

Wood County



March 2010

Family Support
Newsletter

Help Me Grow News

This past month I was able to witness future Olympians in training at our family activity "Cure for Cabin Fever". We had stations set up for Hoop Shoot (future basketball players), Scooter Obstacle Course (future slalom skiers), Rollover (future gymnasts), Balloon Bop (future volleyball players) and Step Up (future cross country runners). What amazing things our kids can do! I even saw some pretty spectacular hoola hoop tricks being done by some of the kids (and parents too!) We all had a great time visiting and chasing away the "winter blahs". Look for another family activity coming up in April. Don't miss out on all the fun!

Our monthly calendar is quite full in March. I have enclosed a number of fliers for webinars and play groups. It is hard to try to fit more into your busy schedules, but please take a look. Your child's growth and development is important. See if you can work one of these informative sessions into your schedule. Coffee Club (parent support group) is on Monday, March 15th from 12:30 pm - 2:00 pm. this month. Drop in to chat!

As always, please feel free to call me with your questions, concerns, needs or ideas.

Margie Harris
Family Support Specialist
(419) 352-8402 ext. 281
(419) 266-0784 (CELL)
mharris@co.wood.oh.us



"How to Encourage Language in Young Children"



*A Webinar for ALL Families in Help Me Grow
March 19, 2010
1:00 p.m. to 2:30 p.m.*

We often take language for granted and anxiously await our child's first "mama" and "dada." But not every child talks according to **our** timeline. On March 19 at 1:00 p.m. Abbie McCauley, Ph.D. and Mike Esposito, CCC/SLP will be doing a 90-minute live online presentation "How to Encourage Language in Young Children" **for families in Help Me Grow**. The Webinar is being coordinated by the Family Information Network (FINofOhio).

How to register? Simple! Email finofohioweinar@ymail.com. In your email, please indicate the date of the Webinar: March 19 and that you are a family in HMG. Several days before the Webinar you will receive an email with information on how to log on and join this very informative and practical presentation.

Don't miss this opportunity to hear Abbie and Mike! Sign up now!

Family Information Network's Educational Sessions Webinar Schedule for March 2010

The Family Information Network of Ohio (FIN) is excited to give you the opportunity to join us for an educational Webinar... A Webinar is a *Web-based seminar*, a presentation/workshop that is transmitted over the Web (internet). A key feature of a Webinar is its interactive elements -- the ability to give, receive and discuss information. The FIN Consultants have developed eight educational sessions for families in Help Me Grow under the umbrella title "Steps Toward Tomorrow." The sessions typically last 1 to 1.5 hours and are free. This will allow you to join us if the weather is bad, your child is sick or you don't have transportation. What you will need is a computer, access to the Web and a phone line to call a toll free number.

Here is a list of sessions scheduled for **March 2010** and a brief description.

Dollar\$ gives practical tips on how to organize information and work through the financial system. We also share information on federal, state and local financial resources.

Galaxies teaches effective family advocacy skills to assist in being equal members of your child's team.

IFSP shows how to be actively involved in your own Individualized Family Service Plan and make it work for you.

Pieces helps you learn how to turn your life experience into a powerful tool for assuring quality in Ohio's Help Me Grow and other systems.

Rights is a fast-paced, interactive opportunity to discover the rights guaranteed to families in the Help Me Grow system.

Seasons provides an opportunity for discussion on the early emotions you may experience when you learn your child has or is at risk for a disability.

Transition explains federal timelines, federal regulations, and strategies for planning that apply to children turning three and leaving the Help Me Grow system.

Visioning helps you learn the importance of developing a desirable vision for your child and family including practical ideas on "how to."

To be notified via email about future Steps sessions or to register for any of the sessions listed, email us at finofhiowebinar@gmail.com. Be sure to let us know the session title, date, time and your phone number. A few days before the Webinar you will be emailed an "invitation" with instructions on how to join the Webinar. The instructions will include a link to the website (video) and a toll free number to call (audio).

If you would like to be notified about future Steps sessions, please send your email address to finofhiowebinar@gmail.com.

It's that easy!! We are looking forward to meeting you on the Web.

