



in Macomb

# Early edition

September/October 2008

Vol. VII, Issue 1

## *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.

## Sterling Heights Parks and Recreation Early On Parent & Tot Playgroup

This creative playgroup is packed with fun activities with both child and parent involved. Rhythm instruments, songs, finger plays and craft projects make this a terrific opportunity of sharing time together. Groups meet on Mondays, Tuesdays or Wednesdays from either 9:15 – 10:15 or 10:20 – 11:20 a.m beginning September 22, 2008. **Call (586)446-2700 to register.** Playgroup is free to children in Early On/MIPP.

*A parent-to-parent newsletter*

## Parent to Parent

Last month, a parent was looking for special dinner recipes that are lactose free and/or gluten free. We received the following responses:

- *“The Allergy Bible” is put out by Reader’s Digest and Chapter Six is “Diets for Allergy and Intolerance; Gluten-free and wheat-free diets.” I find the book very helpful; my family has many allergies and other health problems.*
- *Here are some web-sites I found helpful.*  
[www.glutenfree.com](http://www.glutenfree.com)  
[www.gluten.solutions.com](http://www.gluten.solutions.com)  
[www.glutenfreemall.com](http://www.glutenfreemall.com)  
[www.gfcdiet.com](http://www.gfcdiet.com) – free recipes on-line  
[www.ozemail.com.au](http://www.ozemail.com.au) - to purchase gluten-free, lactose-free cookbooks

For next month’s issue of Early Edition, we have a mom who writes: *“I think my child is experiencing night terrors. He seems to be only half awake, but screaming. I’m not sure what to do or how to comfort him. Any ideas?”*

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

Julie Lagos,  
MISD – Early On  
44001 Garfield, Clinton Twp, MI 48048

Or, e-mail your comments to:

[Jwilliams@misd.net](mailto:Jwilliams@misd.net)

Visit [www.misd.net](http://www.misd.net)  
or [www.1800earlyon.org](http://www.1800earlyon.org)

## Paint with Cookie Cutters

Set up painting the same way you always would, but put the paint in shallow trays. Add a little dish soap to the paint and stir (it helps clean-up after.) Let your child use cookie cutters as stamps. The best ones are the cookie cutters with handles.

## Banana Milkshakes

In a blender, put one banana, vanilla ice cream, a little bit of milk and a small amount of chocolate syrup. Shakes through a straw are great for oral motor.

## Rainbow Connection

Places to Go:

- Check your *local library* for **story times** and a listing of programs for children.
- Annual **Howlin' Health Fair** at the Macomb Community College South Campus – October 18, 2008.
- **Parenting Young Children Workshops** – call CARE at (586)541-0033 or visit [www.careofmacomb.org](http://www.careofmacomb.org) for more information.
- **Zoo Boo 2008** – October 17-19 and 30-31 at the Detroit Zoo. Tickets go on sale October 1<sup>st</sup> at the front gate or at [www.detroitzoo.org](http://www.detroitzoo.org). Tickets are \$6 for ages 2 and up. This event does sell out, so get your tickets early.

## Early On Activities

### Parents Night Out

October 15, 2008 – Early On & Family Rights  
November 18, 2008 – Stress  
January 12, 2009 – Communication & Hearing  
February 9, 2009 – Tantrums & Baby Cues  
March 23, 2009 – Sleep Issues  
April 29, 2009 – Child Outcomes & Record Keeping  
May 12, 2009 – Nutrition

### Families Together Events

October 8, 2008 – My Chance to Dance  
November 11, 2008 – Dinner with Disney  
January 7, 2009 – Drummunity  
February 2009 – Joe Dumars – Sports Spectacular  
March 2009 – To Be Announced  
April 27, 2009 – Carnival & Ice Cream Social  
May 2009 – Daddy & Me at Gymboree

### Sterling Heights Parent & Tot Playgroup

September 22, 23 or 24<sup>th</sup> – runs for six weeks from 9:15 – 10:15 am or 10:20 – 11:20 am. Call (586)446-2700 to register.

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

## Did you know . . . . . ?

*Your family has a Service Coordinator who is your main contact in Early On/MIPP. This person supports and assists your family the entire time you are in Early On.*

## Family Voices

"Let me tell you about my son Ethan. He is nine years old and likes to play baseball. He loves his dog, watching cartoons and the Cheetah Girls and is starting to take guitar lessons. He argues with his brothers and sisters constantly. He is learning the letter sounds in school and hates taking his Friday spellings tests. Paying attention is not his strong suit. Ethan also has Down syndrome. This last thing is what many people would first classify him by, but it only makes up a small percentage of who he is.

During the last nine years, we have met many new and wonderful people, but we have also encountered those who just don't seem to understand that Ethan is a child first and has special needs second.

A few weeks after Ethan was born, my grandmother came to visit. I wrapped Ethan in the beautiful blanket that she had sent him and gently placed him in her arms. As she looked down on him, she said, "He looks like a baby!" I am not sure what she expected, but that moment made me realize that not everyone would look at my child the same way that I did.

Through the years, I have learned that I know my child the best and that I am and will always be his first teacher. I know his strengths, abilities and special needs. Because Ethan may not always be able to advocate for himself, I know that I will need to be his voice."

Early On strives to provide outcomes for families. The outcomes are: families understand their child's strengths, abilities and special needs; families know their rights and advocate effectively for their children; and families help their children develop and learn.