

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.

Healthy Foods and Meal Times

If your child requires a special diet or has other health care needs, please consult your doctor before making any dietary changes.

Children have small stomachs so they may eat small amounts of food. However, they need to eat often – about every three hours. Young children need small servings of food (about ¼ cup per serving). Do not force a child to eat everything on his/her plate. If a child is served large portions of food and forced to eat it all, he/she may become overweight or learn to dislike certain foods.

Some children are picky eaters. Help avoid this by giving your toddler nutritious foods when he begins eating solid foods, rather than sweets and candy.

Children need three basic nutrients to grow strong and healthy – protein, carbohydrates and fats. By eating a variety of healthy foods, most children will also get the vitamins and minerals they need.

Protein: Milk, cheese, eggs, peanut butter, yogurt, and lean meats are good sources of protein. Children should eat some protein every day. Bacon, sausage, bologna, and hot dogs are not as good because they have very little protein and a lot of fat.

Carbohydrates: Vegetables, fruits, bread, oatmeal, grits, rice, cereal, muffins, toast, pancakes, and fruit juices are great foods for children. These foods contain vitamins and minerals needed to be strong and healthy. They need to eat foods like these several times a day.



Fats: Young children need a small amount of fat in their diet to help their body and brain develop. Whole milk is good for children up to the age of two years. Low-fat milk is recommended for children two years old and older. If your child is eating a variety of foods, including proteins and carbohydrates, he is probably getting enough fat to meet his needs.

Offer water and milk for your child to drink. Sweetened beverages, such as soda, tea, fruit-flavored drinks, may interfere with eating healthy foods.

Limit the amount of fatty foods and “sweets” that your child eats, such as potato chips, fried foods, and cookies. Here are some ideas for easy, nutritious snacks.

- ✓ Mini pretzels, bread sticks, or rice cakes.
- ✓ Graham crackers or whole-wheat crackers.
- ✓ Low-fat low-sugar cereal.
- ✓ Granola bars.
- ✓ Applesauce or fruit cups.
- ✓ Low-fat yogurt or pudding.
- ✓ Fresh fruit.
- ✓ Shredded fresh veggies with low-fat dressing.



Remember, young children can easily choke on foods that are hard, round, tough, slippery or sticky. Make sure your snack foods are safe foods!

To help children avoid weight problems and the diseases associated with childhood obesity:

- Serve nutritious meals with a variety of foods.
- Avoid fried or high-fat foods
- Keep healthy snacks where children can easily get them.
- Limit TV and computer time.
- Find activities to do with your child that require both of you to move your bodies.

Information provided by Hip on Health - www.childhealthonline.org

Resources for Free or Reduced Cost Food

Supplemental Nutrition Assistance Program (SNAP)
(877) 847-FOOD www.fns.usda.gov/snap/

California Women Infants and Children (WIC)
(800) 852-5770 or (888) WIC-WORKS
www.wicworks.ca.gov/

Feeding America
(800) 771-2303 www.feedingamerica.org

Catholic Charities of San Bernardino & Riverside Counties
(909) 388-1239 www.ccsbriv.org

Angel Food Ministries
(877) 366-3546 www.angelfoodministries.com

Comidas Saludables y Comidas Divertidas para Los Niños

Si su niño requiere una dieta especial o tiene otras necesidades del cuidado médico, consulte por favor a su doctor antes de realizar cualesquiera cambios dietéticos

Nuestros cuerpos nos dicen cuando tenemos hambre y cuando estamos llenos. Los niños pequeños dijieren cantidades pequeñas de comida. Sin embargo, necesitan comer a menudo, por lo menos cada tres horas. Los niños pequeños requieren de porciones de alimentos muy pequeñas (aproximadamente ¼ taza por porción). No obligue a un niño comer todo lo que hay en su plato. Si se sirven porciones grandes de comida a un niño y es forzado a comerlo todo; él ganará sobrepeso o aprenderá a odiar ciertas comidas.

Unos niños tienen gustos muy difíciles para comer. Ayude a evitar este problema dándole comidas nutritivas a su niño cuando empieza a comer comidas sólidas, en lugar de darle dulces y galletas.

Los niños requieren tres nutrientes básicos para crecer fuertes y saludables – proteínas, carbohidratos y grasas. Cuando se come una variedad de alimentos saludables, la mayoría de niños también obtendrán las vitaminas y minerales que requieren.

Proteína: La leche, el queso, los huevos, la mantequilla de maní o cacahuete, el yogur y las carnes desgrasadas son fuentes buenas de proteínas. Los niños deben comer proteínas cada día. El tocino, las salchichas, la salchicha mortadela y los perros calientes no son muy buenos porque tienen muy poca proteína y mucha grasa.

