



Newsletter

November/December 2007

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



Contact us:

Gauga County Help Me Grow
PO Box 309
Chardon, Ohio 44024

Program information & Central
Intake:

440-285-1100

Toll Free 1-866-975-1100

www.geaugaffc.org/helpmegrow

Check out the "new and improved" Ohio
Help Me Grow website at
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 five 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** Service Coordinator 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 five years of life are so important to a child's overall educational, social, and emotional development.

Geauga County Help Me Grow is funded by the Geauga Family First Council, Geauga County Job & Family Services, and Ohio Department of Health. Services to kids 3-5 are provided in partnership with JFS and supported by PRC funds.

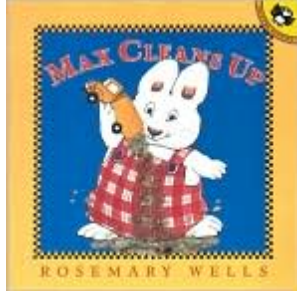
Books to Read Aloud

Whistle for Willie by Ezra Jack Keats



When *Whistle for Willie* was first published in 1964, The New York Times wrote, "Mr. Keats' illustrations boldly, colorfully capture the child, his city world and the shimmering heat of a summer's day." Now the story of Peter, who longs to whistle for his dog, is accessible to even the youngest child in a durable board book edition, with reinforced pages, a handy trim size, and safe, rounded corners.

Max Cleans Up by Rosemary Wells



Max's room is a mess. There is sand from his toy dump truck, a swarm of escaped ant farm ants, a rotten Easter egg, and a stray piece of gum-on-a-string. It's definitely time to clean up. Max's always-efficient sister, Ruby, is quick to take charge—and of course Max wants to help. But since Max has ideas of his own,

the clean up doesn't turn out exactly as Ruby has planned....

Happy Birthday Moon by Frank Asch



Bear loves the moon so much that he wants to give him a birthday present. But he doesn't know when his birthday is or what to get him. So Bear goes to have a little chat with the moon.

Bear Snores On by Karma Wilson



One by one, a whole host of different animals and birds find their way out of the cold and into Bear's cave to warm up. But even after the tea has been brewed and the corn has been popped, Bear just snores on! See what happens when he finally wakes up and finds his

cave full of uninvited guests -- all of them having a party without him!



Best of luck Meredith Myers with your new job -- Thank you for all that you have done for Help Me Grow

Snow Tree

Light up the night with a frosty tree wrapped in twinkling Christmas lights.

CRAFT MATERIALS:

- Snow
- Beach shovels
- Outdoor Christmas lights
- Extension cord

1. Begin by building a tall snowman. Then pack plenty of snow into the contours between the body segments and around the bottom.
2. With kitchen utensils or beach shovels, trim the sides and top of the whole structure so that it looks like a giant inverted ice cream cone. Smooth the sculpted surface with hands (wear mittens for a really smooth surface).
3. The last step is to wrap a string of outdoor Christmas lights around the whole tree. Start at the top and end with the plug at the base, where you can connect it to an extension cord that will reach a power source.

Picture Window

Paint a "stained-glass" holiday scene with wipe-away hues.

CRAFT MATERIALS:

- Powdered tempera paint
- Clear dishwashing liquid
- Plastic containers
- Masking tape
- Newspaper
- Paintbrushes

1. Combine the powdered paint with small amounts of dishwashing liquid until the mixture becomes the creamy consistency of house paint. Then pour the paint into individual plastic containers.
2. Line the window sash with masking tape and spread newspaper to safeguard the surrounding areas.
3. Paint a winter masterpiece.
4. To remove the dried paint or to make corrections while decorating, simply rub off the designs with a dry paper towel.

Parent tips...

Clear a Stuffy Nose

How to do it: Dissolve a quarter teaspoon of salt in a half cup of warm water, and fill a nasal-spray bottle with the solution. Spritz twice into each nostril, then have your child blow his nose into a tissue. (If your child is too young to blow, use a bulb syringe to suction out the fluid.)

Why it works: Salt water loosens thick mucus, making it easier to discharge from the nose, and restores the natural moisture of the inner membranes.

When to call the doctor: If you think your child may have an ear or sinus infection. (Symptoms include a fever, persistent cough, earache, or yellow or green nasal secretions.)

Give Medicine to a Baby or Toddler

How to do it: Place your child in an infant seat or have another person cradle her in a similar position, then let her have several licks of an ice pop or ice cube. Now quickly squirt the medicine into the side of her mouth, between her cheek and her gums.

