Welcome to Early Childhood CARES e-News

Welcome to the October edition of Early Childhood CARES Monthly e-News, a monthly newsletter to communicate timely information to Early Childhood CARES’ families and community partners. The goal of this newsletter is to give a quick snapshot of upcoming events and share resources and parenting tips.

Upcoming Trainings and Events for Parents

- Oct. 6 – Teaching Social Communication to Children with Autism and Related Disorders (start of 10-week session)
- Oct. 7 – Early Intervention Council
- Oct. 15 – Parents as Play Partners (start of 5-week session)
- Oct. 20 – Grief & Loss Workshop
- Oct. 26 – Communication Strategies for the Non-Verbal or Verbally Delayed Child
- Nov. 3 – Parent Support Group Meeting

Early Childhood CARES will host a 10-week workshop entitled, Teaching Social Communication to Children with Autism and Related Disorders, starting Wed. Oct. 6 from 2:15 to 3:45 p.m. Parents will learn effective intervention strategies to promote their child’s social communication skills within family routines. The workshop will consist of six group sessions and four individual parent coaching sessions. Future sessions will be held Oct. 13, 20, 27; Nov. 3, 10, 17; Dec. 1, 8 and 15. Group sessions will be held in room 201 B & C of the Clinical Services Building on the University of Oregon campus, 901 E. 18th Ave. Eugene. Childcare will be provided. Call Florien Deurloo or Krista Jo Swanson at 541-346-0898 or 541-346-0711, respectively, to register for the workshop and arrange your childcare needs.

All parents are warmly encouraged to attend the Early Intervention Council on Thurs., Oct. 7 from noon to 1:30 p.m. at the Hilyard Center, 2580 Hilyard St., Eugene. This month’s meeting will focus on how people can access community resource information using 211Lane.org. A childcare stipend will be provided to Early Childhood CARES parents who attend. Call Carla at 541-346-2578 to register.

Parents as Play Partners is a five-week training devoted to helping parents understand the value of social play with their children. This
training is designed for parents who have children with autism spectrum disorder (ASD) and who also attend an Early Education Program (EEP). Other parents with a child who experiences ASD can come on a space available basis. The first session on Fri. Oct. 15 from 2:30 to 4 p.m. will be an orientation for parents. Future sessions will be held on Oct. 22, 29, Nov. 5 and 12 from 1 to 3 p.m. The goal is to teach parents about the different types of play materials, help parents feel more confident in their ability to keep their child engaged, and help parents recognize teaching opportunities for both social and academic skills. All classes will be held at the Early Childhood CARES modular building at Westmoreland Elementary School, 1717 City View St., Eugene. Childcare will be provided for the Oct. 15 and Nov. 12 sessions. Please call 541-346-2578 to register and arrange your childcare needs.

Early Childhood CARES will host a Grief & Loss Workshop on Wed. Oct 20 from 6:30 to 8 p.m. in room 145 of the Clinical Services Building on the University of Oregon campus, 901 E. 18th Ave., Eugene. Learn about the emotions that often accompany having a child with a disability or developmental delay. Parents will learn ways to process their feelings and deal effectively with them. This will also be an opportunity to meet other parents who are going through similar life experiences. Childcare will be provided to qualified Early Childhood CARES children and their siblings. Please call 541-346-2571 to register and arrange your childcare needs.

Tyler Wood, a speech and language pathologist with Early Childhood CARES will lead a workshop entitled, Communication Strategies for the Non-Verbal or Verbally Delayed Child, on Tues. Oct. 26 from 6:30 to 8 p.m. in room 145 of the Clinical Services Building on the University of Oregon campus (901 E. 18th Ave.) There will be a discussion of several different teaching techniques used in the classroom and how parents can implement these techniques at home. Kelli Ngariki, a parent with two children who have been served by Early Childhood CARES, will share some of the augmentative communication systems she has implemented in her home. There will also be an overview of milestones that children may acquire before verbal communication. 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.

The Early Childhood CARES’ Parent Support Group will meet on Wed., Nov. 3 from 6:30 to 8 p.m. Future meetings will be held Nov. 17 and Dec. 8. 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.

Keep your eyes out for the Early Childhood CARES 2010-2011 Event Calendar. The event calendar, created based on recommendations from parents, will note events and trainings throughout the school year so parents can plan accordingly. This will be included in the Early Childhood CARES Parent Newsletter, which will arrive in mailboxes later this month.

Other Events for Parents
Umpqua Community College and the member agencies of the Douglas County Early Childhood Planning Coalition will host the first annual Early Childhood Care and Education Conference “Passport to Education” on Oct. 15 and 16 at Umpqua Community College, 1140 Umpqua College Road, Roseburg. The conference will feature educational sessions and networking opportunities for early childhood educators, childcare providers and parents. For more information or to register, visit Early Childhood Care and Education Conference Passport to Education (www.regonline.com/Eccare2010) or call 541-440-4601.

