



Greene County Board of D.D.
Four Oaks Early Intervention

EI Adventure Map

2024, 1st Quarter

www.greenedd.org

Leadership Way

Dear Parents,

Greene County is definitely full of life and everything is blooming! Here in Early Intervention, we love all the activities and outdoor opportunities that come along with Spring and Summer. There is so much opportunity to build strength, get fresh air, and attend events throughout our community. With that being said, we are excited to announce that, **Greene County Parks & Trails will be joining Greene County Board of Developmental Disabilities for New Events called Toad-ally Together!**

Two dates have been confirmed for the Toad-ally Together events for ages 2 and up taking place at the Russ Nature Reserve on Kemp Road in Beavercreek on Friday, June 21st from 10:00-12:00 and Friday, July 26th from 10:00-12:00. Registration will be available on GCPT website. More information to come.

Thank you to GCBDD, Four Oaks Staff, Julie Snider (DS), Kora Combs (DS), and Linda Martin (OT) for helping with this collaboration and giving their expert input in the planning process for these new events for all abilities. Thank you also, Josh Welhener, GCBDD Community Outreach Coordinator for connecting us so that this was all possible.

We are excited to continue serving Greene County families within Early Intervention in both old and new ways! We hope everyone will be able to join us in enjoying some family time in the sun!

With Gratitude,

Jennifer Frey, Early Childhood Program Director

Andrea Geiger, Early Childhood Program Manager



Toad-ally Together

Partnership between GCBDD and
Greene County Parks & Trails

If you must cancel or reschedule an appointment:

Please call your Primary Service Provider (PSP) or the Four Oaks scheduler at (937)562-7003 if you will be unable to keep your scheduled appointment.

Bulletin Blvd.

Important Dates:

Primary Service Provider Meetings: Tuesdays, *contact PSP for details*

Four Oaks Closed:

May 27th - Memorial Day

June 19th - Juneteenth

Hours/Delivery of Services:

Monday through Friday: 8:00 a.m.- 4:00 p.m.



Four Oaks direct staff are continuing to provide services in a multitude of locations. Virtual visits have become a wonderful option for service delivery and we will continue providing them for the foreseeable future. Service delivery will be discussed and decided jointly amongst the EI team (your family included). EI staff work remotely as well as from the office, and are available during typical business hours.

Parent/Caregivers Welcome Way

With our Primary Service Provider (PSP) evidence-based practices, every family has access to a multidisciplinary Core Team consisting of our Developmental Specialists (DS), Occupational Therapists (OT), Physical Therapists (PT), Speech and Language Pathologists (SLP) and an Early Intervention Service Coordinator (EISC). We have also continued to work closely with other agencies in the area to better meet specific needs such as the Deaf Community Resource Center, The Ohio State School for the Blind, and Child Focus (Infant Mental Health). In addition, we have our Program Licensed Social Worker available who also provides eligibility coordination for ages 3-5 for the Board.

We want to remind families that they have access to weekly Core Team meetings that include updates, coaching, and discussion about how to best meet family needs and how to best promote their child's learning and development. Each child is updated quarterly and discussed during coaching when needed. Families are welcome to attend via virtual platform (Zoom), or call in during the portion of the meeting that their child and family are being discussed. Please contact your PSP if you would like to be in attendance or if you would like more information.

Resource Rd.

- For additional support and information on motor, sensory or communication development visit www.pathways.org
- Ohio Parent to Parent (P2P) - Parent/Caregiver mentor group; search: Ohio Parent to Parent or P2P USA
- Greene County Public Library is offering in person and virtual story time options. Visit <https://greenelibrary.info/> click on the events tab for upcoming events.
- Greene County Parks and Trails - Wiggle Worms Program. Visit <https://www.gcparkstrails.com/events/wiggle-worms> to view all upcoming events.
- Looking for the latest Program information and upcoming activities? Check us out at the following sites:
Greene County Board of DD website: www.greenedd.org
Facebook: <https://www.facebook.com/greencountydd/>
Twitter: <https://twitter.com/greencodd1>

My Rights

Language simplification of the Greene County Board of DD's Bill of Rights
(from Ohio Revised Code 5123.63)

I have the right:

