parents' Night Out – Let's Talk About Behavior Issues** – April 23, 2008 from 6:30 – 8:00 p.m. at the MISD Building. Call (586)22803524 to register.
- **Do You Need A Hug** Parent Education and Support Program – Thursdays, April 3 – May 8, 2008 from 6:00 – 8:00 p.m. at Mt Calvary Church. Call CARE to register at (586)541-0033.
- **Sterling Heights Parks & Recreation Parent and Tot Playgroup** – Begins the week of April 14th at various times and days. Call (586)446-2704 to register.
- Watch your mail for upcoming **"Families Together" Events:**
 - March 20, 2008 – Dance Class
 - April 15, 2008 – Carnival & Ice Cream Social

All Early On Activities are FREE to families enrolled in Early On/MIPP.

Monster Throw

Take a paper grocery bag and decorate it with your child with a silly monster face. Cut a large hole out for his mouth. You can use crayons, markers, string, cut out construction paper—whatever you have to decorate it with. Then, ball up newspaper or use small soft balls and you and your child can try to throw the balls in either the monster's mouth or the top of the bag.

Leprechaun's Shake

- 1 cup skim milk
- 2 scoops vanilla nonfat frozen yogurt
- 1 teaspoon peppermint extract
- 2-3 drops green food coloring

Pour all ingredients into a blender and whirl until smooth and green. Serve with a shamrock.

Rainbow Ribbons

Use assorted fruit in the colors of the rainbow to make a "rainbow" snack.

- Red – watermelon balls, strawberries, cherries
- Orange – oranges, cantaloupe balls, mango
- Yellow – pineapple cubes or banana slices
- Green – green grapes, honeydew or kiwi
- Blue – large whole blueberries
- Purple – purple grapes or cubed plums

The Rainbow Connection

(Conferences, Websites, Places of Interest around Macomb County)

Conferences/Workshops:

- **"The Parenting Puzzle" 13th Annual Parenting Conference** – at the MISD Conference Center on March 1, 2008 from 8:00 a.m. – 4:00 p.m. Cost is \$30.00. For more information or to register, call CARE at (586)541-0033 or visit www.careofmacomb.com.
- **The Abilities Center Workshop Series** - Each workshop is \$25.00. Call the Abilities Center in Walled Lake for registration or more information on the following workshops:
 - Gifted & "Quirky" Kids – March 13, 2008
 - Management of Spasticity – May 8, 2008
 - Sensory Integration – May 22, 2008
 - Handwriting Without Tears – June 19, 2008
- **2008 MiAEC Early Childhood Conference** – April 10 – 12, 2008 in Grand Rapids Michigan. For more information, visit www.miaec.org or call (517)336-9700

Websites:

- www.commtechlab.msu.edu/sites/aslweb/browser.htm
Great site for parents using sign with their kids. When you go to this website, you pick out a word and a video clip will show you how to sign that word!

Places to Go/Things to Do:

Sterling Heights Parks & Recreation – Flashlight Easter Egg Hunt – Bring your flashlight and dress for the weather for an outdoor Easter Egg Hunt. Indoor activities also. \$4/Sterling Hgts resident & \$5/non-resident. Call (586)446-2704 for more information.

Story Time at Macomb County Library – Call (586)286-6660 for programs for babies, tots and toddlers.

