

Family Circle

El boletín informativo

A publication for families living in Riverside & San Bernardino Counties with children age 0-36 months who are at risk for or have developmental disabilities.

Activities to Help Foster Play

Here are some activities for your favorite little one.

Birth to 12 Months:

Do You Hear It? Show your baby a bell and then gently ring it so he can hear. Do you hear it? Do you hear it, baby dear, baby dear? Listen to the bell ring; Listen to the bell ring; Ding, dong, ding; Ding, dong, ding" (to the tune of "Frere Jacques"). At the end of the song, show baby how you hide it behind your back. Slowly bring it out once more, to jingle and sing again. This activity enriches your baby's auditory awareness.

12 to 24 Months:

Loud/Quiet Fill-n-Dump. Find two plastic buckets. With the children, fill one of the buckets with plastic balls and the other with washcloths, scarves, or foam balls. As you fill, talk about how each one is loud or quiet. Now dump them! Which one is loud? Which one is quiet? How do the children tell you which they prefer? Follow their lead and fill and dump that bucket again.



24 to 36 Months:

Pattern Music. Practice making patterns with sound and movement. For example, clap, wave, clap, wave. Can your toddler copy you? How about hitting a drum three times and shaking a bell once—can your toddler copy you? Give your little one a turn to make a pattern with sounds or body movements. Playing with sound and body patterns teaches coordination, listening skills, and early math skills.



Actividades para Ayudar a Fomentar el Juego

Aquí estan algunas actividades para su pequeño niño favorito.

Nacimiento a 12 meses:

¿Puedes tú escuchar esto? Enseñe a su bebé una campana y gentilmente suene está que él la pueda escuchar. Preguntele ¿Puedes escucharla? ¿Puedes escucharla, mi querido bebé? Escucha la campana sonar; Escucha la campana sonar; tilín, tilín, tilín, tilín, tilín. Al final de la canción, enseñale al bebé como tu escondes la campana detrás de tu espalda. Lentamente traela una vez más hacia él tintineala y canta otra vez. Está actividad le ayuda a su bebé a enriquecer la conciencia auditiva.



12 a 24 meses:

Sonido Alto/Bajo. Busca dos cubos de plástico. Con los niños, llene uno de los cubos con pelotas plásticas y el otro con toallas pequeñas, bufandas o bolas de espumas. Mientras usted lo va llenando, le va diciendo si el sonido es alto o bajo. Ahora encesta los objetos en el cubo. Mientras va encestando en el cubo usted le pregunta ¿Mientras encesta le preguntas que objeto suena alto o bajo. ¿Cómo el niño le va ha decir a usted cuál es el que el le prefiere? Siga llenandolo y sacando los objetos del cubo usted hasta él comience hacerlo o tome la idea de decirle cuál es el sonido alto o bajo de cada objeto.

24 a 36 meses:

Patrones de música. Práctica haciendo patrones de sonido y movimiento. Por ejemplo aplaude, saludar con mano y aplaude y vuelve y saluda con la mano. ¿Puede su niño copiar lo que usted hace. ¿Qué tal darle a un tambor 3 veces y luego mover la campana una sola vez. ¿Puede su niño copiarle lo que usted esta haciendo. Digale a él que es su turno para hacer patrones de sonido o movimientos del cuerpo. Jugar con sonidos o patrones del cuerpo, le enseña a la coordinación, destrezas de audición y destrezas de comienzo de la matemáticas.



Through Your Child's Eyes: American Sign Language DVD

The California Department of Education (CDE) and California State University, Northridge (CSUN) have created a free DVD for families who have infants and toddlers who are deaf or hard of hearing.



To request a free DVD, call (916) 327-3868, to view the video online, visit www.csun.edu/~tyce/about.html or it can be seen on YouTube.com by entering the title.

Goodbye to a Parent Representative

We are sad to announce that Diane Macias, Parent Representative at Inland Regional Center, has resigned from her position. We wish her and her family the very best as they start a new chapter of their lives in Arizona. She will be missed by all.

If you are in need of information, resources and/or support please contact the Early Start Family Resource Network at (800) 974-5553 or (909) 890-4788.