Session	Day	Date	Time	Presenter	Deadline to register
Transition	Tuesday	March 2	1:00 p.m.	Cindy Bregel	February 26
Seasons	Thursday	March 4	10:00 a.m.	Cindy Bregel	March 2
IFSP	Friday	March 5	10:00 a.m.	Janet Strottner	March 3
Dollars	Tuesday	March 9	10:00 a.m.	Georgie Stoner	March 5
Rights	Wednesday	March 10	10:00 a.m.	Janet Strottner	March 8
Galaxies	Monday	March 15	7:00 p.m.	Janet Strottner	March 12
IFSP	Wednesday	March 17	10:00 a.m.	Cindy Bregel	March 15
Visioning	Thursday	March 18	1:00 p.m.	Cindy Bregel	March 16
Transition	Monday	March 22	10:00 a.m.	Janet Strottner	March 19
Dollars	Tuesday	March 23	10:00 a.m.	Georgie Stoner	March 19
Pieces	Thursday	March 25	10:00 a.m.	Janet Strottner	March 23
Seasons	Tuesday	March 30	10:00 a.m.	Georgie Stoner	March 26
Galaxies	Wednesday	March 31	10:00 a.m.	Georgie Stoner	March 29

PARENT-CHILD PLAY GROUPS

Come join the fun at CRC!

For children 18 months through 4 years old

- Make friends with other families
- Share experiences and ideas
- Learn how your child grows and develops
- Enjoy activities and play designed to promote your child's development
- Nutritious snacks will be provided



Thursday mornings

10:00 - 11:30

March 4th - April 22nd

**** Please call Kristin Nagel or Cindy Eckel at CRC to register in advance for one of these groups. 419-352-7588 or toll free 1-888-466-KIDS.**

Children's Resource Center 1045 Klotz Rd. Bowling Green, OH

Postcards From The Shoe
Emily S. Klocko

March, what is the old saying about this unpredictable month, in like a lion out like a lamb? The way the weather is in March the constant changes keep us all wondering what to expect which usually also keeps us busy with sick children who are tired of being cooped up from a long winter and anxious for spring. We parents are worn out from sleepless nights with those sick little darlings and I wonder who I have had more meaningful conversations with, my spouse or my pediatrician (who I am seeing so often with sick kids). Yes, this lady in a shoe has an old fashioned case of the winter blahs! To be completely honest I welcome the change of seasons. I get sick of looking for gloves that match or making sure everyone has a hat to wear and long for the summer when I am searching for sun screen and swimmys. Change.... I usually anticipate the seasons but really hate other changes in my life.

Funny isn't it? A woman with such a large family hates when things change. That is what life is all about, but I really detest it. It's the little things like when you can't find your favorite hair spray or how my husband's schedule can change with a drop of a hat. I hate that friend's lives change and your relationship with them is ultimately different. The one that recently gripes me the most is Facebook. I know ... petty, but I have limited computer time here.

I stand alone in my household on the discussion of change. My teenagers embrace the fact that they can toy with their mother's short comings. They change their minds, girl friends (I have teenage boys), sports and clothes (which ultimately wind up on the floor....) so quick I struggle to keep up. When I inquire about their "change" in attitude they look at me like I have grown a third eye. Change to them is simple. They are unfettered by the outcome.

As I age however I am realizing as much as I welcome the change of seasons I really buck the changing seasons of my life. I see how much happens when fall goes and winter comes. Life happens so fast and the "changes" are sometimes too fast to process. Our teens change quickly but if you blink you can miss the changes in our infants and toddlers. One minute you are nervously changing those first diapers, wiping away their first fears and in a nano second you are planning where they are going to preschool.

I love the term transition. In Help Me Grow, you will start hearing that term more and more. Basically all transition means is hold on, your life is changing. Transition is where you get to plan, learn and talk with educators and professionals. Transition is where you get to feel like you are in control and can plan for optimal outcomes regarding your child. The various reasons that qualified your child for Help Me Grow services might also be the reason you are terrified how they will cope in a new environment. Busing, new teachers, new school systems. It is almost too much to process. CHANGES.

Early on I sat in those meetings and thank goodness for the Help Me Grow staffers. My questions were answered, even the ones I did not know to ask. You are faced with decisions like special needs pre-school or typical pre-school, an IEP (Individualized Educational Plan) or not. Then if you know your child requires additional services you are now involved in creating a vision statement, special accommodations.....WHAT? Believe me, you start to feel like you are taking a test you did not study for. Now I want to assure you that just like the change of seasons, you too will make it, but you also have very helpful tools that Help Me Grow has developed. The very organization that has held your hand, supported your family and comforted your children has not forgotten to assist you as you *Transition* into another phase with your child. *Transition: Learning and Growing* is a step by step guide that assists you in this "change." It's a "go to" manual for the up and coming decisions that you have to make for your child.

Don't fear change. Transition ultimately all works out because we have the tools, support and guess what, we have our children to blaze the way. Like most things they are ready to walk, run, cross the street or drive long before we are. Trust in their confidence, ambition and determination. I have one closing thought to my parents out there. It's a quote I read just the other day, "nobody can go back and start a new beginning, but, anyone can start today and make a new ending." – Maria Robinson. We cannot change that the month of March will come and we certainly cannot change the weather but we can live in "transition" for a little while. I would love to hear your comments, please email me at postcardsfromtheshoe@yahoo.com

