



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

## *EI Adventure Map*

2025, 2nd Quarter

[www.greenedd.org](http://www.greenedd.org)

*Director's Dr.*

Dear Parents and Caregivers,

"I love how summer just wraps its arms around you like a warm blanket" -Kellie Elmore. We extend our heartfelt thanks and appreciate your trust as we walk alongside you in your child's developmental journey. Choosing Early Intervention is a powerful step for your family and we are honored to be part of your growth.

We are excited to announce that Greene County Parks & Trails will be joining Greene County Board of Developmental Disabilities again for two Toad-ally Together events coming in late Spring and mid-Summer! These events are for ages 2 and up taking place at the Russ Nature Reserve on Kemp Road in Beavercreek. Friday, June 27<sup>th</sup> from 10:00am-12:00pm will be Luau-themed featuring Moana, and Friday, August 8<sup>th</sup> from 10:00am-12:00pm will be all about Insects! Registration will be available on GCPT website. Don't forget to check out our other Toad-ally Together Nerf Night events. See attached flyer for details.

We are eager to continue serving Greene County families within Early Intervention in a variety of ways! We hope everyone will be able to join us in enjoying some family time in the sun and enjoying the great outdoors!

With gratitude,

*Jennifer Frey*, Early Childhood Program Director

*Andrea Geiger*, Early Childhood Program Manager

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*Bulletin Blvd.*

### **Important Dates:**

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

### **Four Oaks Closed:**

May 26th, Memorial Day

June 19th, Juneteenth

July 4th, Fourth of July

### **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, in addition to community, and home visits. Service delivery will be discussed and decided jointly amongst the EI team (your family included). EI staff work remotely as well as from the Greene County Board of Developmental Disabilities office (245 Valley Rd. Xenia 45385), and are available during typical business hours (8am-4pm Monday through Friday).

### **If you must cancel or reschedule an appointment:**

Please call your Primary Service Provider (PSP) or our main office (937)562-7000 if you will be unable to keep your scheduled appointment.

## Parent/Caregivers Welcome Way

Four Oaks Early Intervention utilizes Primary Service Provider (PSP) evidence-based practices. In this model, every family has access to a multidisciplinary Core Team, consisting of Developmental Specialists (DS), Occupational Therapists (OT), Physical Therapists (PT), Speech and Language Pathologists (SLP) and Early Intervention Service Coordinators (EISC). We host weekly Core Team meetings that are designed to be accessible to families, ensuring they have a chance to join in discussion and access additional coaching opportunities regarding their child. Each child is updated quarterly and discussed during coaching when needed.

In addition to the disciplines previously listed, we work closely with other agencies in the area to better meet specific needs such as the Deaf Community Resource Center, Ohio Deaf and Blind Education Services (OSDB), Greene County Educational Service Center (ESC), and Child Focus (Infant Mental Health).

Families are welcome to attend via virtual platform (Zoom) or call in during a 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.

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## Resource Rd.

- For additional support and information on motor, sensory or communication development visit [www.pathways.org](http://www.pathways.org) and/or <https://www.banterspeech.com.au/are-language-development-and-motor-development-related/>
- Greene County Public Library story time options. Visit <https://greenelibrary.info/kids/> 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](http://www.greenedd.org)  
Facebook: <https://www.facebook.com/greencountydd/>  
Twitter: <https://twitter.com/greenecodd1>

## Additional Resources:

### **F.A.S.T.**

What is **FAST**? **FAST** is a collaboration with families, Early Intervention, Local Schools & Greene County Board of Developmental Disabilities to help families work together to aim for greater outcomes for their children.

**Location:** 245 North Valley Road Xenia OH 45385 and virtual (*for virtual link or questions please email Josh Welhener at [jwelhener@greenedd.org](mailto:jwelhener@greenedd.org).*)

#### ***Future Dates and Topics:***

September 25th: Self Care: You Can't Care for Your Family if you don't care for yourself

December 2nd: Topic TBD

#### **The Baby Brain Map- Explore early brain development from birth through 36 months.**

<https://link.edgepilot.com/s/ab080120/rBlSTeyU-ECQhieuN-KZ0w?u=https://www.zerotothree.org/baby-brain-map/>

