



UAB EARLY HEAD START PROGRAM THE EARLY EDITION

Jane Reilly, Editor

Aug/Sept 2013

DATES TO REMEMBER

Wednesday - August 14, 2013—
12:00—Policy Council

Thursday—Sept 5—11:00—
socialization—T, Vanessa,
Cassandra, Nikki

Wednesday—September 11—
12:00—Policy Council

Thursday, Sept 12—11:00—
socialization—Shante', Pam,
Renee', Eleanor

Thursday, Sept 19—11:00—
socialization , St. Clair

Thursday, Sept 26—11:00—
socialization—T, Vanessa,
Cassandra, Nikki

THANKS!

Many thanks to our families and staff for the wonderful job they did during our site visit. Your dedication and effort made the visit a huge success.



Preschool Survival Kit

The penny is to remind you that you are valuable

The star is to remind you to always try your best

The eraser is to remind you that it's okay to make mistakes

The life saver is to let you know that you can always talk to me

The tissue is for drying your tears and those of others

The band-aid is to let you know that together we can make things better

The chocolate hug is to remind you that you are cared for

The sticker is to remind you that we always stick together

LABOR DAY

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.



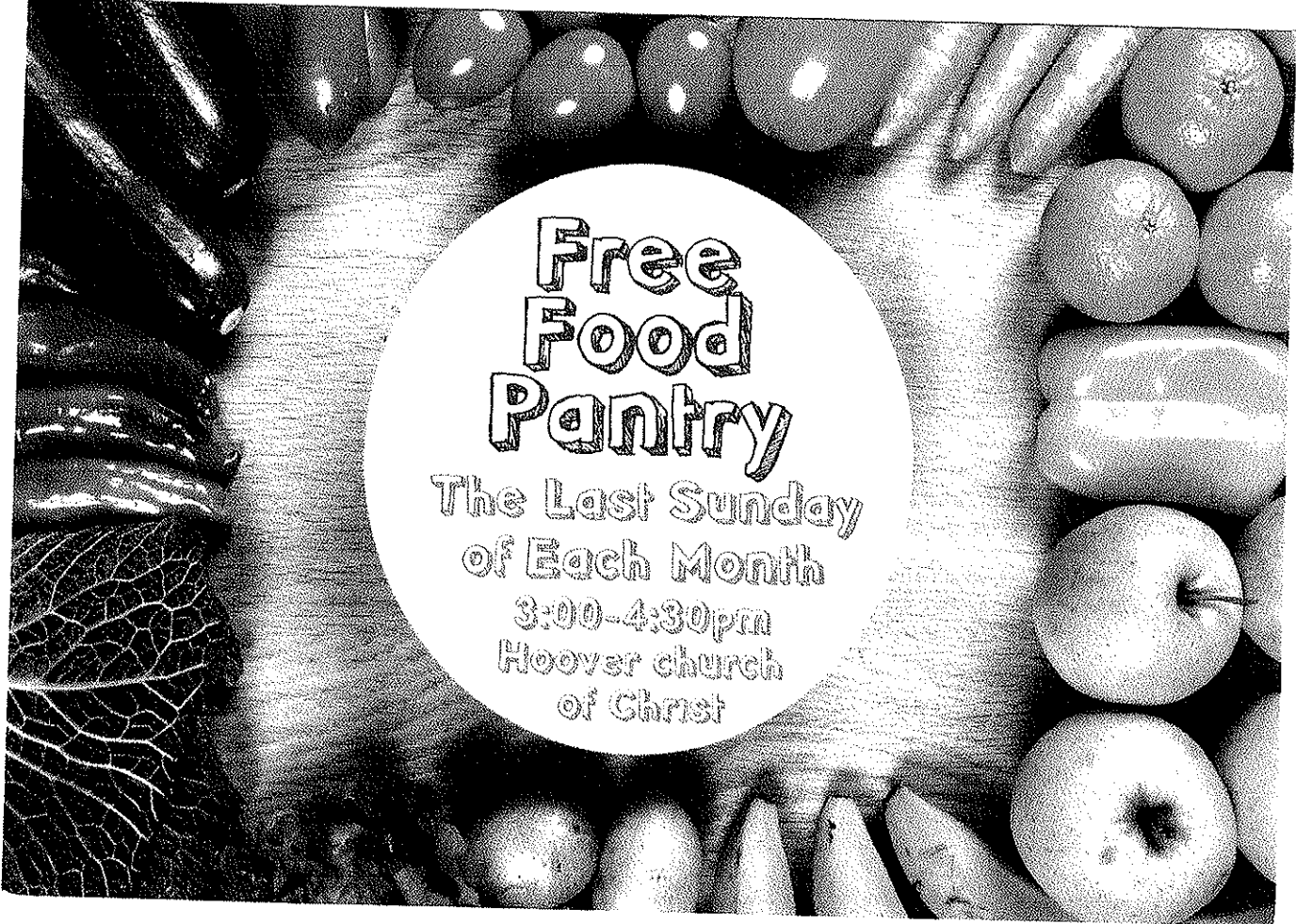
Food pantry and other assistance

1. CJFS (Collat Jewish Family Services) www.CJFSbham.org by appointment with a referral. We need to refer by calling, and client needs to call as well. 205-879-3438. They provide
 - a. emergency financial assistance
 - b. counseling
 - c. community food pantry
 - d. comprehensive services for the elderly
 - e. caregiver support

2. GBM (Greater Birmingham Ministries) www.GBM.org 205-326-6821
 - a. Clothes closet Tuesday and Thursday from 9am- 11:30am
 - b. Food Pantry Friday at 9am to first 50 people in line, need to bring
 - i. Proof of income
 - ii. Proof of residence
 - iii. Social Security card of everyone in household
 - iv. Picture ID
 - c. Financial assistance with utilities, medications and sometimes rent by appointment, call to make an appointment on the 1st Wed. of the month at 9am. They help 16 people per month.
 - d. Christmas Program. Provide food and presents. Contact GBM by mid October to find out when to apply

3. My Child's Closet www.MyChildsCloset.org 205-541-8436. Clothing for children and their mothers.





**Free
Food
Pantry**

The Last Sunday
of Each Month

3:00-4:30pm
Hoover church
of Christ

19 Summer Tips From Special Needs Parents

2013/05/20 By Emma Sterland



With the [summer](#) just a month away parents are starting to feel the heat. Kids will be out of school and the challenge of providing a structured and fun summer are weighing heavily on the minds of parents.



