

October
November
December

Help Me Grow Geauga County Early Intervention Metzenbaum Newsletter

2025

Serving Geauga County children from birth to age 3 with
Developmental Disabilities. Helping people Live, Learn, and Earn in our community.

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

www.geaugadd.org

Connect with us:
Gaugadd



Are you Concerned?

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.

To make a referral: Visit www.ohioearlyintervention.org to complete the process online or call us at 1-800-755-GROW



METZENBAUM CENTER

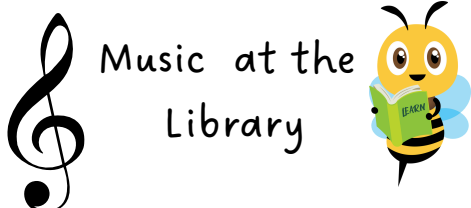
The Geauga County Board
Of Developmental Disabilities



There is open
swimming for Early
Intervention families
with Brenda at the
Metzenbaum Center's
indoor therapeutic pool
on Wednesday mornings!
Contact Brenda at
bpowell@geaugadd.org
or 440-688-5846 for
more information or to
sign up.

Don't forget

November 2nd
Fall Back



Movin with Music will be offered
at the Thompson library on
November 14th, February 27th
and May 8th
Contact the library for sign up.



Tips for Building Structure

From the CDC Parenting Toddlers & Preschoolers

Structure is created by consistency, predictability, and follow-through.

Routines teach children what to expect throughout the day

It's normal for young children to test the limits. That's how they learn what is right and wrong. But it can be frustrating and really test our patience as parents! One way to keep the control and help children learn is to create structure. Structure is created by consistent routines and rules. Rules teach children what behaviors are okay and not okay. Routines teach children what to expect throughout the day.

Three key ingredients to building structure in the home are consistency, predictability and follow-through.

Consistency means that you respond to your child's behavior the same way every time no matter what is going on or how you're feeling. Misbehaviors are less likely to occur again if you always use the same consequence like ignoring or time-out. Good behaviors are likely to be repeated if you let your child know you like them. This doesn't mean that you need to give consistent attention to ALL of your child's behaviors. Think about something you want your child to do more often. This could be sharing, cleaning up, or following directions. To increase those behaviors, praise the behaviors each time you see them occur. Your consistent response will help those behaviors happen more often.

Predictability means your child know what will happen and how you will respond. When your daily routines are predictable, your child knows what to expect for the day. When your rules are predictable, your child knows how you will react to their behavior.

Following through means that you do what you say you will do in response to your child's behaviors. This is often called the "say what you mean and mean what you say." If you tell your child a behavior will have consequences, you give the consequence every time it happens. If you tell your child they will be rewarded for a behavior, you give them the reward after they have done what you asked. To be consistent and predictable, we need to follow through. Follow-through is important for ALL behaviors, this includes behaviors we like and don't like.

Why Structure is Important

A structure that helps your child learn to behave has routines and rules that are consistent, predictable, and have follow through. There is a basic routine you follow and rules you live by on most days of the week. You set appropriate expectations and limits for your child's behaviors. Your child learns how you are going to respond to behaviors that are okay or not okay.

Structure helps parents and their kids. Kids feel safe and secure because they know what to expect. Parents feel confident because they know how to respond, and they respond the same way each time. Routines and rules help structure the home and make life more predictable.

Creating structure at any age can help your child and you. Children can begin learning routines and rules at a very young age. You can begin with routines for important activities of the day, like meals, bedtime, or in the morning.

[Check out example routines here at the CDC](#)



Family Fun Fest

**8765 Mulberry Road Farm
through November 2nd
www.pattersonfarm.com**



[Help Me Grow](#) has developed an informative, traveling exhibit that features an [augmented reality sandbox](#)! Click above for details!

[The Children's Museum of Cleveland](#) is the first host site for the exhibit. It will be open to families for eight weeks starting September 8th.

THANKFUL



The Early Childhood Subcommittee meeting will be held Thursday October 2, 2025 via zoom at 10:00 AM. Meeting ID 85346646756 Passcode 824441 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 Rights

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!