#### **Children's Screen Time – Tips and Resources**

<https://preventblindness.org/childrens-screen-time-tips/>



## Tasty Fun in the Sensory Garden

By: Danielle Brooks, RDN, LD, CLT - Owner of Nutritious Path, LLC

Home gardening is a great family activity that offers opportunity for parent/ child interaction, teaches children about where food comes from, provides an opportunity for fun sensory play, allows children to practice gross and fine motor skills, introduces healthy foods that the children may not otherwise try or be exposed to, and allows us to try new recipes to use the foods we grow. Home gardens can be as simple as container gardens (planting a tomato plant in a large pot) or more involved by creating square foot or plotted gardens. Utilizing your space, sunlight, and working within your schedule to create some type of a home garden can be a great experience for yourself and your children. Research has proven exposure to gardens increased fruit and vegetable intakes in children.

Garden-related Activities for the tots may include: filling containers with dirt, planting seeds or plants with parents, watering the plants, talking about growth/ changes in the plants as time goes on, feeling the leaves/ looking at different colors, textures and shapes, smelling the plants and produce, picking fresh herbs/ produce and best of all...tasting!

Garden fruits and vegetables can be made into purees, steamed until soft and easily mashed, used in smoothies or homemade popsicles, eaten raw, or used in recipes.

Additional ways to expose your children to fresh fruits/vegetables and where food comes from:

1. Consider taking your toddler to a farmers market and picking some new fresh fruits/ vegetables to try. Talk about the different colors, textures and flavors of the foods you choose to try.
2. Plan an outing to a local "pick-your-own" farm with your toddler this summer.
3. Consider joining a CSA to support your community and receive regular packages of fresh fruits/ vegetables.

**Nutrition is important for our health at *all* ages and stages of development. Promoting healthy habits at an early age is a great way to teach your child positive habits that can last a life time.**

### Featured Children's Books:

- "Planting a Rainbow" by Lois Ehlert
- "Arty the Fly and the Great Vegetable Garden Rescue" by R. "In the Garden" by innovative kids
- J. Rangel

### Gardening Resources:

- "Gardening for Children with Autism Spectrum Disorders and Special Educational Needs" by Natasha Etherington
- Kidsgarden.org
- Therapeuticgardens.com.au
- <https://ofbf.org/whats-in-season>



# Do You Live in Greene County?

## Family Connects Ohio

Part of the Help Me Grow system of supports

The first few days and weeks home with a newborn can be a challenging time for everyone. Let Family Connects Ohio lend a helping hand.

Help Me Grow is proud to partner with Greene County Public Health and Family Connects International to provide an in-home visit from a nurse who will offer support, guidance, and connections to additional resources—at no cost to you.

### Help for baby

- Baby health check
- Infant feeding and fussiness
- Bathing, diapering and swaddling
- Safe sleep

### Help for mom

- Mom's health check
- Breastfeeding support
- Family planning advice
- Post-partum depression screening

### Help for family

- Scheduling doctor's appointments
- Understanding child care options
- Early literacy information
- Community connections

Scan the QR code  
to learn more and  
enroll today!



Have more questions? Please call (937) 612-3322  
or email [hmgreferrals@helpmegrow.org](mailto:hmgreferrals@helpmegrow.org).

### Team



Jennifer Barga, MSN, MHA, RN  
Director of Nursing



Donna Jenkins, BSN, RN  
Nurse Home Visitor



Stephanie Sanders, BSN, RN  
Nurse Home Visitor



**Public Health**  
Prevent. Promote. Protect.  
**Greene County**



**Department of  
Children & Youth**  
Help Me Grow Home Visiting

# TOAD-ALLY TOGETHER

## Nerf Nights!

5/20 | 7/22 | 9/23

5-7 PM @ RUSS NATURE RESERVE

FREE event!  
No registration  
required, people of  
all abilities are  
encouraged to join!

Bring your Nerf  
bullets for a battle!  
Eyewear is required!



FIND INFO ONLINE AT: [GCPARKSTRAILS.COM](http://GCPARKSTRAILS.COM)

# CHILDREN'S VISION DIGITAL SCREEN TIPS

## WHEN A CHILD DOES THIS:



## IT'S TIME TO DO THIS:

### ENCOURAGE HEALTHY SCREEN HABITS!



**Birth through 1 year:**  
No digital media use.



**Ages 2 through 5 years:**  
1 hour a day maximum.



**Ages 6 years & older:**  
Consistent management  
of screen time & content.

### PLAY OUTDOORS!

1 to 2 hours daily.



