



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

EI Adventure Map

Summer 2021 edition

www.greenedd.org

Director's Dr.

Dear Parents,

What a joy it has been to get out more in these warmer months and watch as our children experience the community again!

I would like to extend my sincere thanks to all of you for continuing to stay flexible and allowing us to serve your family through these unprecedented times. We have learned a lot since the onset of the pandemic and we are most grateful for your patience with us as we made the necessary adjustments needed to serve Greene County families safely.

Expanding our methods of service delivery to include virtual visits was just one thing that we as an Early Intervention staff have all grown in and find extremely beneficial. Therefore, virtual visits will continue as many families have found it not only convenient, but very successful in meeting their child's and family's goals. That being said, the "new normal" is constant change and flexibility—we expect that to continue as well.

Last year was difficult on all of us and I share in everyone's desire to again, offer more options in terms of service delivery. My hope is that we all, as a community continue a positive outlook as we begin the transition to the fall, while focusing on what really matters; the health, happiness, and safety of our loved ones. With the guidance we have coming from the Ohio Department of Developmental Disabilities, I am sure we will have more of a clear update in our next newsletter. No matter what future situations evolve, myself, and all the staff here at Four Oaks will do everything we can to support you, your family, and your child.

Take care and remember that we are here to support you and what's important to help your child. We will continue our commitment of offering the best quality services for your family.

Best Regards,

Jennifer Frey, Early Childhood Program Director

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 and our Sign Language Specialist available.

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.

Bulletin Blvd.

Important Dates:

Story Time with Beth: No summer dates. Please let your PSP know if you would like to see this opportunity return during the Fall & Winter months.

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

Four Oaks Closed:

September 6th, Labor Day

November 11th, Veteran's Day

November 25th –26th, Thanksgiving

Hours/Delivery of Services:

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

Four Oaks direct staff are continuing to provide virtual visits to our EI families as they work to have discussions about service delivery options at each family's upcoming IFSP meeting. Future service delivery will be discussed and be decided jointly amongst the EI team (your family included). Virtual visits will continue to be the primary mode of service delivery as we transition out of the pandemic, and will continue to be an option in the future. In addition, EI staff will continue working remotely and in the office for the foreseeable future. Four Oaks staff are available during typical business hours (8am-4pm Monday through Friday).

Announcement Ave.

- Four Oaks Playground is *OPEN!* *See flyer for details.*

Resource Rd.

- For additional support and information on motor, sensory or communication development visit www.pathways.org
- 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 has resumed it's Wiggle Worms Program. Visit <https://www.gcparkstrails.com/events/wiggle-worms> to view all upcoming events.
- Four Oaks playground will remain closed at this time.
- 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/greenecodd1>

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.



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.

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

Ohio AAP PMP Mobile App

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

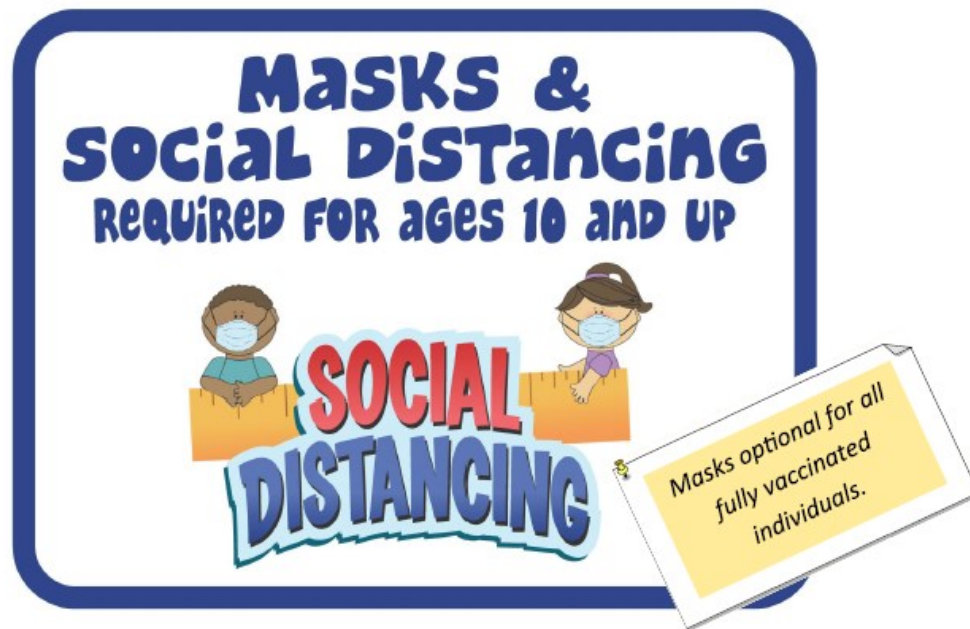


App Highlights...

- 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



Four Oaks Early Intervention Playground is open!



We are excited to welcome you back to play!!

Please note : The playground was donated to Four Oaks Early Intervention and the Community as a gift. We ask that you help us keep it a clean, safe environment for all to enjoy by doing your part in cleaning up after yourself.

Reminders:

- Keep gates closed at all times.
- No smoking inside the fenced area.
- Place all trash in the receptacles provided.



Thank you,

Four Oaks Staff



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Xenia, OH 45385