New Parent Representative

April Schober is the new Parent Representative for Moreno Valley. April has lived in Riverside for 20+ years and is the mother to one child. Austin (BD 1/18/06) was born prematurely at 30 weeks. Austin spent a month and ½ in the NICU – it was in the NICU that Austin received life saving antibiotics that are assumed to be the cause for his Bi-lateral sensorineural hearing loss. At the age of 15 months Austin received an Advanced Bionics Hi-Res 90K Cochlear Implant. Austin began his school career at California School for the Deaf Riverside, in the PIP program. Austin transferred to Sunshine Early Childhood Center in the Riverside Unified School District, where he participated in an SDC class. Austin will start a SDC Kindergarten, Fall 2011, in the Riverside Unified School District. Austin is 98% verbal and hears noises above a whisper. Austin and April have worked hard to achieve this level of language and hearing through Auditory Verbal Therapy, total communication, and speech therapy.

April obtained her Bachelor's of Arts, Liberal Studies and Master of Science, Educational Technology from California Baptist University. She is currently enrolled at California Baptist University finishing up a Mild/Moderate Teaching Credential.

April is a member of the Support Group for Parents of Children with a Hearing Loss, Inland Empire, which meets quarterly – January, April, July, and October and a member of the Riverside Unified School District Community Advisory Committee, and The Council for Exceptional Children.



April maintains a Parent Resource Library at Rainbow Springs Preschool that has many valuable resources for families. To contact April for parent-to-parent support, resources or information, please call (951) 571-4710 or email aschober@mvusd.net

**Blindness Support Services & Braille Institute
invite Mother & Child to join a fun filled morning.**

**Thursday, September 29, 2011
9:30 am – 12:00 pm**

*Circle Time with Music & Movement
Creative Art Activity
Create & Share a Book
Create a Tactile Learning Tool*

Meet and share your experiences and resources with other parents of children with vision impairment

Location:
Blindness Support Services
3696 Beatty Drive
Riverside, CA 92506

Please RSVP before
Sept. 23:
(951) 341-9244 or
(951) 341-0200

**Blindness Support Services y Braille Institute
invita a Madre y Hijo a compartir una mañana
llena de diversión**

**El Jueves, 29 de Septiembre del 2011
9:30 am a 12:00 pm**

*Tiempo de Círculo con música y movimiento
Actividades de arte
Crear y compartir libros
Crear una actividad de aprendizaje de texturas*

Conozca y comparta sus experiencias y recursos con otros padres de niños con problemas y pérdidas de visión

En:
Blindness Support Services
3696 Beatty Drive
Riverside, CA 92506

Por favor reserve su lugar antes
del día 23 de Septiembre
(951) 341-9244 o
(951) 341-0200

Tips for Reading to Your Child

It's never too early to read to your baby. As soon as your baby is born, he or she starts learning. Just by talking to, playing with, and caring for your baby every day, you help your baby develop language. For toddlers, encourage continued language development and interest in books and reading by keeping things lively and engaging. Everyday experiences are full of opportunities to engage in conversation and develop language skills.

Babies:

■ **Snuggle up with a book**

When you hold your baby close and look at a book together, your baby will enjoy the snuggling and hearing your voice as well as the story. Feeling safe and secure with you while looking at a book builds your baby's confidence and love of reading.

■ **Choose baby-friendly books**

Books with bright and bold or high-contrast illustrations are easier for young babies to see, and will grab their attention. Books made of cloth or soft plastic (for the bathtub) or "board books" with sturdy cardboard pages are easier for a baby to handle.

■ **Keep books where your baby can reach them**

Make sure books are as easy to reach, hold, and look at as toys. Remember, a baby will do with a book what he does with everything else—put it in his mouth. And that's exactly what he's supposed to do, so you may only want to put chewable books within reach.

■ **Talk with your baby—all day long**

Describe the weather or which apples you are choosing at the grocery. Talk about the pictures in a book or things you see on a walk. Ask questions. By listening, your child learns words, ideas, and how language works.

■ **Encourage your baby's coos, growls, and gurgles**

They are your baby's way of communicating with you, and are important first steps toward speech. Encourage attempts to mimic you. The more your baby practices making sounds, the clearer they will become. Go ahead and moo, woof and honk!