### LOOK OUT!

Discourage  
use of  
**ANY**  
screen  
held close  
to the eyes.



### SIT UP!

**Screen**

- At arms-length
- Slightly below  
eye level
- Tilted away

**Light behind user.**



### SEE COMFORTABLY!

**Adjust screen  
brightness & contrast.**

**Avoid Screen Glare**



### LOOK UP!

Look into the  
distance several  
times an hour.



### BLINK!

To keep  
eyes moist.



### SHUT DOWN!

Stop device  
use 1 to 2  
hours before  
sleep.



### KNOW THE SIGNS!

that might indicate a vision  
problem. Children's vision  
can change quickly.



### VISIT AN EYE DOCTOR!

Always seek eye care if:

- Vision symptoms persist.
- The child does not pass a  
vision screening.

- ☐ Replace damaged or  
out-of-date eyeglasses  
& contact lenses.
- ☐ Schedule routine eye  
exams as recommended.

FIND OUT MORE! [PreventBlindness.org/Kids-Screens](http://PreventBlindness.org/Kids-Screens)

This document has been compiled by Children's Vision Massachusetts using online information provided by the American Academy of Ophthalmology, the American Academy of Pediatrics, the American Optometric Association, the World Health Organization, Prevent Blindness, and the National Center for Children's Vision and Eye Health at Prevent Blindness. The information provided in this Prevent Blindness fact sheet is designed to support, not replace, the relationship that exists between a patient and his or her doctor. This sheet may be reproduced unaltered in hard print (photocopied) for educational purposes only. Electronic reproduction, other reprint, exception or use is not permitted without written consent. Contact Prevent Blindness for updates. 1/21 © 2021 Prevent Blindness. All rights reserved.

NOW AVAILABLE FOR OHIO  
FAMILIES WITH CHILDREN  
THROUGH AGE 5 VIA THE  
sparkler APP



Department of  
Children & Youth

Help Me Grow

## UNDERSTANDING YOUR CHILD'S DEVELOPMENT

WITH THE



Help Me Grow offers the **Ages & Stages Questionnaire (ASQ) Online** screening to help parents understand how their child is developing and learn whether there are any concerns. This developmental screening is **free, short, and easy to complete**. You will only need 10-15 minutes.

Screening can identify strengths, uncover new milestones to celebrate, and reveal any areas where your child may need support. It helps you understand your child's development and know what to look for next.



sparkler

Screening your child's  
developmental milestones  
has never been easier!

The Sparkler app has a built-in ASQ to track developmental milestones quickly and easily. You'll get personalized results and support from a developmental screening specialist. Scan the QR code below!



**Screen today. Shape Tomorrow.**

Available on Apple App Store and Google Play.



Access  
Code:  
OH

[www.helpmegrow.org/ASQ](http://www.helpmegrow.org/ASQ) · [asq@helpmegrow.org](mailto:asq@helpmegrow.org)



Department of  
Children & Youth

Help Me Grow



### Fast Facts

## Why Developmental Screening and Early Intervention are Critical

- ★ 80% of a child's brain develops between **birth and age 3**.
- ★ 90% of a child's brain develops **before age 5**.
- ★ **Between 16-18%** of children have **developmental delays or disabilities**.
- ★ **1 in 36** children has **autism spectrum disorder**.

**7.5 months** is the average age at which families report concerns about their child.

**1 in 3** infants and toddlers who received **early intervention services** did not later present with a disability or require special education in preschool.

**93%** of families receiving early intervention services for their child report that the services are either good or excellent, according to a study published by the American Academy of Pediatrics.

sparkler



Unlock your child's  
potential for a brighter future.

**Get the Sparkler  
app today!**

Visit [www.helpmegrow.org/asq](http://www.helpmegrow.org/asq)

**Screen today. Shape Tomorrow.**  
Available on Apple App Store and Google Play.



### Intervention **BEFORE** kindergarten is crucial!

Studies have shown that children who receive early intervention for developmental delays are more likely to:

- Graduate from high school
- Hold jobs
- Live independently
- Avoid teen pregnancy, delinquency, and violent crime

Identifying and addressing **social-emotional problems** early **reduces** the need for **special education**.

**All infants and young children** should be **screened as part of their ongoing health care** to ensure they are meeting developmental milestones. The American Academy of Pediatrics (AAP) recommends screening using standardized, validated tools like the Ages & Stages Questionnaire.