Welcome to Early Childhood CARES e-News
Happy New Year and welcome to the January edition of Early Childhood CARES Monthly e-News, a monthly newsletter to communicate timely information to Early Childhood CARES families and community partners.

Mortgage Assistance Program Now Available
The Mortgage Payment Assistance Program will provide up to 12 months of mortgage payment assistance or $20,000, whichever is used first. This temporary assistance will be provided on behalf of unemployed, substantially underemployed or acutely financially distressed homeowners. To find out if you qualify for this program and apply for the program online, visit the Oregon Homeownership Stabilization Initiative (www.oregonhomeownerhelp.org). The application deadline is Fri., Jan. 14.

Parents Invited to Participate in Community Café
On Jan. 13 from 5:30 to 8:30 p.m. there will be a "Community Cafe" in Eugene, which is an opportunity for parents to discuss the health care and education of young children in our community. We want to hear your personal experiences and ideas. This could be a leadership opportunity for parents who are interested in helping make positive change for children with developmental disabilities. Early Childhood CARES is helping to organize this and there will be childcare and food. If you are interested in participating in the Community Cafe or want more information, call Judy Newman at 541-346-2639.

Early Childhood CARES Upcoming Events for Parents
- Jan. 19 – Parent Support Group Meeting
- Jan. 20 – Toilet Training 101 Workshop
- Jan. 24 – Behavior Support Parent Group
- Jan. 25 – Understanding Social Thinking Workshop
- Feb. 3 – State of Early Intervention and Early Childhood Special Education (EI/ECSE) Programs in Oregon Forum
- Feb. 9 – How to Adjust to Raising a Child with Different or Special Needs
- Feb. 26 – 4th Annual Power of Parenting Conference
The Early Childhood CARES **Parent Support Group** will meet on Wed., Jan. 19 from 6:30 to 8 p.m. Future meetings are scheduled for Feb. 2 and 16. Come meet other parents and share in the joys and challenges of raising children with special needs. The group will meet at the Early Childhood CARES modular building at Westmoreland Elementary School, 1717 City View St., Eugene. Childcare will be provided for qualified Early Childhood CARES children and their siblings. Please call 541-346-2578 to register and arrange your childcare needs.

Early Childhood CARES will host a two-part **Toilet Training 101 Workshop** to help parents learn tips and tricks to help their child master this important life skill. The workshop will be held on Thurs., Jan. 20 and Jan. 27 from 6:30 to 8 p.m. in room 145 of the Clinical Services Building at the University of Oregon, 901 E. 18th Ave., Eugene. Childcare will be provided for qualified children and their siblings; however, pre-registration is required. Please call 541-346-2578 to register for the workshop and arrange your childcare needs.

All parents interested in learning effective behavior support strategies to use with their preschool children are invited to participate in the Early Childhood CARES **Behavior Support Parent Group**. The group will meet for eight sessions, beginning Mon., Jan. 24 from 6:30 to 8:30 p.m. in room 145 of the Clinical Services Building located at the University of Oregon, 901 E. 18th Ave., Eugene. Future classes will be held Jan. 31; Feb. 7, 14 and 28; March 7 and 14. Childcare and snacks will be provided. To register, please call Gerry Morgan at 541-346-0836.

The Early Childhood CARES autism team will host a six-session workshop on **Understanding Social Thinking** as it relates to children who experience autism spectrum disorder. The workshop will feature four interactive parent discussions, as well as two hands-on play sessions with your child. The workshop will kick-off on Tues., Jan. 25 from 3 to 4:30 p.m. in the Early Childhood CARES modular building at Westmoreland Elementary School, 1717 City View St., Eugene. Future parent discussions will be held Feb. 1, Feb. 15 and March 8. Parent and child play sessions will be held Feb. 8 and March 1. Childcare will be provided for the parent discussion sessions. Please call 541-346-2578 to register for the workshop and arrange your childcare needs.

