

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 daycare
- Resources for parents and children
- Rotating theme-based community playgroups
- Monthly newsletter

Our staff:

- **Dr. Nancy Barber**, Program Manager and Psychologist
- **Jeff Mullins**, Early Intervention Specialist
- **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

It's All About Play....A Child's Work

Play and interaction are two very important components of a child's development. Play is a child's full time job that begins in infancy. Play allows a child to make sense of the world and you as parents are your baby's first playmates. Interacting with your child during play is a powerful part of development. Often parents are not sure how to play with their baby or young child. ZeroToThree.org is a reliable and very resourceful website that provides information to families with children 0-3 years.

Here are some tips to make the interaction

with your child positive and productive.

1. Follow your child's lead. Observe how your child interacts with a toy and notice when he seems to lose interest and move on.
2. Go Slowly. Give your child an opportunity to try it by herself before jumping in to help.
3. Read your child's signals. This will help you determine if he is getting frustrated or is finished playing with a particular toy.
4. Look at your play space. Is it too dis-

tracting and is it safe for a baby or toddler?

5. Play it again! While playing a particular game over and over is not a parent's favorite thing to do, repetition is very important for a child's learning.
6. Adapt toys and activities to meet the unique needs of your child.

It is also important to be aware of how we talk with our child during play. Try to avoid questioning or quizzing your child and focus on labeling, modeling, and narrating your play. (pg. 2)

EDIS News!

We are looking forward to hosting our September playgroup at EDIS. This month's theme is "Teddy Bears".

Families with children under three and siblings are welcome to join us

at EDIS on Wednesday, September 21st, from 2:30-4:00pm.

Meet other families with young children and give your child the opportunity to play with other children! To register, contact Jeff at 727-4029 or jeff.m.mullins.ctr@mail.mil



It's All About Play...A Child's Work

The website: zerotothree.org breaks down the play milestones by age to help parents structure playtime appropriately. Here are some of the highlights and suggestions to help guide playtime.

0-6 months:

Your baby is beginning to look at and notice objects and people. Using high contrasting colored objects, see if your baby can track the object from about 10-12 inches from her face. Tummy time is a very important part of development during this age range. Place your baby on his tummy and lay down facing your baby to play.

Toy Suggestions:

- rattles with high contrasting colors
- toys with an easy grasp
- toys that make a gentle sound when moved or touched
- board books & toys with different textures
- baby safe mirrors



6-12 months:

Your baby is still exploring his world, but now with more intention. Children in this age range love repetition

Want More Information?

Would you like to track your child's play skills? The Center For Disease Control (CDC) has checklists on their website to monitor your child's play skills from 2 months of age to 5 years and any red flags to discuss with your pediatrician. To access these checklists, please visit: http://www.cdc.gov/ncbddd/actearly/pdf/checklists/all_checklists.pdf

and it helps them learn new skills. Let your baby explore a new toy and try to figure out how it works while providing support as needed to avoid frustration. The pincer grasp and finger point develop during this age range and can be used during play to manipulate objects and communicate.

Toy Suggestions:

- Simple puzzles with knobs
- Toys designed to be pulled
- Baby safe blocks/cubes
- Ring stack, shape sorter
- Board books, finger songs, rhymes



12-24 months:

In this age range, toddlers are learning how objects work together and they begin making connections between objects. Children are beginning to play next to peers. This is the age range when play becomes even more interactive as your child now has more communication and motor skills to engage with you.

Toy Suggestions:

- Interlocking beads or blocks
- Nesting blocks
- Chunky wooden puzzles

- Musical instruments
- Water and sand play
- Art activities
- Toy cars, trucks, vehicles

24-36 months:

This is the stage when children start to build pretend play skills. Interactive play between peers is also expanding at this age from parallel play to playing with friends. His thinking and problem solving skills are also a focus during this age range.

Toy Suggestions:

- Stuffed animals and baby dolls with accessories (bottle, blanket, bed, etc.)
- Play food, utensils, pots and pans
- Little People
- Age appropriate memory games
- Washable crayons and markers
- Playdough

