



# Infant/ Toddler Info/ Tattler

Early Intervention Services News  
September 2004

## EDIS Early Intervention Team Newsletter

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### Back to School

#### Educational and Developmental Intervention Services

Early Intervention Services  
Arnn Elementary School  
Sagamihara Housing Area  
267-6545

and  
Bldg. 989, Rooms 125 & 126,  
Shirley Lanham  
Elementary School,  
NAF Atsugi  
264-3664

Guess What???! This newsletter is now  
available online at:

[www.atsugi.navy.mil/medical/EDIS/index.html](http://www.atsugi.navy.mil/medical/EDIS/index.html)

IT<sup>2</sup> is a free publication. For additional  
copies, questions or comments, please  
contact us at either of the numbers listed  
above

### Around THE Neighborhood

#### New Parent Support Groups

SHA: Thursdays 930-1130  
Child Development Center  
Zama: Tuesdays 930-1130  
Chapel Child Care Area  
For more information,  
call 263-8087

#### Developmental Screening

Bring your children for our free  
screening, whether you have  
concerns or are just curious.

**September 23, 800-1200**  
**E.D.I.S., Shirley Lanham**  
**Elementary School Atsugi**

#### Lecture on ADHD (and related topics)

Dr. Pratt, a child psychiatrist  
from Yokosuka Naval Hospital  
will be presenting a lecture on  
ADHD and other issues,  
including medication and bi-  
polar disorder.

September 9<sup>th</sup>, 2004  
1730-1930  
ACS Building 402  
Camp Zama

#### Autism Support Group

EDIS sponsors a supportive parents  
group for parents of children  
diagnosed with autism spectrum  
disorders. Please call 267-6545 for  
information.

#### ICC Volunteers Needed

The Interagency Coordinating  
Committee is looking for parent  
volunteers. Any parents that wish to  
participate on this committee please  
call 267-6545 for more information.

### KID'S CARE

When Your Toddler is Late to Talk  
[www.parents.com](http://www.parents.com)

For most children, language  
explodes around the time they reach  
their second birthday. Children  
spend the first two years of their life  
absorbing information from the  
world around them. At 2, they are  
ready to participate in a more active  
way. Their brains and muscles  
have matured to the point where  
they can start expressing desires  
and opinions by talking.

Without help, a late talker is likely  
to show his frustration through  
more-frequent-than-usual tantrums  
or other unproductive behavior. It's  
crucial to get these kids  
communicating in some way.  
Although allowing a child to use  
hand gestures as a form of  
communication was once frowned  
upon, many experts now feel that it  
can bridge the gap between baby  
babble and big-kid sentences. If

your child can imitate drinking from a cup to tell you he wants juice, he'll begin to understand that he can ask for things and get them.

In general, if your 2-year-old can say fewer than 20 words and has not started to combine them yet, you should talk to your pediatrician. The first thing she'll do is make a thorough evaluation of your child's hearing. The problem could be as simple as residual middle-ear fluid that lingers after a cold or ear infection has cleared up. With fluid filled ears, your child can't hear speech clearly, even though he can hear relatively soft sounds. Your doctor may suggest antibiotics or ear tubes if the condition is chronic. If she diagnoses a more serious hearing or speech problem, she'll send you to an audiologist; ask about speech therapy if your pediatrician doesn't bring it up herself.

Here are some common causes of minor speech delays and what you can do about them.

If your child prefers very soft food, drops food out of his mouth when he eats, drools, breathes through his mouth or is difficult to understand, he may need exercises to help strengthen his lip and mouth muscles.

- **Blowing:** Bubbles are great, but you can also try blowing feathers across the floor or colored water across white paper. Noisemakers, such as whistles, kazoo's, and harmonicas, are a lot of fun too.
- **Sucking Straws:** Keep your child's lips around the last half inch of the straw and encourage him to purse his lips as much as possible. Let him try to suck spaghetti or Jell-O cubes.
- **Humming:** Any exercise that brings the lips together develops muscle strength. As an alternative, have your child hold a potato chip between her lips and count before taking a bite. Work up to heavier foods, like a saltine or a graham cracker.

Sometimes the mouth muscles are fine, but the child has trouble figuring out how to get them to work together.

- **Verbal Routines:** Sing favorite songs and recite poems. This

lets your child practice saying words that she doesn't have to think of first.

- **Sound games:** Imitating animals is one fun way to help your child with troublesome sounds. You can hiss like a snake if he has trouble with s's. If your child stumbles over p and g sounds, blow bubbles and say, "pop!" each time a bubble disappears, or push cars and shout, "go, go, go!" Remember to play at his eye level so he can see your lips and mouth. The most important thing is for your child to try to communicate with you.

## FUN WITH FOOD

### Banana Apple Icy

1 apple  
1 banana  
¼ cup milk  
1 cup plain yogurt  
3 ice cubes

Peel and core 1 yellow apple. Cut it into small cubes. Peel and slice 1 banana. Put these in a blender with the milk and yogurt. Add 3 ice cubes. Blend until smooth. Makes enough for 2 small glasses.

### Stuffed Baked Apples

4 tart apples  
¼ cup crunchy breakfast cereal  
¼ cup chopped walnuts  
¼ teaspoon cinnamon  
1 cup raisins  
2 tablespoons honey  
Core apples. Combine ingredients and spoon equal amounts into each apple cavity. Place apples in shallow baking dish and add ¼ cup of water. Bake uncovered for 40 minutes at 300 degree F.

## THE READING RUG

Have you ever experienced the web-books? If not I urge you to check it out by going to:  
[www.magickkeys.com/books/index.html](http://www.magickkeys.com/books/index.html)

There you will find an interactive reading experience to share with your toddler. Just move the mouse over the

cow and hear him moo or click on the speaker and listen to the reader read the book clear and slow. The best part about these books is that they are totally FREE and will never rip or wear out!!!

## PARENTING TIME

The following foods can be choking hazards, according to AAP, and should not be given to a child under four years of age:

Hot dogs, nuts and seeds, chunks of meat or cheese, whole grapes, hard, gooey, or sticky candy, popcorn, chunks of peanut butter, raw vegetables, raisins, chewing gum.

Also beware of the following household items: latex balloons, coins, marbles, toys with small parts, toys that can be compressed to fit into a child's mouth, small balls, pen or marker caps, small button-type batteries, and medicine syringes.

## CRAFTS

### Seed Pictures

Collect: apple seeds along with other seeds

Paper  
Colors  
Glue

Provide child with small amount of seeds. As they are distributed, discuss the seeds' similarities and differences. Provide uninterrupted time for the children to glue seeds onto paper and create pictures.

### Shakers

Collect: apple seeds  
Paper plates (2 per child)  
Glue or stapler  
Color crayons or markers

The children can decorate the paper plates. After this, the seeds can be placed between the two plates. To create the shakers, staple or glue the two plates together by securing the outer edges of the plates. The children can use the shakers as a means of self expression.