



APRIL - MAY- JUNE
2023

Help Me Grow Geauga County Early Intervention Newsletter



Serving Geauga County Children Birth To Age 3 With Developmental Disabilities
Services are provided by the Geauga County Board of Developmental Disabilities

Concerns or Questions Contact us today

You know your child best. If you have concerns that your child has a delay/disability or know someone who has concerns, call us! There is no need to "wait and see."

Early Intervention (EI) works with families with children birth to age 3 who have developmental disabilities so that they have the best possible start in life. EI professionals work with you and your child to identify strengths and needs and address concerns as early as possible with services right where you live, play, and spend your day.

ANYONE CAN MAKE A REFERRAL AND THE PROCESS IS SIMPLE. REFER YOUR CHILD TODAY.

To make a referral:

1. Visit www.ohioearlyintervention.org to complete the process online.
2. Call us at 1-800-755-4769

Connect with us:



[@GeaugaDD](https://www.facebook.com/GeaugaDD)



[@GeaugaDD](https://www.instagram.com/GeaugaDD)

Visit our website for more information on services provided by the Geauga County Board of Developmental Disabilities:
www.geaugadd.org

What's Happening?

- **Movin' with Music** is for kids ages 18 months to 3 years and is available on Mondays or Thursdays, at 9, 10 or 11.
- **Mini Music** is for babies ages 6 months to 17 months and is available on Tuesdays at 9, 10 or 11.
Classes are held at the Metzenbaum Center, contact Ms. Carol at ccolombo@geaugadd.org or (440) 688-5815 to register.
- **Movin' with Music** goes live every Wednesday at 9:30 AM on our Facebook page: [@GeaugaDD](https://www.facebook.com/GeaugaDD) and post to Instagram afterwards.
- **Swimming** - Wednesdays from 10-11 or 11-12 to register, contact Brenda Powell at (440) 688-5846
- **Fun Fridays with Friends** - For families with kids ages 3 years and under and their siblings. Parents are responsible for their child during these events. Come play on Friday April 28th in the small gym at the Metzenbaum Center from 9-11:30. Contact [ccolombo@geaugadd](mailto:ccolombo@geaugadd.org) for questions.



Music at the Libraries



Movin with Music will be offered at:

Thompson library on Friday
April 21st, June 9th and July 21st
Contact the Thompson library at
(440) 298-3831 to register.

Geauga West library on May 19th
contact Geauga West library at
(440) 729-4250 to register.

Teach Your child To Fall Asleep Alone (taken from: AutismSpeaks)

Just as children have learned over time to fall asleep with your guidance, you will have to teach them to fall asleep alone.

This should be done gradually and over a few weeks' time.

For example, if you usually lie down with your child at bedtime, you can change your pattern by sitting on the bed for a few nights and then sitting in a chair beside the bed.

Continue sitting in the chair, but move it farther from the bed each night until you are out of the room and out of visual contact with your child.

While you are making these changes, reduce the amount of attention you pay to your child such as talking, facial expressions, or eye contact.

Once you are out of your child's bedroom, if he/she is upset and not sleeping, you can wait a few minutes, and then go back into the room to check.

When you go into the room, make it a brief visit (less than a minute) and only give limited physical or verbal contact (e.g. a quick hug).

Gently but firmly say, "It is time for bed. You are 'OK.' Good night," and then leave the room.

If you need to go back into the room, wait longer each time and make each visit with your child brief.

Once your child is able to fall asleep alone, then you can use the same techniques if he/she wakes in the night, or before wake time in the morning.



Do you need extra hugs tonight?

Bedtime Song: Tune of: Twinkle twinkle little star

Baby's getting sleepy now, time to lay your head right down.

A kiss, a hug and I love you, I will see you very soon.

Baby's getting sleepy now, time to lay your head right down.



Night to Shine



Sign Up Today: Bright by Text

Bright by Text is a **free texting service** that sends tips, information, and resources to parents and caregivers to **help give their young child a bright start.**

All information is provided by trusted organizations, including the American Speech-Language-Hearing Association, Centers for Disease Control and Prevention, PBS Kids for Parents, Sesame Street in Communities, and Zero to Three.

Keep up with:

- Milestones your child should be meeting at each age and developmental stage
- Everyday activities to support your child's healthy development at home
- Signs of communication, physical, and developmental delays or disorders—and where to find help

The Bright by Text service:

- Is available in English and Spanish
- Offers tips and resources based on the due date or age of a child
- Covers children from prenatal through age eight
- Connects families with local resources and events in their area

Topics include brain development, speech and language skills, social-emotional development, reading and writing skills, nutrition, mental health, school readiness, and more.

For more information about this service, visit www.brightbytext.org.

To learn about communication development and speech, language, and hearing disorders, visit www.identifythesigns.org.

Text **BRIGHT** to **274448**.



Our annual Night to Shine & Morning to Shine events were a great success. Thanks to all our families who joined us. Check our social media pages for more photos.

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Early Childhood Subcommittee Meeting

The Early Childhood Subcommittee meeting will be held Thursday, April 6, 2023 via Zoom at 10:00 AM (Meeting ID: 81366429004 Password: 218395 - [Meeting Link](#)).

The ECS is an advisory group of Geauga Family First Council. Membership is comprised of various community agencies, representatives, and parents who partner together to share ideas, experiences, and expertise in the area of early childhood development. The focus of the group is to gather input regarding direction, planning & success for the Geauga County Help Me Grow program. We encourage Help Me Grow parents to join us to share feedback about services they are receiving and/or gaps in services they might be experiencing. We value your opinions, and your time is valuable to us and will send you a \$25 gift card for attending the meeting. Please contact your Service Coordinator if you have any questions.



Parent Resources

PARENT'S RIGHTS IN EARLY INTERVENTION & SYSTEM OF PAYMENT

To file a complaint about your child's early intervention services please contact:

The Ohio Department of DD EI via:

Phone: 614.466.6879

Email: ei@dodd.ohio.gov

Mail: Ohio Dept. of DD

Early Intervention

30 East Broad Street, 12th Fl.

Columbus, OH 43215

[Click Here to View Your Rights as a Parent!](#)



Payment choices for additional Early Intervention (EI) services determined by child's IFSP. Additional EI services may include Audiology, assistive technology devices or other needed services to meet IFSP outcomes as determined by your child's EI team. For more information contact your child's Service Coordinator.

[Click Here to Learn about System of Payment!](#)

For more information on community resources please visit our website: www.geaugadd.org