■ **Give baby a hand!**

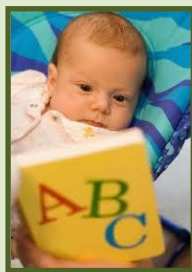
Encourage your baby to pick up crackers or peas, touch noses and toes, point to pictures and grab toys. The muscles in those little hands will grow strong, agile, and ready to turn pages.

■ **Develop a daily routine (and make reading a part of it)**

Routines can soothe a baby, and let a baby learn to predict what will happen next. The ability to predict is important when your child is older and is reading independently.

■ **Sing, Read, Repeat**

Read favorite stories and sing favorite songs over and over again. Repeated fun with books will



strengthen language development and positive feelings about reading.

■ **"Read" your baby**

Pay attention to how your baby reacts to the book you are reading. Stop if your baby isn't enjoying the story and try another book or another time.

Toddlers:

■ **Don't expect your toddler to sit still for a book**

Toddlers need to **MOVE**, so don't worry if they act out stories or just skip, romp, or tumble as you read to them. They may be moving, but they are listening.

■ **Recite rhymes, sing songs, and make mistakes!**

Pause to let your toddler finish a phrase or chant a refrain. Once your toddler is familiar with the rhyme or pattern, make mistakes on purpose and get caught.

■ **Choose engaging books**

Books featuring animals or machines invite movement and making sounds. Books with flaps or different textures to touch keep hands busy. Books with detailed illustrations or recurring items hidden in the pictures are great for exploring and discussing.

■ **Keep reading short, simple, and often**

Toddlers frequently have shorter attention spans than babies. Look for text that is short and simple. Read a little bit, several times a day.

■ **Encourage play that involves naming, describing, and communicating**

Set up a zoo with all the stuffed animals. Stage a race with the toy cars. Put your toddler in charge and ask lots of questions.

■ **Every day is an adventure when you're a toddler**

Choose books about everyday experiences and feelings. Your child will identify with the characters as they dress, eat, visit, nap, and play.

■ **Ask questions**

Take time to listen to your toddler's answers. Toddlers have strong opinions and interesting ideas about the world. Encourage your toddler to tell you what he or she thinks. You'll build language skills and learn what makes your toddler tick at the same time.

■ **Play to their favorites**

Read favorite stories again and again. Seek out books about things your toddler especially likes—trains, animals, the moon. These books may extend a toddler's attention span and build enthusiasm for reading.

■ **Not having fun?**

Try a different story or a different time during the day. Reading with a very young child is primarily about building positive experiences with books, not finishing every book you start.



Consejos de lectura para tu niño(a)

Nunca es muy pronto para leerle a su bebé. En cuanto nace, su bebé empieza a aprender. Simplemente hablándole, jugando y cuidándolo todos los días, usted ayuda a su bebé a desarrollar las destrezas lingüísticas necesarias para que se convierta en lector. Estímule el constante desarrollo lingüístico y el interés en los libros y la lectura haciendo actividades animadas y entretenidas. En las experiencias de todos los días encontrará infinitas oportunidades de iniciar una conversación y desarrollar las destrezas lingüísticas.

■ Acurrúquense con un libro

Cuando sostiene a su hijo en sus brazos y miran juntos un libro, su bebé disfruta de acurrucarse junto a usted y escuchar su voz y el cuento también. Al sentirse seguro en sus brazos mientras mira un libro, aumenta la confianza de su bebé y su amor por la lectura.

■ Escoja libros para bebés

Los libros con ilustraciones brillantes y de alto contraste son más fáciles de ver para los bebés, y captarán su atención. Los libros hechos con tela o plástico blando (para la bañera) o los "libros duros" con hojas de cartón sólido son más fáciles de manipular para un bebé.

■ Ponga los libros donde su bebé pueda alcanzarlos

Asegúrese de que su bebé pueda alcanzar los libros, sostenerlos y mirarlos como juguetes. Recuerde que su bebé hará con un libro lo mismo que hace con todo lo demás, llevárselo a la boca. Y eso es exactamente lo que se supone que haga, de modo que quizá usted deba poner sólo libros masticables a su alcance.