Early Childhood CARES and the State Interagency Coordinating Council (SICC) invite parents, providers, administrators and community partners to participate in a forum to discuss the **State of Early Intervention and Early Childhood Special**
Education (EI/ECSE) Programs in Oregon. The forum will be held on Thurs., Feb. 3 from 9:30 to 11:30 a.m. in rooms 3 and 4 of the Lane Education Service District, 1200 Highway 99N, Eugene. Attendees will learn about EI/ECSE funding and services, discuss advocacy needs and strategies, understand the role of the Local Interagency Coordinating Councils (LICCs) and how they can be effective, and recognize local needs and priorities. For more information, contact Judy Newman at 541-346-2639. Please come and learn how you can make your voice be heard!

Early Childhood CARES will host a self-care workshop called, How to Adjust to Raising a Child with Different or Special Needs, on Wed., Feb. 9 from 6:30 to 8 p.m. in room 145 of the Clinical Services Building at the University of Oregon, 901 E. 18th Ave. The workshop is designed to help parents adjust to their “new normal” life of raising a child with different needs. Childcare will be provided for qualified children and their siblings; however, pre-registration is required. Please call 541-346-2578 to register for the workshop and arrange your childcare needs.

Mark your calendars now for the 4th Annual Power of Parenting Conference, which will be held on Sat., Feb. 26 from 9:30 to 2 p.m. Come meet and socialize with other parents and enjoy a catered lunch, all while learning helpful parenting strategies. Early Childhood CARES is looking for parent volunteers to help with the event. If you have time and are willing to help, contact Laura Dahill at 541-346-2571 or ecparent@uoregon.edu.

Other Community Events for Parents
Parents, families and advocates are warmly encouraged to participate in a Community Forum to discuss the proposed state budget cuts to developmental disabilities services. The forum will be held on Sat., Jan. 8 from 10 a.m. to noon at the Arc of Lane County, 4181 E St., Springfield. Come learn about the proposed budget cuts, what is being done to advocate for your services and what you can do to help. Free childcare is available for those who pre-register by Jan. 5. Contact Misty Lyster to register for childcare at 541-206-7693 or misty.lyster@arclane.org.

The Arc of Lane County will offer its Take a Break Program on Sat., Jan. 8 from 10 a.m. to 4 p.m. at 4181 E St., Springfield. This is a low-cost respite program the Arc provides to families the first Saturday of each month. The cost is $10 per day per child with disability and $5 per day for siblings. Families must RSVP to ensure the program is adequately staffed. To register, contact Misty Lyster by Jan. 5 at 541-206-7693 or misty.lyster@arclane.org.
The Center for Community Counseling will host a five-week **Changing Anger for Parents Workshop**. Parents will learn how to recognize early warning signs of anger and how to make different choices. The workshop will start on Wed., Jan. 12 from 6 to 8 p.m. at the Center for Community Counseling, 1465 Coburg Rd., Eugene. There will be free, on-site childcare, and there is a sliding scale fee for the workshop. To register, call 541-344-0620.

The **r.i.s.e. Center** ([www.oregonrisecenter.org](http://www.oregonrisecenter.org)) and the **Oregon Family Support Network** ([www.ofsn.org](http://www.ofsn.org)) will host a workshop called **Behaviors that Interfere with Learning: Supporting Students; Understanding Systems** on Fri., Jan. 14 from 6 to 8 p.m. at the Child Center Conference Room, 3995 Marcola Rd., Springfield. The workshop will focus on the ABC’s of behavior, functional behavior assessments and writing positive behavioral intervention plans, as well as the requirements around discipline procedures and the protections for students with disabilities. The workshop is free, and childcare will be provided. Parents must register for childcare by contacting Maryann Barber at 541-342-2876 or maryannbarber.ofsn@yahoo.com.

The Center for Community Counseling will host a six-week **Parenting Tool Kit Class**, beginning Tues., Jan. 18 from 6 to 7:30 p.m. at the Boys & Girls Club, 1545 W. 22nd Ave., Eugene. The class will focus on children’s needs and parenting strategies for raising healthy, successful children ages 6 to 12. The classes are free and childcare will be provided on site. To register, call the Center for Community Counseling at 541-344-0620.