To make you a little less worried [Netbuddy](#) has collected 19 tips from parents of children with special needs on who to get through the summer break.

1. Timelines

Visual timelines are really important during the holidays, as every day is different. Get a calendar for the holiday and use photographs of who is visiting and where you are going. Try and stick to some kind of routine e.g. visits out are always in the afternoon, or a soft play center is always on the same weekday.

2. Leisure time planner

We have a leisure time planner for our eldest so that he can do things in one hour rotations, otherwise he would spend all day doing exactly the same thing during the holidays.

3. Go for picnics

Eating out on vacations can be quite difficult for us. Instead we have lots of picnics – lovely countryside and weather helps! Picnics are easier to manage and therefore more relaxing. What a vacation should be about.

4. Separate outings bag

I keep a separate outings bag always packed and ready to go with a change of clothes, pads and wipes etc. I just need to add snacks and that way I'm not flying around at the last minute when going out.

5. Transporting medications

When we are out and about, instead of taking my son's medication bottles with us, we measure the meds out in a syringe and pop them in one of his old glasses cases to transport them (it holds 2 syringes perfectly!)

6. Camping success

Slippery sleeping bags and inflatable mattresses don't mix for my son who has cerebral palsy. We got a good quality DOUBLE mattress and sewed 12-14 big sturdy eyelets around the edges of a fitted sheet. Then we attached a SINGLE duvet cover onto the top of the sheet, sewing down either side leaving enough room for getting in and out/ comfort. Put duvet in first then fit sheet onto mattress using webbing through the eyelets tied underneath. Works like a dream!

7. Bike it

To make a change from using the buggy/wheel chair we often take Pete out on a Tricycle.

8. A real catch!

A velcro ball and catch mitt set has been fantastic for my son who is unable to catch a regular ball. Great for fun, cause and effect and coordination.

9. Trampolines

Our family bought Janet a trampoline which has been brilliant for her and has also been great for our other kids and their friends.

10. Vacation routine

Without the routine of school, my son acts up, so vacations can be hard! I now prepare a vacation routine for him. Even just a basic structure helps, like: 'wash, get dressed, breakfast, park or some other activity, lunch, play or video, dinner, bath-time, bed with story or DVD'.