■ Hable con su bebé todo el día

Describa el clima o las manzanas que escoge en la supermercado. Hable sobre las imágenes de un libro o las cosas que ve durante una caminata. Haga preguntas. Escuchando, su hijo aprende palabras, ideas y cómo funciona el idioma.

■ Estímule los gorjeos, balbuceos y chapurreos de su bebé

Es la manera en que su bebé se comunica con usted y son importantes primeros pasos para aprenderá hablar. Estímule los intentos de su bebé de imitarlo. Cuanto más practique su bebé haciendo sonidos, más claros le saldrán. ¡Anímese y haga *mu*, *guau* y *cuac*!

■ ¡Déle una mano a su bebé!

Estímule a su bebé a recoger galletas o guisantes, tocarse la nariz o los dedos de los pies, señalar fotos y sujetar juguetes. Los músculos de sus pequeñas manos se volverán fuertes, ágiles y listas para voltear las páginas.

■ Desarrolla una rutina diaria (Incluya la lectura)

Las rutinas pueden tranquilizar a un bebé y ayudarle a predecir qué va a suceder a continuación. La capacidad de predecir algo le servirá cuando su hijo sea más grande y lea por su cuenta.

■ Canten, lean, repitan

Lea sus cuentos preferidos y cante sus canciones preferidas una y otra vez. Divertirse continuamente con los libros fortalecerá el desarrollo lingüístico y los sentimientos positivos con respecto a la lectura.

■ Interprete a su bebé

Preste atención a cómo reacciona su bebé con un libro que usted le lee. No siga si su bebé no disfruta la historia y pruebe con otro libro o en otro momento.

Niños pequeños:

■ No espere que su hijo pequeño se quede sentado y quieto con un libro

Los niños en edad de caminar necesitan **MOVERSE**, y no debe preocuparse si teatralizan los cuentos o sencillamente brincan, jueguean o se revuelven mientras usted les lee. Si bien están en movimiento, están escuchando.

■ Haga rimas, cante canciones y cometa errores!

Haga una pausa para que su hijo pequeño complete una frase o recite un estribillo. Cuando el niño conozca la rima o el patrón, comete errores a propósito para que el niño lo descubra.

■ Escoja libros entretenidos

Los libros con animales o máquinas invitan al movimiento y a hacer sonidos. Los libros con solapas o con distintas texturas para tocar mantienen las manos ocupadas. Los libros con ilustraciones detalladas o elementos recurrentes ocultos en los dibujos son excelentes para investigar y debatir.

■ Haga de la lectura una actividad breve, sencilla y frecuente

Léale a su hijo con expresión y humor. Use diferentes voces al leer. ¡Hágalo más divertido!

■ Proponga juegos que incluyan nombrar cosas, describir y comunicar

Forme un zoológico con todos los animales de peluche. Proponga una carrera con los autos de juguete. Deje que su hijo dirija el juego y haga muchas preguntas.

■ Todos los días son una aventura para los niños pequeños

Escoja libros sobre sentimientos y experiencias cotidianas. Su hijo identificará con los personajes cuando se visten, comen, van de visita, duermen una siesta y juegan.

■ Haga preguntas.

Tómese tiempo para escuchar las respuestas de su hijo. Los niños pequeños tienen opiniones firmes e ideas interesantes acerca del mundo. Estímule a su hijo para que le cuente sus ideas. Así, lo ayudará a desarrollar destrezas lingüísticas y, al mismo tiempo, descubrirá qué motiva a su hijo.

■ Juegue con sus preferencias

Lea sus cuentos preferidos una y otra vez. Busque libros sobre las cosas que más le gustan a su hijo: trenes, animales, la luna. Estos libros pueden ampliar la capacidad de atención de su hijo y fomentar el entusiasmo por la lectura.

■ ¿No se divierte?

Pruebe con otro cuento o en otro momento del día. Leer con un niño muy pequeño se trata principalmente de construir experiencias positivas con los libros, no de terminar cada libro que empiezan a leer.



Sponsored by the Early Start Family Resource Network

IEP Overview

Learn the basics of this important planning meeting which first occurs around your child's 3rd birthday and involves his/her educational needs.