The Arc of Lane County will host its monthly Families Connected (www.arcfamiliesconnected.com) meeting on Wed., Oct. 27 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. Dinner and respite care will be provided. Please RSVP by contacting Misty Lyster at 541-206-7693 or misty.lyster@arclane.org.

The Center for Community Counseling will host a Stress and Anger Management Workshop for parents. The 5-week workshop will start Wed. Nov. 3 from 6 to 8 p.m. at the Center for Community Counseling, 1465 Coburg Rd., Suite 1, Eugene. Future sessions will be held Nov. 10, 17, Dec. 1 and 8. Parents will learn to recognize the early warning signs of stress and how to make different choices when upset with their children. There will be free, on-site childcare, and there is a sliding scale fee for the workshop. Call 541-344-0620 to register for the workshop and arrange for childcare.

Fun Activities for Kids
The Lane Amateur Hockey Association (LAHA) is hosting a Special
**Hockey 2010-2011 Season** for players age five and older, male or female, who are physically able to play, but who may be unable to participate in another organized program due to a developmental disability. In addition to physical hockey skills, the program emphasizes character development, including dependability, self-reliance, concentration, willingness to share and personal accountability. The program starts Oct. 7 and runs through Feb. 2011. Practices are held on Thursdays from 5:30 to 6:30 p.m. at the Ice Center at the Lane County Fairgrounds, 796 West 13th Ave., Eugene. Athletes should arrive 20 to 30 minutes prior to the start of practice to put on gear. The cost of the program is $60. More information is available at Eugene Junior Generals (www.eugenehockey.com). For questions, contact Chris or Kellie Hays at 541-342-4297 or kmhays@aol.com.

Bring your children to ShelterCare’s second annual **Jack-o-Lanterns on 5th Festival** on Sat., Oct. 30 at the Fifth Street Public Market, located on the corner of 5th Avenue and High Street in Eugene. The festival will run from noon to 8:30 p.m., and it will feature fun activities and games, like a pumpkin toss and a children’s costume and parade contest. For more information, visit Jack-O-Lanterns on 5th (http://sheltercareevents.com/Pumpkin_Home.html).

**Helpful Speech Tip: Minimizing Frustration**

Often times when children are difficult to understand it can be frustrating for both parties. Parents can help minimize frustration by repeating the one part of the message they *did* understand to avoid having their child repeat what he/she said again. Parents should make the miscommunication about them (e.g., “My ears are too slow, could you say that again?” instead of “You’re talking too fast.”). If parents don’t get it by the third repetition, chances are they won’t. Instead give the child a choice of trying again or talking about/doing something else.

**Health Tip: Teach Children Importance of Hand Washing**

With the flu season upon us, it’s important to take precautions. Parents should consult with their pediatricians about the flu vaccination. In addition, parents should help their children learn good hand washing habits by doing the following:

- Model good hand washing habits. Your child will watch and follow what you do.
- Encourage your child to count slowly to 30, or to sing the *Alphabet Song* to help him/her make hand washing fun and last long enough.
- Get a safe stepping stool so your child can reach the sink.
• Hang a hand washing visual reminder by the toilet.

Purchase Winter Cards and Help Support the Early Education Program
The Early Education Program (EEP) is having a Winter Card Fundraiser, called “Snowmen through the Eyes of Children!” The EEP will sell packets of holiday cards with snowmen-themed art by its students — one card representing each of the 18 EEP classrooms. The proceeds from the sale of cards will be used to maintain the quality of the program for this school year. Each package of cards sells for $10. Order forms will be available beginning October 8 in the Early Childhood CARES main office, 299 E. 18th Ave., Eugene.

Shop and Earn Money for Early Childhood CARES
eScrip is a hassle-free way for families to help raise funds for Early Childhood CARES through everyday purchases made at participating eScrip merchants. It doesn’t cost anything to participate, and eScrip merchants will automatically donate a percentage of every purchase to Early Childhood CARES.

To enroll, visit eScrip (www.escrip.com). Designate “EC CARES” (group number 11129266) as the agency you want to support. Register the cards you use to shop with regularly (e.g., credit cards and membership cards, like the Safeway Club card). Shop at Market of Choice, Safeway and Macy’s, and Early Childhood CARES will benefit from the purchases you make. You can also shop at eScrip’s online mall. The online merchants, including Eddie Bauer, Amazon and Land’s End, will give up to five percent of your purchases to Early Childhood CARES. Share the news with family and friends who may also enroll with eScrip, even if they do not live nearby.

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.