



# Newsletter

September/October 2010

Serving Geauga County families with children from  
birth to three years old



## Contact us:

Geauga County Help Me Grow  
8200 Cedar Road  
Chesterland, Ohio 44026

Program information & Central  
Intake:

440-729-5250

Toll Free 1-866-975-1100

[www.geaugaffc.org/helpmegrow](http://www.geaugaffc.org/helpmegrow)

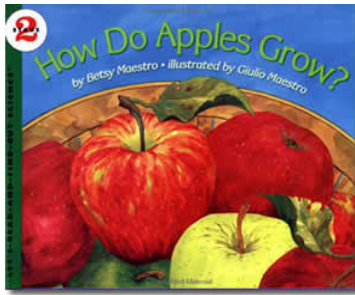
Check out Ohio Help Me Grow website at  
[www.ohiohelpmegrow.org](http://www.ohiohelpmegrow.org)

## What is Help Me Grow?

**Help Me Grow** is a voluntary program for pregnant women and families with infants and toddlers between the ages of birth and three years old. The goal of the program is to assure that newborns, infants, and toddlers have the best possible start in life. Help Me Grow provides services that promote children's growth and development and support families during their children's early years.

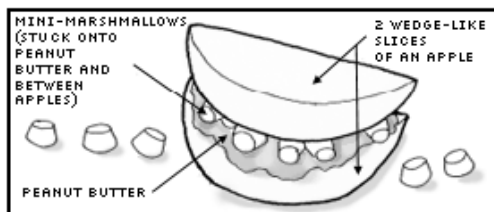
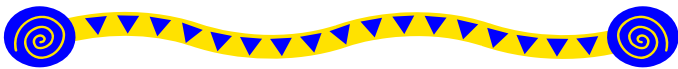
A **Help Me Grow** Worker can make visits to your home to provide you with information about community services and resources for Geauga Families. Your child will also be screened for health and overall development to make sure he/she meets important milestones. The purpose of **Help Me Grow** is to help parents help their children reach their fullest potential because the first three years of life are so important to a child's overall educational, social, and emotional development.

Geauga Help Me Grow is funded by Geauga Family First Council & Ohio Department of Health with the Early Childhood Developmental & Home Visitation Program component funded by Geauga County Job & Family Services.



## How Do Apples Grow? by Betsy Maestro

Have you ever eaten a part of a flower? You have if you have eaten an apple! Find out how an apple grows from bud to flower to fruit--ready for you to pick!



### Apple Smiles

Everyone will smile as you combine two favorite foods creating a delicious treat you can enjoy together!

**You'll need:** • apple • peanut butter • mini-marshmallows • plastic knife

Cut an apple into thin wedges. Help your child spread peanut butter on one of the apple slices with a plastic knife. Invite her to put a second slice of apple on top to make an apple sandwich. Show her how to stick a few mini-marshmallows into peanut butter so the sandwich will look like a smile with teeth. When she is eating the apple sandwich, talk about the sweet apple taste and the sticky peanut butter feeling.



## “Everyday Experiences and the Young Child’s Brain: Recognize How Everyday Experiences can Affect the Growth and Development of the Young’s Child Brain”

A Webinar for ALL Families & Professionals  
in Help Me Grow

**Tuesday, October 5, 2010 10:30 a.m. to Noon**

Research proves how critical the early years are to the future of our children. On October 5 at 10:30 a.m., Dr. John C. Duby, Director of Developmental and Behavioral Pediatrics, Akron Children’s Hospital, will be doing a 90-minute live online presentation: “Everyday Experiences and the Young Child’s Brain.” The Webinar is being coordinated by the Family Information Network (FINofOhio).

**How to register?** Simple! Go to the FIN of Ohio website at [www.akronchildrens.org/fin](http://www.akronchildrens.org/fin). At the top right side of the page will be a link “Webinar Everyday Experiences and the Young child’s Brain.” Click on the link that will take you to the event page for the Webinar. Next click on “Attend this event live on WebEx.” This will take you to the registration page. After filling in and submitting the registration you will receive an email with the link for the Webinar. A reminder will be sent to your email a few days before the Webinar.

