

VOLUME 6
ISSUE 5
FALL 2018

EARLY
INTERVENTION
COORDINATOR
814-451-6810

The way we
talk to our
children
becomes their
inner voice.

-Peggy
O'Mara



For more information
about Early
Intervention in Erie
County please
contact Erie County
Care Management
at 814-878-1640.



E.I. Times

Early Intervention Parent Newsletter
Erie County, Pennsylvania

Making Math Language Part of Everyday Routines

Using simple math language with babies and toddlers helps to build their early math knowledge and their vocabularies. Here are some ideas for how to use early math language with young children.



Number Concepts and Quantities:

- Point and count how many eyes the stuffed elephant has or how many legs the lady bug puppet has.
- Count the steps up to the front door and down again.
- Observe which pile of Cheerios has *more* or *less*.
- Ask if they want *a lot* or *a little* play dough.

Operations (addition and subtraction):

- You ate 2 of your orange slices. Now you have 3 orange slices left.
- Look, you have 1, 2, 3 rings. I have 1, 2 rings. Now I'm going to take one more ring and have 1, 2, 3 just like you!

Shape and Spatial Awareness:

- Let's look up-do you see any squares on the ceiling? Yes, the tiles are squares.
- The bicycle is right *next* to the house.
- We are going to turn *right* because we are walking to the cereal aisle.

Patterns:

- Your shirt has green, blue, green, blue stripes.
- *First* we get dressed, *now* we are getting your bottle, *then* we can play.

Measurements:

- Look how **big** that fish is. And the other fish is so **small**!
- When you pushed the truck down the slide, it went so **fast**!
- Today is cold. Today it is cloudy and we are wearing pants and jackets.

Safe Sleep for Baby

Alone

On my **B**ack



In a **C**rib

- * Always place me on my back to sleep, even for naps.
- * Have me sleep in your room but alone in my crib for the first 6 months.
- * Use a safety-approved crib with a firm mattress and no fluffy bedding, toys or bumpers.
- * Never put me to sleep on an adult bed, sofa, waterbed, sheepskin, or other soft mattress, even for a nap.
- * Make sure my head and face are not covered up.
- * Keep the room at 70 Degrees Fahrenheit or a little cooler.
- * After breastfeeding is going well (in about a month), offer me a pacifier at bedtime and naptime until I'm 1 year old.
- * Please don't smoke near me.



More Information on Healthy Sleep...

A University of Alberta study found that infants who sleep less than 12 hours total over any given 24 hour period, have poorer cognitive and language development at two years of age than infants who get more sleep. They also found that nighttime sleep had a greater impact on cognitive and language development compared to daytime sleep. The amount of sleep varies, depending on the age of the child.

- Newborns: 16 to 17 hours per day (including naps)
- Infants: (4-12 months): 12-16 hours per day (including naps)
- Toddlers: (1-2 years): 11-14 hours per day (including naps)
- Preschoolers: (3-5 years): 10-13 hours per day (including naps)

Babies do not have regular sleep cycles until about six months of age. As babies get older, they need less sleep, but each baby has different sleep needs. It is normal for a six month old to wake up during the night but go back to sleep after a few minutes.



Tips for Helping Young Children Cooperate

Cooperation is the ability to balance one's own needs with someone else's. We often think of cooperation as children doing what adults want. That is actually called compliance. True cooperation means a joint effort- a give and take that is mutually satisfying. To develop a cooperative spirit in children, we need to help them understand how our requests and rules are good for everyone. Below are some tips for helping your child cooperate.

