

Educational & Developmental Intervention Services (EDIS)

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What we offer:

- Free developmental screening and evaluation for children under 3
- 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
- Developmental playgroup for toddlers and parents
- Infant massage classes and in-home instruction
- Yoga for children with special needs

Our staff:

- **Conchita Cuvillo-Martinez del Cerro**, Secretary
- **Lisa Lunsford**, Speech/Language Pathologist
- **Marjorie Stefan**, Occupational Therapist and Acting Department Head
- **Christina Odeh**, Physical Therapist
- **Deb Reed**, Early Intervention Specialist

Contact us:

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

Tummy Time

One unintended side effect of putting babies to sleep on their backs (a very safe and recommended practice) has been that babies are spending less time on their stomachs. During waking hours, however, it's important that babies get plenty of opportunity for "tummy time"—or lying on their stomach. Tummy time helps develop strong neck and shoulder muscles, which are needed for holding the head upright, rolling, sitting and crawling. It strengthens hand, arm, and shoulder muscles to help your baby manipulate toys. And it provides visual stimulation as your baby views toys and objects at eye level.

Some babies don't like

spending time on their stomachs. These babies need extra encouragement and practice to get used to it.

Here are some ideas to help your baby learn to enjoy tummy time.

* Place your baby on a firm, soft surface with bright toys, a mirror, music, singing, or your face in front of her.

* Try frequent, brief periods of tummy time throughout the day. Start with 5 minutes and slowly build up to 20 minutes.

* Some babies get fussy on the floor, but will tolerate being on your lap or chest. Place your baby on your chest so he is on an incline with his head



higher than his body and his arms under him. Encourage him to look at your face.

* On the floor, place a small rolled blanket or towel under her chest to raise and support her. Be sure her arms are over and in front of the roll.

Be patient. Your baby may be challenged a bit at first, but it is important to keep trying. As your child gets stronger, tummy time will be more fun. The benefits are worth it.

News from EDIS

April is Autism Awareness Month. Autism is typically diagnosed before age 3. Symptoms are related to communication, social and behavioral difficulties. To learn more about the "red flags" of autism, visit the

Centers for Disease, Control and Prevention Website. If you have concerns about your child's development, contact EDIS or talk with your child's physician.

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>

What's it like to be a toddler?

Between 18 and 36 months, children often exhibit temper tantrums and can become quite stubborn. This can be a trying time for parents, but the behaviors may make more sense if you take the perspective of the toddler. Children at this age are beginning to struggle between their reliance on adults and their desire for independence. They're eager to do things on their own but often lack the coordination and motor control to accomplish what they want. They have ideas but can't necessarily communicate them just yet. When your busy two-year-old is exploring, running away, and climbing up on high surfaces, he is feeling safe and motivated to seek novelty rather than protection.

While this is a positive sign of maturing, it is, of course, your job to set limits and assure safety. Young children feel first and foremost through their bodies, however, and an adult's restraint seems highly unreasonable and downright frustrating. To make matters worse, the toddler is also learning that he has to choose. Choosing means having something but also giving something up. This is *not* how toddlers would design the world, and their reaction is summed up in one word: "no." With this "no" word, they learn they can wield some power over adults, and this feeling is quite intoxicating. When "no" doesn't work, and having no other

skills and resources to develop their argument otherwise, their last resort is a temper tantrum.

As difficult as it is to watch your child flailing on the floor, it is ultimately a normal expression of healthy development as your child is learning that his will does not always reign supreme. From the perspective of the child, toddlerhood isn't easy. When adults remain emotionally available but firm in their position, children will develop a sense of communal belonging and a sense of personal autonomy. And both parents and children will learn that there is calm after the storm.

World Autism Awareness 5K Walk/Run

Rota Spain's Special Children (RSSC), a support group for families with children with special needs, will be hosting a 5K Walk/Run to celebrate World Autism Awareness Day on Saturday, April 2.

It is estimated that one in every 110 children is diagnosed with autism, according to the Centers for Disease Control and Prevention (CDC). Au-

tism spectrum disorders are reported to occur in all racial, ethnic, and socioeconomic groups, yet are on average 4 to 5 times more likely to occur in boys than in girls. Government statistics suggest the prevalence rate of autism is increasing 10-17 percent annually.

Mike and Heidi Stephens, coordinators of the RSSC event, note: "This is not a fundraiser. It's an opportunity



World Autism Awareness Day

for Rota to support the autism community, learn more, and participate in something fun and healthy."

For more information about RSSC and the 5K Walk/Race, visit Facebook@Rota Spain's Special Children

TV and Toddlers

It may be tempting to put your infant or toddler in front of the television, especially to watch shows and videos created just for children under age two. But the American Academy of Pediatrics says: "Don't do it! These early years are crucial in a child's development. Any positive effect of tele-

vision on infants and toddlers is still open to question, but the benefits of parent-child interactions are proven. Under age two, talking, singing, reading, listening to music and playing are far more important to a child's development than watching television and videos. Young children learn by doing

and interacting with their environment. Videos, even those that encourage children to sing along and dance, are not truly *interactive* because the child's behavior can have no effect on what happens on the TV screen.