Carbohidratos: El pan, la harina de avena, los cereales, los panqueques, las papas, las verduras, las frutas y los jugos de las frutas son buenos alimentos para los niños. Estas comidas contienen vitaminas y minerales que se necesitan para estar fuerte y saludable. Los niños necesitan comer de estos alimentos varias veces al día.



Grasas: Los niños pequeños requieren de una cantidad pequeña de grasa en su dieta para ayudar a que sus cuerpos y sus cerebros se desarrollen. La leche completa es buena para los niños hasta la edad de dos años. La leche baja de grasa se recomienda para niños mayores de dos años. Si su niño come una variedad de alimentos, incluyendo proteínas y carbohidratos lo más probable es que este consumiendo la grasa necesaria.

Su niño debe tomar agua y leche. Demasiado refresco, té o bebidas con sabor a fruta pueden interferir para el comer las comidas más saludables.

Trate de limitar la cantidad de "comidas grasosas" que su niño come, tales como papitas fritas y chocolates. Aquí están algunas ideas para meriendas fáciles y nutritivas.

- ✓ Galletas pequeñas de trigo, barras de pan o galletas de arroz.
- ✓ Galletas Graham o galletas de trigo integral.
- ✓ Cereales de poco azúcar y poca grasa.
- ✓ Barras de Granola.
- ✓ Compotas de manzanas o tazas de frutas.
- ✓ Pudín o yogur con poca grasa.
- ✓ Fruta fresca.
- ✓ Vegetales frescos con cremas de poca grasa.



Recuerde, los niños pequeños se puede ahogar fácilmente con los alimentos que son duros, redondos, deslizadizos o pegajosos. Asegúrese que los alimentos de la merienda sean alimentos seguros!

Para ayudar a los niños a evitar problemas de peso y a las enfermedades asociadas a la obesidad en la niñez:

- Sirva comidas nutritivas con una variedad de alimentos.
- Evite los alimentos de comida rápida fritos o de alto nivel de grasas.
- Mantenga meriendas sanas donde los niños puedan tomarlas fácilmente.
- Limite el tiempo de ver TV y de estar en la computadora.
- Busque actividades para hacer junto con su niño que requieran el mover sus cuerpos.

Información proveeida por Hip on Health www.childhealthonline.org

Recursos Gratis o Costo Reducidos de Alimentos

Programa de Asistencia de Nutrición Suplemental (SNAP) (877) 847-FOOD www.fns.usda.gov/snap

Mujeres Infantes y Niños de California (WIC) (800) WIC-WORKS www.wicworks.ca.gov/

Alimentando America (800) 771-2303 www.feedingamerica.org

Organización Benéfica Católica de los Condados de San Bernardino y Riverside (909) 388-1239 www.ccsbriv.org

Ministerios Angeles de Alimentos or Ministerios de Angel Food (877) 366-3546 www.angelfoodministries.com

Hand Washing!

Children share germs in many ways. They put their hands in their mouths, share toys, and usually enjoy being hugged and kissed. You cannot avoid all germs, but you can help prevent the spread of disease and infection. Many diseases are spread by "direct contact". This means touching someone who has the disease or touching an object that the ill person touched.

The germs can get on your hands and then enter your body

when you touch your nose, mouth, or eyes.



Help prevent diseases by washing hands. Wash hands before eating, after using the toilet, and after playtime. Soap and running water are best for washing hands.

California Deaf-Blind Services serves individuals who have hearing and vision problems, with or without additional disabilities.

Who is Eligible for Services?

- Individuals from birth through age 21 who are deaf-blind.
- Family members and care providers of individuals who are deaf-blind
- Personnel from public and private schools, as well as public and private agencies, who serve persons who are deaf-blind and their families.

Functional Definition for CDBS Eligibility

If an individual (birth through age 21) has combined hearing and vision problems that are significant enough to require considerations (such as specialized adaptations, modifications, and strategies) when presenting information or interacting with the child, **then** that child, along with family members and service providers, is eligible to receive services from California Deaf-Blind Services.



¡Lavarse las Manos!

Los niños tienen muchas formas de compartir los gérmenes. Meten las manos en la boca, intercambian juguetes, disfrutan mucho los abrazos y besos. No se puede evitar el contacto con todos los gérmenes, pero si puedes prevenir la propagación de las enfermedades y las infecciones. Son muchas las enfermedades que se contagian por el "contacto directo". Esto quiere decir, tocando a la persona enferma o tocando un objeto que esta persona ha tocado.