- To be treated nicely at all times and as an individual.
- To a safe, clean home. (If a licensed home, it is checked every year by the State and by the local fire department)
- To be alone with family and friends.
- To get meals that are healthy and good for me.
- To go to the church of my choice or not to go to church at all.
- To go to the doctor or dentist when I need to, and as soon as I need to.
- To have people help me with the way I talk, walk or do things with my hands.
- To get people to help me with the way I act and/or feel.
- To accept assistance or training without it being forced on me.
- To have some time to myself and a place to be by myself.
- To use the telephone, write letters, or talk with anyone I want about any topic I want to discuss, in a responsible way.
- To keep things of my own that I choose to have.
- To socialize and to be friends with both men and women.
- To join in activities and do things that will help me grow to be the best person I can be.
- To have a job and make money.
- To be treated like everyone else under the law. (No one should hit me, hurt me, yell at me, or say mean and hurtful things to me.)
- To go to school or work and meet and work with other people.
- To programs that will help me and to participate in activities.
- To decide things that will affect me.
- To ask someone like my parents, and advocate, or a friend to speak with me and/or for me and help me do things.
- To manage and spend my own money based on my ability to do so.
- To have the information in my file kept private.
- To complain if I don't agree with something, and to not be threatened by others to change my mind or get me into trouble.
- To learn how laws are made; join in community decisions; vote for people who I want to make laws; and be able to tell them how I feel about laws.
- To say "no" to being part of any study or experiment.

I cannot be given medications to control my behavior, be tied up, held down, or locked up unless it is needed to keep me from hurting others, myself, or if I have agreed and there is a written plan in place.



Toad-ally Together

Partnership between GCBDD and
Greene County Parks & Trails

Toad-ally Together is a new program partnered by Greene County Parks & Trails and Greene County Board of Developmental Disabilities to bring kids and families of all abilities *together* to have fun in our backyard! Geared towards children ages 2 & up and of all abilities.

Location:

Russ Nature Reserve
2380 Kemp Road
Beavercreek, OH 45431

*There are
TWO events
planned!*

Trolls Adventure

Friday, June 21st 2024

10:00 AM—12:00 PM



Dino Exploration

Friday, July 26th 2024

10:00 AM—12:00 PM



These are FREE events, registration requested but not required, walk-ins welcome.

You will find information and registration on the Greene County Parks & Trails website.

<https://greenecountyoh.myrec.com/info/activities/>

Search under "Youth Programming", click on "Toad-ally Together"



Recognizing Hunger & Fullness

A Guide for Parents

Why It's Important

- Children and babies know what it feels like to be hungry and full.
- Learning to understand your infant and toddler's cues teaches them to eat when they're hungry and stop when they're full.
- You play a huge role in guiding what, when, and how your child eats.

Role as Parents and Caregivers

- You can choose the types of foods offered, the amounts served and how often you serve certain foods. This will help guide what foods your child likes.
- You decide when and where food is served.
- Keep offering many types of foods, even if your child doesn't eat them. Your child decides what and how much to eat.

Your Child's Hunger and Fullness Cues

- Your child is able to understand hunger and fullness. Your job is to teach your child to pay attention.
- Your child's hunger and fullness will change over time.
- Teaching children to pay attention to their body teaches them to trust their appetite, even when they are older.
- Crying by itself is not always a sign of hunger. Look for additional happy sounds that your child is hungry.

Find out more about a Stress Free Mealtime [here](#).

You provide, they decide!



Common Hunger and Fullness Cues

	Hunger Cues	Fullness Cues
0 – 6 months	Rooting/sucking Opening/closing mouth	Body relaxes/ falling asleep Slowing/pausing
6 -12 months	Reaches/points to food	Hands to face Looks away, distracted
12-18 months	Asking for food Moving toward food	Distracted Plays with food/ surroundings / throws food



How to Respond During Mealtimes



- **Provide** a calm, patient, and fun meal time.



- **Respond** to signs of hunger and fullness consistently.



- Be a **role model** for healthy eating!



- **Talk and play** with your child during the meal.



- **Be patient!** It may take many times for a child to eat foods like vegetables. Keep trying!



- **Avoid distractions** (including screens) during mealtime.



- **Encourage** but do not force your child to eat.



- **Be mindful** of the amounts you provide.



- Ask your **medical provider** for advice if you feel you are having "difficult" mealtimes.



- **What works** for one child may not work for another. Have fun learning what your child needs.



Picky Eating Tips:

Things to Avoid....	Try this instead....
Force feeding/overeating.	Watch for your child's fullness (e.g. pulling away, falling asleep, getting distracted).
Forcing your child to "clean the plate."	Provide amounts that are age appropriate. Allow your child to leave food on the plate or ask for more.
Pressuring your child to eat healthy foods. This can make them want less healthy foods even more.	When trying new foods, ask them what it looks, smells, and feels like and not just what it tastes like.

Ohio AAP PMP Mobile App

Search Parenting at Meal and Playtime on Apple Store or Google Play



App Highlights...

- Physician-endorsed materials for parents to access on-demand
- Resources for parents organized by age
- Text reminders sent monthly and/or for age milestones
- Easy sign-up
- Videos on feeding, play, nutrition and more



Find out more about picky eating [here](http://ohioaap.org/projects/PMP).

Please join us online for a session on...



