

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
- **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

Learning to Wait

A two-year-old wants what he wants, and he usually wants it *now*. This is normal behavior for young children. Parents can help children learn how to wait and be more patient by using these strategies:

* Use "Grandma's Rule." First your child has to do something that is less desirable, then he will get something that is more desirable. "Wash your hands first, then you will get a cookie," is one example. "First/then" language lets your child know that what he wants is coming, but he has to do something else first.

* Give your child lots of turn-taking practice.

When doing a puzzle, for example, take turns putting in the pieces. Encourage her to watch which puzzle piece you choose and how you put it in. Describe what you're doing. In the process your child is learning that *watching, waiting, and listening* can be fun and mutually enjoyable.

* Let your child know you understand his frustration. "I know you want to go outside right now, but we must wait for the rain to stop. It's hard to wait, isn't it?" Model how to consider alternative activities while waiting. For ex-



ample, say, "Hmmm, what else can we do while we wait? I know, let's read a book!"

*When your child gets closer to three, try a visual timer. Looking at an egg timer is a concrete reminder of time, which makes the wait easier.

* Start out expecting her to wait for little bits of time. As she learns to wait without whining or screaming, slowly increase the expectations that you have for your child.

News from EDIS

In the month of March, EDIS will be conducting developmental screenings at the CDC for children birth to 36 months of age. Only children whose parents have signed a consent form will be included in this screening. Written results will be sent to parents April 5. If

the screening raises any concerns, the parent will be contacted immediately. If your child does not attend the CDC but you would like a screening, contact EDIS to set up an in-home appointment.

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>

Is it Okay to Spank?

The American Academy of Pediatrics recommends that parents consider discipline methods other than spanking. Their position is based on the following research findings:

*Spanking models aggressive behavior as a solution to conflict and has been associated with increased aggression in children as they age. In a 2010 large-scale study, researchers found that 3-year-olds who were spanked by their mothers 2 or more times per month were more likely to demonstrate higher levels of aggression at age 5 than children who were not spanked or spanked 1-2 times per month.

*Although spanking may result in a reaction of shock by the child that puts a halt to the undesirable behavior, repeated spanking may

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cause agitated, aggressive behavior in the child that may lead to physical fighting between parent and child.

*Spanking is no more effective as

a long-term strategy than other approaches, and reliance on spanking as a discipline approach makes other discipline strategies, such as time-out and positive reinforcement of other behaviors, less effective.

* Parents who spank are more likely to use other forms of corporal punishment and a greater variety of verbal and other punitive methods. When punishment fails, parents who rely on spanking tend to increase the intensity of its use rather than to change strategies.

National Poison Prevention Week

The goal of National Poison Prevention Week, March 20-26, 2011, is to reduce illnesses, injuries and deaths due to poisonings.

The most common and dangerous poisons include medications and vitamins; household products, especially cleaning supplies, pesticides and hydrocarbons (oil, kerosene, lighter fluid, antifreeze); and windshield

washer fluid.

The scowling green face of Mr. Yuk is easily recognized by children and parents around the world as a warning for poisonous substances that should be avoided. Teach your child about Mr. Yuk and place stickers on poisonous products in your home. To request a free sheet of Mr. Yuk stickers, send a self-addressed



stamped business-size envelope to: Mr. Yuk, Pittsburgh Poison Center, UPMC,

200 Lothrop Street, BIR 010701, Pittsburgh, PA 15213

If you suspect your child has ingested a poison, call 911 (on Base) or 956822911 (off Base)

Ban on Drop-Sided Cribs

In December 2010, the United States Consumer Product Safety Commission (CPSC), after issuing recalls for more than 11 million cribs and receiving reports of more than 30 infant and toddler deaths in the past decade, voted unanimously to ban drop-sided cribs, the kind in

which a side rail can be lowered to allow a child to be lifted in and out more easily.



Beginning June 2011, it will be against the law in the US to manu-

facture, sell or lease drop-sided cribs. Individuals with drop-sided cribs don't have to replace them, but the CPSC urges parents to go to <http://cpsc.gov/cribs> to see if their crib has ever been recalled.