Los gérmenes pasan a sus manos y de ahí entran al cuerpo cuando toca su nariz, boca u ojos.

Puede prevenir las enfermedades cuando se lavan las manos. Lávese las manos antes de comer, después de ir al baño y después del recreo o juego. Agua y jabón es lo mejor para lavarse las manos.

Servicios de California para la Sordo-ceguera

sirve a los individuos que tienen problemas de audición y visión, con o sin discapacidades adicionales.

¿A Quién Damos Servicio?

- a individuos desde su nacimiento hasta los 21 años de edad con sordo-ceguera.
- a los miembros de la familia y a los proveedores de servicios para individuos con sordo-ceguera.
- al personal de escuelas públicas y privadas, así como las agencias públicas privadas que dan servicios a personas con sordo-ceguera y a sus familias.

Definición Funcional de Elegibilidad para CDBS

Si un individuo (desde su nacimiento hasta los 21 años de edad) tiene una combinación de problemas visuales y auditivos lo suficientemente significativos para requerir consideraciones (tales como adaptaciones especiales, modificaciones y estrategias) cuando se le está presentando información ó se está interactuando con el niño, entonces ese niño, junto con los miembros de su familia y sus proveedores de servicios, son elegibles para recibir servicios por parte de Servicios de California para la Sordo-ceguera.

Contact/Contacto: (800) 822-7884 Voice/TTY (within CA)
www.cadbs.org

Local Contact: Myrna Medina, Family Specialist/Especialista de Familias
Phone: (951) 785-7898 E-mail: medinam66@sbcglobal.net

The Early Start Family Resource Network presents

Teaching Language in the Home

A Free Training for Parents

By Megan McCann, M.A., CCC-SLP

November 6, 2010

9:00 am – 12:00 pm

(registration and continental breakfast begins at 8:30 am)

**Temecula Community Center Multi-Purpose Room
28816 Pujol Street
Temecula, CA 92590**



During this presentation, parents will be taught how to improve their child's language skills in the home setting. Topics to be covered include speech and language development and functional ideas on how to incorporate language in routines, play, books, and music. This is a hands-on training which will enable parents to leave the in-service with a plan on how they can improve their child's language at home.

Megan McCann, M.A., CCC-SLP is a board licensed and ASHA certified speech language pathologist who is additionally a certified Hanen therapist. She has worked as the Clinical Director at Lucid Speech & Language Center for the past 14 years. Pediatric intervention is both her specialty and her passion.

Space is limited, please register by November 3, 2010. Priority registration and free Hanan book "It Takes Two to Talk" to registered families whose child is in either the Early Start or the Prevention Program (one book per family).

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



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.



11/6/10 – Epilepsy Brain Storm Summit Conference – This theme of this conference is dietary therapies and more. Experts will present on epilepsy treatment and research and other topics of interest to individuals affected by epilepsy, their families and medical professionals. This registration fee is \$20 per person or \$30 for two persons traveling together. Scholarships are available. This event will be held the Conference Center at Cathedral Plaza, 555 W. Temple St., in Los Angeles. For more information or to register visit www.epilepsybrainstormsummit.org/ or call (800) 564-0445.

11/7/10 – Buddy Walk for Down Syndrome Awareness – This event will be held at Angel Stadium in Anaheim and will include a ½ mile walk, exhibitors, entertainment games, giveaways and fun on the field. For more details visit www.dsaoc.org.

1/25/11 – IEP Overview Workshop in English at Inland Regional Center Family Resource Library in San Bernardino or by conference call using a special toll-free number from 9:30 – 11:30 a.m. Reservations are required by January 19, 2011. For more information on this free workshop or to RSVP, please call the ESFRN at (800) 974-5553 or (909) 890-4788.

1/26/11 – IEP Overview in Spanish – *Para información acerca del taller de IEP, llame (800) 974-5553*

1/25/11 – Basic Rights Workshop – This free workshop is sponsored by TASK (Team of Advocates for Special Kids) and is an overview of the four basic rights and protections under the Individuals with Disabilities Education Act (IDEA), Section 504, and an explanation of record keeping and the assessment process. This workshop will be presented in English and Spanish and held at The Wylie Center, 4164 Brockton, in Riverside. To RSVP or for more information, call TASK at (951) 328-1200.

2/4 - 2/5/2011 - 5th Annual Autism/Asperger's Conference – This conference will be held in Irvine and feature keynote speaker Michelle Garcia Winner. Breakout session topics include behavior therapy, speech/communication, social groups, family/parenting issues and much more. For more details or to register, visit www.Autism-Conferences.com.

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.

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