Topics to be discussed:

- What is an IEP Meeting and why do we have them?
- What can be included in an IEP?
- Who is on the IEP Team?
- What is the parent's role?
- What are your rights?
- How to keep good records
- How to prepare for an IEP Meeting

Tuesday October 25, 2011

9:30 am - 11:30 am

There are two options for attending this free workshop:

In person at:

IRC Family Resource Library
San Bernardino, CA

Conference Call: To join this workshop live, you will be provided with a special toll-free number to call and handouts will be sent to you before the workshop.

Reservations are required by October 19, 2011!

For more information or to register please call the ESFRN at (800) 974-5553 or email info@esfrn.org.

Patrocinada por el Programa Empezando Temprano y el Centro de Recursos para la familia (ESFRN)

Información del IEP

(Programa Educativo Individualizado)

Aprenda la información importante y básica de como planear esta junta que ocurre alrededor de los tres años y que concierne las necesidades educativas de su hijo/a.

Tópicos a discutirse:

- ¿Qué es la junta del IEP y por qué tenemos esa junta?
- ¿Qué debe ser incluido en la junta?
- ¿Quién debe estar en el equipo del IEP?
- ¿Cuál es el rol de los padres?
- ¿Cuáles son sus derechos?
- Como mantener buenos registros
- Como prepararse para la junta del IEP

Miércoles, octubre 26, 2011

9:30 - 11:30 am

Tenemos 2 opciones para atender este taller gratis:

Este taller se llevará a cabo en:

IRC Family Resource Library
San Bernardino, CA

Llamadas de conferencia: Este taller estará disponible a través de su teléfono. Usted se le proveerá un número especial libre de cargos para llamar y folletos serán enviados a usted antes del taller.

Reservaciones son requeridas para la llamada de conferencia! Por favor llame al (800) 974-5553 para octubre 19, 2011.



Telephone Education Series

For families of children birth to six with
visual impairment and their early
intervention/education team

Schedule for 2011 - 2012

Dr. Bill Takeshita, Chief of Optometric Services and Coordinator of Children's Programs for the Center for the Partially Sighted, as well as Director of Low Vision Training for Braille Institute, is partnering with Braille Institute Child Development Services for our informative monthly Telephone Education Series. Special Guests joining Dr. Bill on the call will be announced during the year.

**The second Tuesday of each month
from 7:30 to 8:30 p.m.**

SAVE THE DATE FOR THESE UPCOMING SESSIONS:

- October 11:** What is Visual Stimulation?
- November 8:** CVI: Functional Activities to Help Your Child at Home
- December 13:** ROP: Current Research and Trends
- January 10:** The Unique Needs of Premature Infants
- February 14:** 10 Top Questions for Your Child's Eye Exam
- March 13:** Other Pediatric Eye Diseases: Retinal Conditions, Coloboma, Aniridia
- April 10:** Sleep Disorders and Your Visually Impaired Child
- May 8:** The Unique Needs of Children with ONH
- June 12:** Technology and Your Child Under 5

Here's how to join the call: Dial 1-888-247-8947

When the operator asks for a participant passcode, use 460500

The operator will then connect you to the call

To listen to free podcasts of past sessions, visit:

www.brailleinstitute.org/Services/Children/Early_Childhood_to_Age_6.aspx



Upcoming Events

For a complete list of upcoming events, please visit our website calendar at www.esfrn.org.

Inland Regional Center's events hotline may be reached by calling (909) 890-3414.



9/28-9/29/11 – Children's Network Conference – This conference will be held at the Ontario Convention Center and offer workshop topics including, "It's Not Just a Skinny Baby" - Failure to Thrive, Lifelong Issues in Adoption (3 Parts), Helping the Preschool Aged Child Deal with Grief and Loss, Autism and Law Enforcement Awareness, and much more. Registration fees range from \$150-\$250. For details call at (909) 383-9677 or visit <http://hss.sbcounty.gov/Childrens%20Network/default.htm>.

10/5/11 - Coming Together...A Support Group for Parents of Children with a Hearing Loss – This group meets the first Wednesday of January, May and October. No childcare will be available. Spanish or ASL translation available with 1 week prior notice. For more details please contact Chris Young at SEC HCC (909) 558-3540 or Linda Niemeyer at the Early Start Family Resource Network (909) 890-4790.