Why it works: Cold numbs your baby's tongue and cheeks, making her less sensitive to taste and less likely to spit the medication back up. (Serving medicine cold -- with your doctor's okay - - can also lessen an unappealing taste.)

When to call the doctor: If your child is too sick to keep the medicine down, or if she spits up two or more doses.



Parents Rights in Help Me Grow

When your child who is birth through age two receives services from the Help Me Grow program, you receive certain rights. Your rights include:

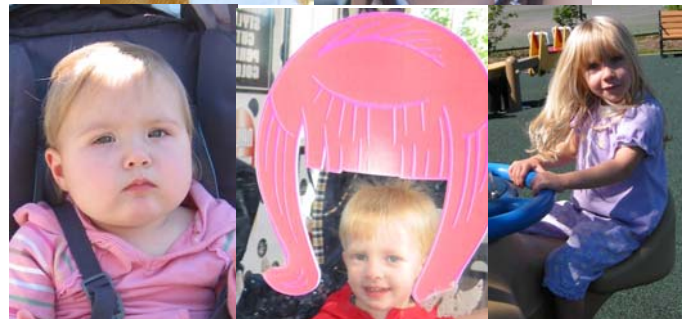
The right to accept or decline some or all services from Help Me Grow program

Assessment of the strengths and needs of your family

Help with writing and updating the Individualized Family Service Plan (IFSP)



Help Me Grow Fun at Preston's Hope Playground



Food for the Family – Pita Face



1 Tbsp. Miracle Whip Dressing * 1 pita bread * 1 slice of ham
1 baby carrot * 1 tomato wedge * 1 string cheese

Spread dressing onto pita bread, decorate with ham, carrot and tomato to resemble a face, using cut-up ham for the eyes, the carrot for the nose and tomato for the mouth. Pull string cheese into thin strips; add to top of head for the hair. Tip: Encourage kids to eat extra baby carrots and tomato while having fun making these sandwiches.

This 'n That

HMG Early Childhood Subcommittee - Thursday, November 1st at 10 am at 12480 Ravenwood Drive, Chardon (JFS building). This is an opportunity to share your insight and knowledge with other community members interest in supporting the success of Geauga County Help Me Grow. Child care and parent stipends are available.

Down Syndrome Playgroup & Conversation Dinner - Thursday, November 1st at 6 pm at Metzenbaum School, 8200 Cedar Road, Chesterland. Enjoy an evening free of cleaning dishes and join us for dinner with friends. Parents can enjoy conversation with other families and older children can enjoy some "thankful" activities, because we all have a lot to be thankful for! RSVP to Liz at 440-285-1112 by October 29th.

Tea Time with Good Manners - Saturday, November 10th 10:30 am at 12480 Ravenwood Drive, Chardon (JFS building). Come snack on tea sandwiches and tiny pastries. Sip the morning away with a special lemonade drink. Additionally, we will review good manners as we enjoy this special tea time with our Help Me Grow friends. RSVP to this event by November 5th (285-1112.)

Holiday Potluck - Friday, December 21st at noon at 12480 Ravenwood Drive, Chardon (JFS building). Bring a dish to share and enjoy lunch with your Help Me Grow friends. We will have craft stations set up for you to enjoy with your family and a special visitor from the North Pole will be stopping by. RSVP to this event by December 18th (285-1112.)



**HMG friends enjoy
the pizzas they made
on a HMG field trip
to Pizza Hut in
October.**



Community Events

November 17th - January 1st (Noon - 5:00 p.m.)

Candy Wonder Land, Penitentiary Glen Reservation, 256-1404, Relive your childhood memories and celebrate the holidays with Lake Metroparks this year at the Candy Wonderland exhibit, featuring scenes inspired by everyone's childhood favorite board game, *Candy Land*.

November 30, December 1-2, 7-9, 11-13, 2007 (5:00-9:00 pm)

Country Lights, Lake Metroparks Farmpark, 256-2122, A fun-filled celebration of the season featuring horse-drawn wagon rides through a winter wonderland trimmed with 'hundreds of thousands' of holiday lights and farm-themed displays. Festively decorated Christmas trees deck-the-halls of the Visitor Center and the classroom is filled with the sights and sounds of model train layouts. Santa's Workshop is a special treat for families - where they can watch their child make a wooden toy to take home. Tickets must be purchased in advance; tickets go on sale November 1st.