



in Macomb

January/February 2006

Volume IV, Issue 3

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.

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.

New for the New Year!

In the next Early Edition you will be seeing some new features! With each new issue we will take a look at one of the many programs within *Early On*. We will find out what services are offered by each of the different programs as well as what's happening and any special events. Next issue we will focus on the Macomb Infant Preschool Program, the program near and dear to my heart!

In the upcoming issues we will also be focusing on the angels in disguise who make such a difference in our kids lives. We will devote a section in each issue to the professionals of Early On/MIPP, the ones who hold our hands as they lead us down the pathway to better futures for our kids. They are, by far, our unsung heroes!

We would also like to introduce another new feature in the Early Edition. I have found that some of the best resources for ANYTHING lies within the parents themselves. Want to start a playgroup? Want to get rid of something someone else could benefit from? Found a great new kid friendly place? Post it in the "Parent Exchange"! The format will be similar to the classifieds, but the goal will be to connect parents with other parents who can offer solutions to whatever they are looking for. Help us make this successful, we need your participation! To submit to the "Parent Exchange" you can call (586) 945-6715, email to Lasz1268@aol.com, or send request to Parent Exchange, 11456 Hanford Drive, Warren, MI, 48093. We look forward to hearing from you!!
Thanks, Karen (MIPP Parent)

Early edition

A parent-to-parent newsletter

Parent to Parent

Last month, a parent asked: *My daughter is twenty two months old and up until she was eighteen months old she would eat anything. Now, she turns her nose up at so many food items, especially vegetables. It makes meal time frustrating. Any ideas?*

The following suggestion was received:

- My doctor advised me to expect my son to change his eating habits after the age of two. She said that it's normal for a 2 year old to be more picky about his/her foods and that it is not something to worry about and that they usually grow out of it. And, most importantly of all, do NOT make a battle out of it. The more you push a food the more it becomes a battle of wills rather than whether they like the food or not. Make sure you give them plenty of time to eat—my son is a slow eater but if we take our time more often than not he will eat it. Always sit as a family and talk.

The question we received for the next issue is: *I have a daughter who is five and I was wondering how to explain disability to her.*

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

Michele Kraski
35139 Kensington
Sterling Heights, MI 48312

Or, e-mail your comments to:

Jwilliams@misd.net

Fun in the Snow

There are lots of things that aren't so fun about snow – like trying to get around town (when the streets haven't seen a snow plow) or trying to park at the mall (why is it that people "forget" how to park when they can't see the yellow lines?). But, there are a few fun things you can do in, on and with the snow. Here are a few suggestions:

- Make angels in it
- Make a snowman out of it
- Paint it – buy some "snow paint" and make a frosty master piece
- Sled down it
- Catch it on your tongue
- Take a walk in it
- Have a snowball fight with it
- Build a fort in it
- Appreciate the beauty of it

From www.goerie.com

Sledding Hills in Macomb County

- **Clinton Twp** – Civic Center on Romeo Plank between Clinton River and Canal
- **Fraser** – McKinley Park on Grove between Masonic and 13 Mile Road
- **Center Line** – Memorial Park on Little Engleman west of Lawrence
- **New Baltimore** – Parks & Recreation 24 Mile at Baker
- **Romeo** – Community Center on Morton Street
- **Sterling Heights** – Beaver Creek Park, Carpathia Park, Delia Park, Hampton Park, Magnolia Park
- **Shelby Twp** – Stony Creek Metropark on Main Park Road
- **Lenox Twp** – Wetzel Park 26 Mile and Werderman
- **Roseville** – Huron Park on Frazho and Kelly

Valentine's Day Snacks

For winter or Valentine's Day, cookie cutters are a great way to make healthy snacks fun. Use a heart or snowflake cookie cutters and cut out wheat bread. You can use spreaders and give your child a choice of peanut butter, jelly or cream cheese. Let them spread it themselves. They can even sprinkle raisins, granola or small pieces of fruit on top.

Go to www.MISD.net for Early On Macomb's new website!

The Rainbow Connection

A listing of conferences, workshops, classes and events happening in and around Macomb County along with useful web-sites.

Conferences/Workshops/Classes:

- **Early Childhood Parenting Classes** – meets every Wednesday from 6:30 – 8:30 pm for six weeks starting January 25, 2006 at the Macomb County Library and February 1, 2006 at the Romeo District Library. And every Tuesday beginning January 31, 2006 at Assumption Nursery, St Clair Shores. Classes are free—funded through Great Parents Macomb. For registration or other information, call (586)541-0033.
- **4th Annual Macomb County Early Childhood Conference** – January 28th at Macomb Community College south Campus from 8:30 am – 4:00 pm. www.macomb.edu
- **11th Annual Parenting Conference – "Home Improvement"** – March 4, 2006 - held at the Sterling Inn Banquet & Conference Center in Sterling Heights and will give Macomb County residents an opportunity to become aware of techniques and skills necessary to raise healthy, drug free children. Keynote speakers: Michigan's First Gentleman, Daniel Mulhern and David Walsh, Ph.D. For more information, contact CARE at (586)541-0033 or see www.careofmacomb.com.

Websites:

- www.babycenter.com offers travel resources for children with special needs along with resources on development, sleep, toileting and safety.
- www.misd.net and click on "Services for Children", then "Assessment Center", then "Early On" for the new Early On Macomb website. The website has lots of information on Early On and local events.

Early On Activities

- ❖ **Family Fun Events: "Pancakes for Dinner & Character Night"** – January 6th from 5 – 6:30 pm at Schwartkoff Elementary. **"Mommy & Me"** – February 16th, more information to be announced. **"Watch Me Grow Crafts"** – March 9th.
- ❖ **Parents Night Out – Siblings of Kids with Special Needs** – Thursday, January 19th & **Sleep Issues** – February 9th. Join us from 6:30 – 8:30 pm for pizza & pop and great discussion.
- ❖ **Sterling Heights Parks & Recreation Parent & Tot Playgroup** – meets every Wednesday for eight weeks beginning January 11th. Three time slots.

For more information about any of these events, call Julie Williams at (586)228-3524.