

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
- Monthly newsletter
- 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

Five Warning Signs of Possible Speech Delay

About 10 percent of all children have difficulty learning language. Experts encourage parents to make sure their child's hearing isn't impaired and that their child's speech development falls within the normal range. Here are five warning signs you should watch for:

- ***Your infant doesn't startle at sounds.** Most newborn's hearing is screened before the baby is discharged from the nursery. But take note if your baby doesn't seem startled by loud sounds.
- ***Your baby doesn't follow you with her eyes when you speak.**

- Babies are genetically programmed to want to learn human speech and to interact with human faces. Does your baby turn to look at you when you are talking?
- ***Your baby is not babbling by seven months.** Most babies begin uttering those familiar "ma-ma-ma" and "da-da-da" sounds between 4 and 6 months of age. Does your baby experiment with sounds? Does he or she seem very quiet?
- ***Your baby hasn't said any words by 19 months.** While some babies voice their first word at 10 months, others say their first word at 19 months. The typi-

cal 18-month-old, however, has a vocabulary of about 50 words.

- ***Your child is not using two words together by age 2 1/2.** Most children start using two-word combinations by 18 to 22 months.

Any persistent question or concern you have about your child's development is sufficient reason to seek immediate help. Talking to your pediatrician is a good place to start. You can also call EDIS. We can discuss your concerns, monitor your child's development, do an in-home screening or an evaluation. If a delay is present, intervening early leads to the best outcomes.

News from EDIS

We wish a fond farewell to EDIS speech and language pathologist, Lisa Lunsford, who will be moving to Aviano, Italy at the end of September. Having been here for six years, Lisa has

worked with numerous families, helping both children and parents alike. We will miss her clinical expertise, professionalism, and happy smile! *Best of luck to you, Lisa!*

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>

Healthy eating tips for infants and toddlers

Here are some feeding tips from the experts at ZERO TO THREE, a nonprofit child development organization:

*** Remember: Meals are about more than food.** They are a time to connect with your child. Talk with her and don't let her eat alone. Create routines around mealtime. Routines help children feel loved and secure.

*** Establish regular meal and snack times beginning when your child is 9 to 12 months of age.** This helps children learn to link their feelings of hunger with eating at regular times across the day.

*** Offer three to four healthy food choices at each meal—**

among those your child likes. Research shows that children will choose a healthy diet when they are offered a selection of healthy foods.

***Don't force your child to eat.** This often results in children refusing the food and eating less.

*** Offer your child a healthy snack between meals if you think he is hungry—**so if he doesn't eat much at a meal, he doesn't have to wait long to eat again.

*** Limit juice to no more than four to six ounces a day.** Juice has lots of sugar. Add water to the juice or offer fresh fruit instead.



*** Be flexible about letting little ones get up from the table when they are done.** Babies and toddlers can't sit for long. Plan for three meals a day of about 10-20 minutes and two to three snacks of about 5 to 15 minutes.

*** Don't give up on new foods.** You may have to offer your child a new food 10 to 15 times before he will eat it. Encourage your child to touch the new food, lick and taste it. Let him see you eat it.



Fun "car and truck" activities

Guessing game.

Gather 5 to 6 different toy

vehicles, such as an ambulance, fire truck, motorcycle, and others. While your child is closing his eyes, put one of the vehicles in a sock. Ask your child to open his eyes and feel the toe of the sock to guess which vehicle is hidden. This is a fun way

to build vocabulary and develop your child's tactile senses.

Building roads. Build roads on the floor with masking tape. Then bring out your child's trucks and cars to zoom along the highways. To develop the play further, cars can drive to "houses" (shoe boxes), the "playground" (washcloth), the "pool" (bowl of water), or "stores" (more boxes!).

Wheel prints. Take an empty spool of thread, sponge and black paint. Soak sponge in paint, then press the bottom of the spool into the sponge. Now you're ready to make wheels. Press the spool on a white paper to make your prints.

Discipline and punishment: What's the difference?

Children are *disciplined* when...

- * they are shown positive alternatives rather than just told "no;"
- *they see how their actions affect others;
- *good behavior is rewarded;
- *adults establish fair, simple rules and enforce them consistently.

Children are *punished* when...

- *their behavior is controlled through fear;
- *their feelings are not respected;
- *they behave to avoid a penalty or get a bribe;

Children who are disciplined... Learn to share and cooperate; are

better able to handle their own anger; are more self-disciplined; and feel successful and in control of themselves.

Children who are punished... feel humiliated; hide their mistakes, tend to be angry and aggressive; and fail to develop control of themselves.