10/8/11 – Buddy Walk for Down Syndrome Awareness – This event will be held at Mt. San Jacinto College in Menifee from 10:00 am – 2:00 pm. There will be vendors for special needs, entertainment, animal show, medieval knights demonstration, jumpers and many fun games and activities. For details visit www.dsaoh.org/BuddyWalk.html or call (951) 852-1054.

10/15/11 – iTouch Technology for People with Autism and Special Needs – This hands-on workshop for all ages and abilities will address topics such as, how to determine if the iPad is an appropriate fit for your child, teen or adult, helpful applications and how to use them and resources for getting funding. Space is limited! Register before 10/8/2011 the cost is \$25 for the full day workshop. Registration will be \$30 after 10/8. Lunch is on your own. Scholarships may be available. For more info visit www.ieautism.org or call (909) 204-4142 x339.

10/22/11 – Tuning in to Music for the Child with Special Needs - This course is designed for parents and professionals and will explore the history of music therapy, the basics of the DIR/Floortime model, musical activities and strategies to use with children. This workshop will be fun, fast moving and will offer some new ideas and practical solutions to implement in the clinic, school and/or home. This event will be held in Pasadena. Registration fee \$75 for parents, \$125 for professionals. Visit www.pasadenachilddevelopment.org or call Katherine at (626) 793-7350 x 219 for more information.

10/22/11 – Rett Syndrome Strollathon & Family Picnic - A Strollathon is a fun filled event that raises research funds. Activities will include entertainment, games, children's activities, food and more. This event will be held at El Dorado Park - Willow Grove in Long Beach. To register online please visit www.firstgiving.com/rettsyndrome/event/socalstrollathon. For more information call (562) 619-0109.

10/25 & 10/26/11 – IEP Overview Workshop for Parents – See page 5 for complete details.

11/6/11 – 2011 Orange County Buddy Walk for Down Syndrome Awareness – This year's Buddy Walk will be held from 9:00 am – 2:00 pm at Angel Stadium in Anaheim. There will be activities and entertainment. For more details contact Kellie Perez by email at kperez@dsaoc.org or call 714-540-5794. Also, visit www.dsaoc.org or www.buddywalk.org

11/12/11 – Fiesta Educativa – This conference is for Spanish speaking families and will be held from 8:30 am to 4:30 pm at Inland Regional Center Auditorium, 1425 S. Waterman Ave. in San Bernardino. Registration fee is \$25.00 per person or \$45.00 per couple. For more details contact Maria Elena Hernandez at (909) 518-9698 or email elenitah@msn.com.

12/9/11 – California Sensory Conference – This conference will be held in Riverside and feature Carol Kranowitz, author of *The Out-of-Sync Child* and Lucy Miller author of *Sensational Kids: Hope and Help for Children with Sensory Processing Disorder (SPD)*. Registration fee is \$130 for parents or \$160 for professionals. For more information visit www.fhautism.com or call (800) 489-0727.

12/17/11 – Epilepsy Foundation Family Holiday Party – This annual party will be held in Downey, CA and provides a chance for families of children with epilepsy to socialize. Santa Claus leads the gift-giving, and volunteers lead children in creative activities. Please contact Patricia Leyva at (310) 670-2870 x 104 or email PLeyva@EpilepsyFoundationGLA.org. Website: www.EpilepsyFoundationGLA.org

1/28-1/29/12 - Festival of Human Abilities - This annual event, held at Aquarium of the Pacific, is a celebration highlighting the creative talents and abilities of people with disabilities. Wheelchair dance, live music, signing choirs, art demonstrations, storytelling, service dog demonstrations, and other creative performances will be featured by people who have disabilities. Free interactive classes will be offered. Sign language interpreters will be present at all major shows and an audio tour is available for those who are blind. For more information visit www.aquariumofpacific.org/newsevents/eventsdetail/festival_of_human_abilities/ or call (562) 590-3100 x 0.

This newsletter attempts to report items of interest relating to special needs. We will not knowingly reproduce inaccurate material. We do not promote or recommend any treatment, therapy, institution or professional. The inclusion of any resource, including web sites, in the ESFRN newsletter does not imply endorsement. Inland Regional Center (IRC) is the contractor for this project which is funded under contract number HD590010 with the Early Start Program, through the State Department of Developmental Services.