Positive Parenting

The Early Childhood Mental Health Team at the Greene County ESC will facilitate virtual meetings to empower parents of children ages 0-10, through positive supportive networking. Each month new information will be presented to encourage us to reflect on communication with our children without blame or shame, but through the use of humor, support, and resource sharing.

We will create a space for honest conversations about the challenges of raising children to help avoid burnout and build stronger relationships.

Tuesday, March 12th - 8:00pm-8:30pm
Wednesday, March 13th - 1:00pm-1:30pm
Tuesday, March 19th - 8:00pm-8:30pm
Wednesday, March 20th - 1:00pm-1:30pm

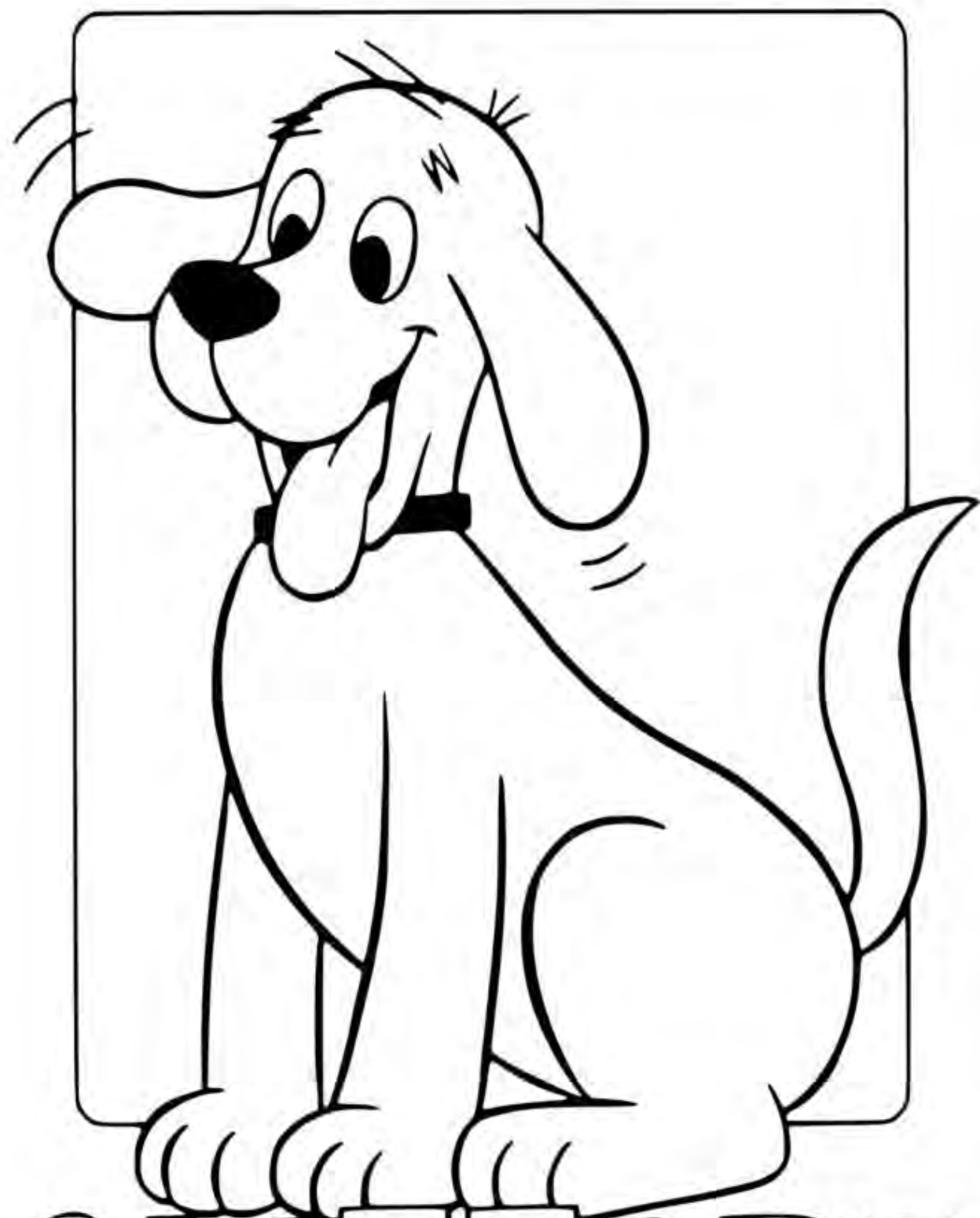
This months topic: The Importance of Bedtime Routines

Join each meeting here:
<https://zoom.us/j/97049694203>



E-mail:
ECMHTeam@greeneESC.org
**for more information
or if you can't make
a session but want
to know more!**





CLIFFORD