11. Summer time eating therapy

Meals times are often a source of friction, so in the summer I put a tent up in the garden and we eat in a tent. For some reason the change of scene distracts from what the food is and it gets eaten and I get to lie down whilst he eats!

12. No surprises

Every time we go to a new vacation destination my son is adamantly against it. We have to get him excited about a new place. Show him what they have there, why he is going to like it and prepare him for the adventure. We involve him in the research and planning, and most importantly, don't surprise him.

13. Clean change

Changing older kids can be challenging when you're out and about. They are too big for change units & the floors are too dirty to lay them on. I take a plastic tablecloth out to lay on a dirty floor & just wipe clean afterwards – its small & portable.

14. Remembering days out

Make it easier to communicate about days out – use a camcorder or camera phone and scrapbook to record special moments that you can look at together at the end of the day. Use a scrapbook to tell other people about favorite days out.

15. Cue cards

If you use visual cues to communicate – have small versions of the pictures laminated and attached to a belt ring so that “toilet” “stop” “drink” signs or whatever is most important to the child is readily and quickly available. You can then take them out when shopping etc.

16. Practice beforehand

It's a good idea to role play with the person what to do if he/she gets lost, making sure they know where to find and how to present their identification card and what to say.

17. Planning ahead

Always have little snacks and toys when you go on an outing. John loves his special Mary Poppins backpack where we keep his favorite things which I use to comfort and calm him if it all becomes too stressful or noisy for him. I put in his Nintendo, a toy, a book, drink, snack/treat and also a walkman so he can listen to a story or music.

18. We can see you

When we go out to busy places with Lilly she wears a bright colored cap for us so we can quickly see where she is at all times.

19. Handy toys

When travelling in the car attach favorite toys or fidgets to long springy key-rings or ribbons. I clip these onto a loop of elastic around the headrest. This way everything stays within their reach.



BACK TO SCHOOL TIPS FOR PARENTS

<http://cms.nmha.org>

Going back to school after summer break can be a stressful time for children. Starting school for the first time, or going to a new school can be especially overwhelming. Children have to meet new teachers and make new friends as well as learn new routines.



As a parent there are some things you can do to make this time easier.

- Be interested and enthusiastic about the start of the school year. If you are confident and excited, your child will be too.
- Visit the school before the first day of class. Take a walk around the school with your child show him the classrooms, lunchroom, playground and restrooms. A familiar place is less scary!
 - Take time to **listen** to your child. Find out what he or she is worried about. Let your child know that it's normal to feel nervous about the start of school. Try to come up with some ideas together to address specific concerns.
 - Once school starts: Spend time each day talking to your child about what happened in school.
- Attend school functions and be involved at the school. Children whose parents are more involved do better in school and are less likely to drop out.
- Make a point to learn about how your child is developing in all ways: physically, socially and emotionally. Your Family Partner or your child's teacher can help you learn what is normal behavior for your child's age. Then you will be able to tell when things may not be right.



Check-ups are for all children!

Here's what you need to know about well-child check-ups!

1. Check-ups are FREE

If your child is on regular or Patient 1st Medicaid, he or she can get FREE well-child check-ups! Well-child check-ups are doctor visits you go to when you are well. Well-child check-ups are where you find out how to stay healthy or if you have any problems that you need to take care of. Check-ups are a time for you to ask questions about any health concerns you have about your child.

2. You go for check-ups at certain times

There are certain times your child needs a well-child checkup. For example, because babies change a lot, they need 9 different check-ups before age 2 (look on the back of this paper for a list of the times you need to go.) After age 2, your child needs a well-child check-up every year until he or she is an adult (age 21).

Well-child checkups are sometimes called screenings or EPSDT visits. Don't worry! It means the same thing. What really counts is that your child goes for all of the checkups he or she needs to be healthy!

3. You get a complete exam

When you have a well-child checkup, your check-up doctor or nurse will give your child a complete exam. He or she will check:

- * to see if your child is growing as he or she should,
- * for ear or eye problems,
- * for sugar diabetes,
- * for low blood or sickle cell disease,
- * stomach problems,
- * to see if any shots or tests are needed, and
- * on any medical problems your child has.

4. Extra visits are available after a check-up

If your doctor finds a medical problem during a well-child checkup, he or she can send your child to another doctor or place if you need additional care.

Note: Some services may need special approval.

Children on Medicaid are limited to 14 doctor visits each calendar year. However, not all visits are well-child screenings. The well-child screenings and extra visits that might result from the screenings do not count against the 14-visit limit.

