

Educational & Developmental Intervention Services (EDIS)

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What we offer:

- Free developmental screening and evaluation for children under age 3
- Comprehensive developmental screening at well-child visits with Pediatrics at the Hospital
- 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 day-care
- Resources for parents and children
- Rotating theme-based community playgroups
- Monthly newsletter

Our staff:

- **Dr. Nancy Barber**, Program Manager and Psychologist
- **Jeff Mullins**, Early Childhood Special Educator
- **Cheryl Fishman**, Physical Therapist
- **Jenelle Vella-Burton**, Occupational Therapist
- Jessica Kavanaugh, Speech Language Pathologist
- **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

Getting Kids to Cooperate When You Have an Agenda

How many of you have gone to the commissary hoping to get your shopping done when your little one decided to save their best tantrum for that very moment? I'm sure we could all raise our hands. So how do we invite our child's cooperation when we have something that needs to be done?

The word discipline actually comes from a Latin root meaning "to teach". Therefore, it is important to teach our little ones positive behaviors that will enable them to cooperate with our agenda. Discipline is not one size fits all. It requires a toolbox of multiple strategies that

can be used at any given time. Let's look at 3 different tools you can use in this situation:

Choices

Kids need autonomy, to feel that healthy sense of power over their circumstances. Offer your child two clear choices and let them decide. "Would you like to hold my hand and walk or ride in the cart? You decide."

Get Them Involved

When kids contribute usefully to what is happening, they are less likely to feel the need to get attention by acting out. Try making a simple list of 3-5 items with pictures or draw-

ings that your child can help look for while you shop together. Letting them be positive contributors lessens the need to get attention in other negative ways.

Tell Them What TO Do

How often do our kids hear "Don't touch that!?" Kids need clear expectations of what TO do in order to do better. Next time try telling them exactly what you want them TO do. You will be better understood and it is a more positive way of saying the same thing.

Remember, children always DO better when they FEEL better.

Monthly Playgroup

Our Splish-Splash playgroup at the pool was a great success with over twenty babies and toddlers in the pool and it was great to see both kids and parents connecting.



We are already planning our next playgroup which will be held on September 30th at 3:00pm at the EDIS clinic and we will be exploring the world of animals. Please look for our flyers with more details.



To Bumbo or Not to Bumbo

The Bumbo chair has definitely received a bad reputation. The majority of us know that we shouldn't leave our babies unattended on top of a table— even in a Bumbo chair. On the floor, supervision is still necessary in the Bumbo.

Take a look at the picture of the 2 little cuties to the right. Both are sitting with support: Baby boy by a bumbo; baby girl with hands-on support.

Compare their postures. Notice the girl sits erect with a long neck, while the boy's head is tipped back and seems like he has no neck.

The "legs" of the seat are elevated in



comparison to the surface for his bottom. This relationship promotes a posterior-tipped pelvis, which then encourages a rounded back because "The hip bone's connected to the back bone." Therefore, the

Bumbo is not teaching a good position for balance, nor postural alignment.

Sit on the floor. Round your back and shoulders forward. Now try to look in front of you. Notice how your neck resembles Baby Boy's.

If you're unsure about purchasing a Bumbo seat, consider one of these sitting supports below! Easy to do, and you likely already have what you need at home!

Alternatives to a Bumbo Seat to Encourage Sitting

Remember that while your baby is learning to sit, they will require supervision while still wobbly



Sit in corner of play pen. Add some ball pit balls for fun!



In basket...



With boppy pillow behind



Connect foam blocks and make a "corner seat" using corner of room or cabinets



In corner of couch



In bathtub chair

These photos from Mama OT's blog.

