

Educational & Developmental Intervention Services (EDIS)

Volume III, Issue 6

July 2014

What we offer:

- Free developmental screening and evaluation for children under age 3
- Comprehensive developmental screening at well-child visits at Medical Home Port.
- Therapeutic intervention for children under 3 who have delays in gross motor, fine motor, self-help, social-emotional, cognition, and/or communication skills
- Services delivered at the EDIS clinic, family home, or at the child's daycare
- Resources for parents and children
- Monthly theme-based play groups for children under 3, their siblings, and parents
- Monthly newsletter

Our staff:

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- **Dr. Nancy Barber**, Program Manager and Psychologist
- **Deb Reed**, Early Intervention Specialist
- **Cheryl Fishman**, Physical Therapist
- **Heather Snyder**, Speech-Language Pathologist
- **Jenelle Vella-Burton**, Occupational Therapist
- **Conchita Cuvillo**, Secretary

Contact us:

The EDIS Clinic is located in Building 1741 in Las Palmeras Housing at the corner of Alicante and Pontevedra
Phone: 727-4029

Find us at Naval Hospital Rota Facebook

EDIS Splash Party!

Our July play group is headed to the Base Housing Pool for some water-time fun.

Families with children under three are welcome to join EDIS for a Splash Party on Wednesday, July 23, noon to 3:00 pm.

For this special event, parents are free. Siblings four and older are \$3 unless they are pool members. As always, there is no charge for children under four. Bring a picnic lunch, meet other families with young children and enjoy the summer! *To register, contact Cheryl at 727-4029 or cheryl.fishman@med.navy.mil*



Learning about Water: Swimming offers your baby a unique sensory experience. When you're in the pool with your baby, vary your position. Try holding your baby on his back, supporting the back of his head and buttocks. You can also hold your baby under his armpits, either face-to-face or with Baby looking out. Move around in the water to allow your baby to feel the sensation of water around him. Your confidence in the water will be infectious, even if your toddler is suspicious at first. Repetition and following your example will lead to a water confident toddler with a respect, not fear, for the water.

News from EDIS

Last month we shut down the EDIS Facebook page due to administrative issues. We are, however, still posting a steady stream of helpful information for parents on the U.S. Naval Hospital Rota Facebook page.

Visit us there for a steady stream of child development and parenting articles, as well as EDIS events for families.

Is your child on track?

Monitor and stimulate your child's development by following the developmental milestone checklist posted at the Centers for Disease, Control and Prevention (CDC) Website. Look for *Milestones Moments Booklet*. Visit <http://www.cdc.gov/ncbddd/actearly/downloads.html>

Let Your Child Know You're Listening

Imitate

One of the best ways to connect with very young children who are just beginning to communicate is to imitate their sounds, actions, facial expression and words. If a child puts his head to one side and we do the same, if he says "uh uh" and we say the same, he will know that we're interested in what he's doing and what he's saying. Chances are we'll make a connection that develops into a conversation. ***When in doubt, don't hesitate...Imitate!***

Interpret

We get excited about the new sounds and gestures that come from our child. We are quick to interpret these

and to assign them the words we think they mean.

When we interpret, it confirms that we've received our child's message. It provides our child with a language model to learn from. Interpreting a child who is difficult to understand demands a special kind of detective work: interpreting may mean guessing at what the child's trying to say and putting it into words. Even when we are wrong, our response lets our child know that we are listening. Repeating what our child says with a question in our voice encourages her to try again and, perhaps, she can be clearer. Explaining that we can't understand and asking our child to "tell or show me another way" confirms our interest.



Comment

Commenting on what we are doing when our child appears interested can be the start of sharing information and everyday activities—e.g., setting the table, washing up, sweeping the floor—and perhaps even getting some "help" in doing them. We also let our child know that we are interested in communicating on what she says or does ***and we don't change the topic.***

(Adapted from It Takes Two to Talk)

Global Hug Your Kids Day

Global Hug Your Kids Day encourages every mother and father around the world to hug their children every day. The observance is held the third Monday of July, or July 21 in 2014.

According to family therapist Virginia Satir:

"We need 4 hugs a day for survival.

We need 8 hugs a day for maintenance. We need 12 hugs a day for growth."

To get you in the "hugging mood," try any of these fun books with your toddler:

Hug by Jez Alborough



How To Hug by Maryann Macdonald and Jana Christy

Hug Hug! By Lorie Ann Grover and Rebecca Malone

"What else can I do with a sock?"

1. Fill it with dried beans and use it as a bean bag. Throw it at a target (lined up empty soda bottles, a laundry basket...)
2. Make a simple puppet.
3. Hide a toy in it and encourage your child to guess what it is by just feeling (not seeing) the toy.
4. Tie 3 socks together and play tug-a-war
5. Put balls in a sock, tie it off, and roll it around on the floor.
6. Wear socks on your hands as mittens and play pat-a-cape.
7. Wash socks in a pail and use clothes pins to hang them up on a low-hanging clothes line.
8. Mix up 5 pairs of different colored socks and have your child make matching colored pairs.

Household items are some of the best toys. Imagination is all you need.