



Early edition

September/October 2007

Volume VI, Issue 1

A parent-to-parent newsletter

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.

Parent to Parent

Last issue, a parent wrote: *“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.”*

- We received the following suggestion: I took my three year old to the dentist because he was grinding his teeth. The dentist told me this was something my son would outgrow. It wasn’t to the point where he would recommend a special night guard. The dentist suggested that we may be able to control the teeth grinding by relaxing before bedtime. He suggested giving my son a warm bath, listening to a few minutes of slow music or reading a calm book in the evening. This helped us—hope it helps you too.

For the next issue, we had a mom write: *“I have three children who seem to always find their way into my bed during the night. How can I get them to stop so we all can get a good night sleep?”*

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

MISD - Early On
44001 Garfield Road
Clinton Twp, Michigan 48038

Or, e-mail your comments to:

Jwilliams@mysd.net

Leaps & Bounds Parent & Child Time Together

Located at the Mt. Calvary Family Community Center at 8129 Packard, Warren, parents and children birth to five years old can learn together through music and movement, arts and crafts, etc. This FREE program meets at different times in the week in English and in Hmong. Call (586)759-3895 to reserve your space!

Visit our website at www.misd.net for more information!

Preventing Morning Mayhem

Here are some tips to make mornings run smoother.

- Get up early enough so you don't have to rush.
- Keep your conversation positive and the mood upbeat.
- Make a checklist or a chart of everything that your child has to do, such as getting dressed, eating breakfast and brushing teeth. Do the same tasks in the same order every day.
- Don't turn on the television.
- Get kids clothes, medications, and anything special they need the next morning – like show and tell – ready the night before.
- Don't let the kids stay up late on the weekends; try to keep the same routine.
- If you drop your kids off somewhere in the mornings, create a good-bye ritual that you can repeat every day, such as giving special kisses or singing a certain song.

Taken from Parents.com

Pressed Leaves Placemat

What you Need:

- 2 sheets clear contact paper, placemat size
 - scissors
 - leaves
 - waxed paper
 - large book, dictionary or encyclopedia
1. Gather some fall leaves
 2. Place each of the leaves between 2 pieces waxed paper
 3. Place the leaves inside a large book to flatten. This may take a day to about a week.
 4. After the leaves are flattened, take them out of the book and remove the waxed paper. Peel the back off one of the sheets of clear contact paper.
 5. Place the sticky side up on your work area.
 6. Arrange your leaves in the contact paper in any way desired.
 7. Peel the backing off of the other sheet of contact paper and carefully place on top of the leaves.

Families, remember, you can always call Julie Lagos, Family Liaison, if you have any questions about Early On or just need someone to talk to.

The phone number is (586)228-3524.

The Rainbow Connection

Places to go:

- **Detroit Zoo's Annual Zoo Boo** event. A safe and merry (not scary) environment for little ones. Costumes encouraged. Oct. 19-21, 25-31 from 6-8:30 p.m. \$5/per person. Tickets required. Available through the Detroit Zoo or Ticketmaster.

Conferences/Workshops:

- **Macomb County Health Fair** – Saturday, October 20th at Macomb Community College Sport & Expo Center, South Campus from noon –4:00 pm.
- **2007 Infant/Toddler Conference** Sponsored by the Michigan Association for the Education of Young Children, September 21st in Dearborn. Please call (800)336-6424 for more information.
- **FREE Parenting Young Children Workshops** funded through Great Parents, Great Start. Call CARE at (586)541-0033 or visit www.careofmacomb.com for more details.

Websites:

- www.bridges4kids.org
- www.zerothree.org
- www.1800earlyon.org
- www.misd.net

Early On Activities

- ❖ **“Parents Night Out”** – October 24th from 6:30 – 8:30 p.m. - Adults invited to pizza dinner where we'll discuss “Early On/MIPP 101 and Family Rights” and enjoy the evening. Childcare reimbursement available.
- ❖ **Sterling Hgts Parks and Rec Playgroups** – Six sessions beginning the week of September 24th and running thru mid-November. Call 466-2704 to register.
- ❖ Early On **“Families Together” Event** – Moose-Spectacular Evening. October 17, 2007. See flyer for more details. Join us to make a stuffed moose, eat muffins, read the book [If You Give A Moose A Muffin](#), and more.

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