Look for these upcoming Special Topic Webinar “repeats”:

***Behavior Management in Young Children*** Dr. John Duby

***How to Encourage Communication in Young Children***  
Abbie Wheeden McCauley, Ph.D & Lindsay Thatcher,  
M.A., CCC-SLP

***Getting Your Child Ready for Preschool*** Greta Powell,  
M.A., EIS & Amy Keren, B.A.



## Play, Learn, and Grow

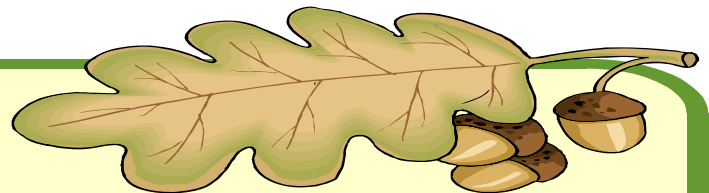
*Vision: All children will learn, grow and develop to realize their full potential.*

Geauga County Board of Developmental Disabilities is offering community playgroups for children 18 months to three years old. Play, Learn, and Grow playgroups are designed to provide opportunities for social development and growth. Activities will focus on the developmental needs of children birth to three years of age and will incorporate best practice concepts. All areas of development – cognitive, language, social, emotional, self help, and motor– are integrated as the child interacts with the learning environment.

Playgroups are held at Metzenbaum School in Chesterland and at DDC Clinic in Middlefield. Families may register for 8 week sessions on a first come – first serve basis. There will be a fee of \$40.00 for each 8 week session for those families not enrolled in Part C services.

Please call Cathy Yane at 440-729-0026 x1317 for registration and additional information.

**Attn: Help Me Grow Home Visiting Families: We are currently offering scholarships to help you pay for your Play, Learn & Grow playgroup. They are available on a first come – first serve basis. Call Liz St. James at 440-729-5250 x 1530 for more information.**



### Explore the Outdoors with the Geauga Park District

**The Great Bug Hunt!** Geauga Park District, West Woods, September 4<sup>th</sup>-6<sup>th</sup> from 1:00 p.m. – 4:00 p.m., FREE! Pick up clues at The West Woods Nature Center that will lead you to fun things to see and do as you learn interesting insect facts. Items will be hidden indoors and out near the Nature Center.

**Monarch Butterfly Tagging!** Swine Creek Reservation Shelter, September 11<sup>th</sup> & 12<sup>th</sup> from 12:30 p.m. – 4:00 p.m., FREE! Play an exciting “life-sized board game” dramatizing the hazards of this amazing journey. Catch other insects also calling the meadow home. Nets provided but OK to bring your own. Observers may watch as butterflies are tagged, join us in the shelter for the introductory program or play monarch migration game along paved trail.

Visit Geauga Park District's website at [www.geaugaparkdistrict.org](http://www.geaugaparkdistrict.org) for more information about these and other exciting programs!

# This 'n That

4<sup>th</sup> Annual Kids Safety Day - Saturday, September 11<sup>th</sup> from 11:00 a.m. to 2:00 p.m. at Century Village, Rte 87 & 168 in Burton Village. This **FREE** event will provide information, interactive experiences and resources about keeping kids safe in many environments.



FIN of Ohio Webinar - Tuesday, October 5<sup>th</sup> at 10:20 a.m.

[www.akronchildrens.org/fin](http://www.akronchildrens.org/fin), click on "Webinar Everyday Experiences and the young child's brain".

HMG Early Childhood Subcommittee - Thursday, October 7<sup>th</sup> at 10:00 a.m. at 8200 Cedar Road, Chesterland, Ohio (Metzenbaum Center) This is an opportunity to share your insight and knowledge with other community members interested in supporting the success of Geauga County Help Me Grow. Child care and parent stipends are available.

HMG Fall Festival - Friday, October 29<sup>th</sup> at 10:00 a.m. at 12480 Ravenwood Drive, Chardon, Ohio (Gauga JFS). Join other HMG families for a morning full of fun fall activities! You and your child may dress up for Halloween and participate as we trick or treat. Registration is required, please call 440-729-5250 to RSVP.



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## Foliage Friends

Use your imagination (and some paper, glue, and a pen or pencil) to turn ordinary backyard leaves into a whimsical menagerie.

### Materials

- Autumn leaves from your yard
- Paper
- Glue
- Pencils, pens, or crayons

### Instructions

Go outside and see what kinds of animals are hiding in your leaf piles. When you've found leaves in your yard whose shapes you like, glue them to pieces of paper and use pencil, pen or crayon to make your creatures complete. To preserve your creations, press them between two books.

*(Adapted from [www.FamilyFun.com](http://www.FamilyFun.com))*

