



APRIL | MAY | JUNE  
2022

# 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

## There is No Need to Wait and See

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](http://www.ohioearlyintervention.org) to complete the process online.
2. Call us at 1-800-755-4769

## Connect with us:



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



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Visit our website for more information on services provided by the Geauga County Board of Developmental Disabilities:  
[www.geaugadd.org](http://www.geaugadd.org)

## What's Happening?

- **Movin' with Music** (*in-person*) - for more information or to register, **please contact Ms. Carol: [ccolombo@geaugadd.org](mailto:ccolombo@geaugadd.org)**
- **Mini Music** (*in-person*) - for more information or to register, **please contact Ms. Carol: [ccolombo@geaugadd.org](mailto:ccolombo@geaugadd.org)**
- **Movin' with Music** (*virtual*) - Every Wednesday live at 9:30 am on our Facebook page: [@GeaugaDD](https://www.facebook.com/GeaugaDD)
- **Swimming** - There are currently two time slots available every Wednesday, for more information or to register, **please contact Ms. Brenda at: (440) 313 - 6371**
- **Fun Fridays with Friends** - Be on the lookout on social media & in your email for more information on when these will be offered!

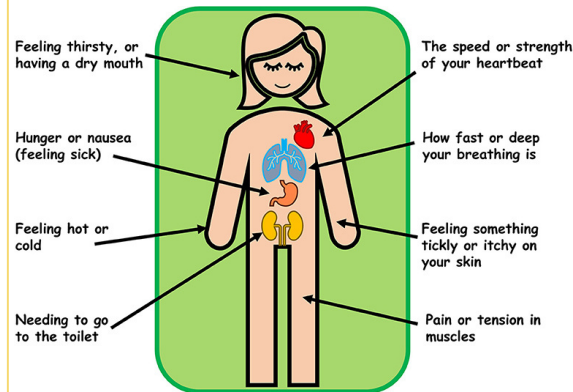
## Night to Shine

Our annual Night to Shine event was a success! It was great to have everyone back in-person! Thank you to all the families that participated! It was amazing to be able to celebrate your children! Check out our social media for more pictures from the event!



## INTEROCEPTION...WHAT IS IT?

Interoception is the new 'buzz word' in the special needs universe. What is this thing and why do we need to know about it? Individuals with sensory processing disorder and other special needs often struggle to process information received through the sensory system. Remember that we have **EIGHT** senses: Taste, Smell, Sight, Hearing, Touch, Proprioception (*body position sense*), Vestibular (*movement sense*) and Interoception. Interoception helps us recognize how we feel inside of our bodies, for example: *hunger, pain or the need to go to the bathroom*. Many children with special needs struggle with understanding their body's messages and this can contribute to their self-regulation. By helping children become more aware of how they feel inside of their bodies, they will feel much happier on the outside!



*interoception*

the sense of the internal state of the body

Karla Faso, MS, OTR/L

Occupational Therapist  
Geauga County Board of Developmental Disabilities

## TALKING WITH PLAYDOUGH!

How can you use playdough to help your toddler to talk? Pick your favorite homemade playdough recipe and make it with your child. This will be a great opportunity to connect and spend quality time with your child. Plus, recipes target following directions and sequencing.

- 1. Requesting:** Have your child choose a color, request to open the playdough, & request which playdough toy they want to use! (roller, animal shape, cookie cutter etc.).
- 2. Following Directions:** Provide simple directions while playing with playdough. (For example, "Roll pink playdough into a ball") Vary the number of instructions you give based on your child's skill level. (If extra assistance is needed, try drawing a picture to provide a visual cue).
- 3. Basic concepts:** Work on size, shape, color, quantitative concepts, qualitative concepts, & same/different.
- 4. Practice Words:** Roll the playdough into pre-made balls and then have your child smash the ball after they repeat a word.
- 5. Increase Vocabulary:** You can highlight action verbs such as roll, cut, squeeze, push, smash, open, close, and take out while playing with playdough.
- 6. Practice Pretend Play:** Pretend to make cookies or pizza to improve imaginary play.

Ashley Bruno, M.A., CCC-SLP

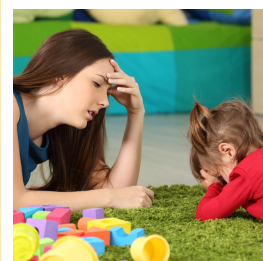
Speech & Language Pathologist  
Geauga County Board of Developmental Disabilities

## SAY "YES" TO THE "NO" PHASE

In addition to discovering the rules and limits of the social world, the "no" phase is one way children establish their own limits and express themselves. Although this stage is frustrating to parents, it is important to remember that it is only a phase.

Here are some simple tips :

- 1. Give two, and only two choices:** Asking "Do you want to wear the white shirt or the blue shirt?" puts toddlers in the driver's seat and gives the illusion of control. When toddlers feel in control, they are less likely to say "no".
- 2. Stay Calm:** As hard as it may be, not reacting can be a powerful tool when attempting to diffuse a temper tantrum.
- 3. Ignore with purpose:** Ignoring the negative behavior and praising the positive behavior communicates what is expected. Look for opportunities to tell your toddler you like what they are doing or how they are behaving.



Gabby Ball, M.Ed., DS

Developmental Specialist  
Geauga County Board of Developmental Disabilities

Polly Meil, DS

Developmental Specialist  
Geauga County Board of Developmental Disabilities

## MORNING & NIGHT TO SHINE!



## GEAUGA EI PLAYGROUPS

### 3 LITTLE FLOWERS

Have fun with this finger play that uses our fingers for counting and blowing air! Happy Spring!

3 Little flowers,  
happy in the sun,  
(grown-ups show 3 fingers)

Along came the wind and blew down one.  
(have child blow on finger to make one go away, continue with 2 and then 1)

No little flowers, are there to see but along came the wind, and 1.2.3!

Carol Colombo  
Music Therapist

Geauga County Board of Developmental Disabilities

## WELCOME NEW STAFF

Tim Kehres is our new Early Intervention Contract Manager. Tim joined our team in December 2021 & comes to us after spending his entire career at Torchlight Youth Mentoring Alliance (formerly Big Brothers Big Sisters of Northeast Ohio), where he was most recently the Executive Director. Tim & his wife Carla have two grown sons & currently live in Chardon.



Rebecca Johnston is our newest Early Intervention Service Coordinator. Rebecca joined our team in January but has been with the Geauga County Board of DD since 2019, serving as a Service & Support Administrator to our adult clients.



Brenda Powell has worked for the Geauga County Board of DD for 22 years. In January she joined the Early Intervention Department. She currently runs our pool activities.





# Early Intervention Support Team



**Tim Kehres**  
Early Intervention  
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**Brenda Powell**  
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## Early Childhood Subcommittee Meeting

The Early Childhood Subcommittee meeting will be held Thursday, April 7, 2022 via Zoom at 10:00 am (Meeting ID: 837 8063 6540 Password: 106391 - [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](mailto: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](http://www.geaugadd.org)