The r.i.s.e. Center will host a free training on **What Parents Need to Know About the Individualized Education Program (IEP)** on Thurs., Jan. 20 from 6 to 8 p.m. at the Benton Plaza downstairs meeting room, 408 SW Monroe St., Corvallis. The training will cover: the Individuals with Disabilities Education Act (IDEA), IEP team roles, writing effective goals and objectives, accommodations and modifications, prior written notice and access to school records. To ensure enough materials will be available, please register by contacting Tammi Paul at 888-505-2673, ext. 214 or tpaul@oregonrisecenter.org.

The Arc of Lane County will host its monthly **Families Connected** meeting on Wed., Jan. 26 from 6 to 8 p.m. at 4181 E St., Springfield. Families Connected is a way for parents to come together to support each other and be supported. This month’s meeting will focus on practical strategies parents can use to promote
social success in their children. Dinner and respite care will be provided. Please RSVP by contacting Misty Lyster at 541-206-7693 or misty.lyster@arclane.org.

The r.i.s.e. Center will host its first Parent Mentor Training on Sat., Jan. 29 from 9:30 a.m. to 3 p.m. in the board room of Self-Determination Inc., 1730 SW Skyline Blvd., Ste. 127, Portland. The goal is to provide parent to parent connections for families who have children with long-term health, developmental, behavioral or emotional conditions. The training is free, and lunch will be provided. To register, call 503-706-0744 or email p2poregon@gmail.com.

**Speech Resource for Preschool Children**
The Speech-Language Hearing Center at the University of Oregon is now enrolling preschool children for its Speech and Early Literacy Group. This class is for 3- and 4-year-old children who have difficulty saying certain speech sounds. Speech sound production and pre-literacy skills will be taught through fun activities. This free class will be held Friday mornings from Jan. through May. Caregivers must attend the sessions. For more information, contact Cecilia Kirk at 541-346-2123 or ceciliak@uoregon.edu.

**Fun Activities for Kids**
Early Childhood CARES has re-instated its Open Swim Program with Tamarack Pool. From Jan. 15 through June 15, families with a child currently enrolled in Early Childhood CARES may swim one time per week courtesy of Early Childhood CARES. The open swim times are Mon. and Wed. evenings from 6:30 to 8 p.m. and Sat. and Sun. from 12:30-1:30 p.m. Early Childhood CARES will be billed per family. Please register only those family members who receive services from Early Childhood CARES. If you would like to bring other children, you may pay Tamarack pool directly. If you have more than five people in your home who will be swimming, contact Early Childhood CARES at 541-346-2578 for prior approval for billing purposes. Families will receive a card from Tamarack Pool that will be used to bill Early Childhood CARES.

Children and families are invited to the Downtown Eugene Public Library (100 W. 10th Ave.) on Sunday afternoons at 3 p.m. to try a different free activity every week.

- Jan. 2: Creative Clothespins – use fabric, yarn and more to make colorful clothespin people
- Jan. 9: Bhangra Dance – learn this fun and energetic Indian dance
• Jan. 16: Zoo for You – a chance to learn about all kinds of small animals up close
• Jan. 23: Shoehorn – Michael “Shoehorn” Conley visits to show kids how to make whole-body music
• Jan. 30: Marimba music – Enjoy the lively sounds of Zimbabwe

For more information, call 541-682-8316 or visit the Eugene Public Library (www.eugene-or.gov/library).

**Helpful Speech Tip**
Does your child like to use a pacifier or suck his or her thumb constantly? This behavior can cause a condition called open bite. Children with open bite close their teeth, but their upper and lower teeth do not meet, leaving a visible opening. This can lead to changes in the development of the bones of the mouth which may later require orthodontics or surgery. Open bite can also affect a child’s speech. Parents may want to discourage pacifier use or thumb sucking, as it may affect a child’s speech and oral health. To learn more, read [Open Bite Treatment](http://www.ebody-specialist.com/orthodontics/open_bite_treatment.html).

**About Early Childhood CARES**
You are receiving this email because of your relationship with Early Childhood CARES. Early Childhood CARES provides early intervention and early childhood special education services to infants, toddlers and preschool-age children in Lane County. If you wish to unsubscribe from this e-newsletter, please send an email to ecparent@uoregon.edu.