- **Take Turns**-Between 6 and 9 months, babies can begin to engage in back-and-forth interactions. They also learn to imitate. This is a great time to encourage turn-taking as you play with your baby. When you place a block in the bucket, give her time to copy you. Take turns putting objects in the bucket and dumping them out. As she gets older, take turns putting pieces in the puzzle, or shapes in the shape-sorter. When it's time to clean up, make a game of taking turns placing toys back in the bins. These experiences are chances for her to feel the joy of accomplishing something as a team.
- **Take Time to Problem Solve**-You can help your older 2 year old come up with some solutions to everyday dilemmas and encourage cooperation at the same time. State the problem. "You want to draw on the wall but mommy says no". Ask, "Where else could you draw"? Offer two options such as on paper or a cardboard box. If he insists, set a limit. "We will put the crayons away until we agree on a place to draw".
- **Give Specific Praise for Cooperative Efforts**-Point out why and how their contribution was important. This helps them recognize and value their skills. "You put the books away on the shelf". "Now it's easier to choose one". "Would you like me to read to you"?
- **Offer Suggestions, Not Commands**-Suggestions elicit cooperation. Commands often evoke resistance. "It is cold so you will need to wear a hat". "Would you like help putting it on, or do you want to do it yourself"? This will likely get a better response as opposed to "Put your hat on".
- **Give Your Child Choices While Maintaining the Rules**-"Teeth need to be brushed at bedtime. Do you want to do it before we read books or after"? They will almost always choose after, but they're less likely to protest and the rule is still followed. Offering choices shows your child respect and respect creates a sense of collaboration.
- **Explain Your Reasons for Limits and Requests**-At three years old, most children use and understand language well enough to handle simple explanations. Point out how rules benefit the whole family. "We all help clean up. Then we don't lose our toys and we can find them again". "When you help me put away the laundry, I finish quicker and then we can play".



Adult Learning and Personal Growth

- * **Cross Cultural Conversations-Free:** If you need to learn English, this conversational group brought to you by the IU 5 is for you! Practice your reading, writing and speaking skills in a small group setting. This group can also help you prepare for the citizenship test.
-Blasco Library: Monday October 1st and Monday November 5th at 6:00pm 814-451-6927

- * **Gentle Yoga and Meditation-Free:** Join Jim Pochedly, certified TM teacher for gentle yoga poses with a focus on meditation. Bring peace and stillness to your life! Please bring a blanket or mat. Drop in's welcome!
-Edinboro Branch: Tuesday October 2nd, 9th, 16, 23rd and 30th at 6:00pm 814-451-7081
-Lincoln Branch: Monday October 1st, 15th, 22nd and 29th at 6:00pm 814-451-7085

- * **Qi Gong-Free:** Qi Gong is an ancient Chinese system of movements and breathing that promote flexibility, health, and healing within the body. It will teach you how to focus your breath, strengthen your body, and how to relax the mind. Join Bob Sonnenberg as he guides you through movements and into meditation.
-Millcreek Branch: Friday October 5th, 12th, 19th and Friday November 2nd 1:00pm 814-451-7084

- * **Wills, Probate, Estate, and Orphan Court Records-Free:** Local genealogist, Susan Mueller, will discuss wills, probate, estate and orphan court records-what they are, where to find them, what you can learn.
-Lincoln Branch: Tuesday November 27th at 10:00am SIGN-UP: Limit of 25 people, please Sign up on line lin@eriecountypa.gov or call 814-451-7085

Early Intervention (EI) provides services and supports designed to help families with children who have developmental delays. EI services may include: information on how children develop skills and abilities; education and support for the parent/caregiver and specific developmental therapies (i.e. speech/language therapy, physical therapy, occupational therapy, audiology, etc.) designed for each child. Early Intervention services and supports are provided at no cost to families.

A first step for anyone with a concern about a child's development is to call the Early Intervention program. Anyone can make this call including parents, grandparents, caregivers, nurses, doctors, day care providers, etc.

To contact Erie County's Early Intervention Program:

- Residents with children 0-3 years should call Erie County Care Management at (814) 528-0600.
- Residents with children 3 years and above:
 - Erie City residents should call the School District of the City of Erie: (814) 874-6155.
 - Erie County residents should call the NW Tri-County Intermediate Unit (IU5) (814) 734-5610

