



The Infant and
Toddler Times

*Community News and Local Resources for Parents,
 Families, Caregivers and Service Providers*

Volume 6, Number 4

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Family Support and the Family Survey

The Family Survey is back again this fall and so is your chance to provide your input. Please take a few minutes to complete the survey and share how your family has been impacted by early intervention. This valuable feedback will help the Maryland State Department of Education (MSDE) determine how effective the program has been and what changes are necessary to better meet the needs of families with children facing developmental delays. The deadline to complete the survey is November 1, 2011. On page three of this newsletter you'll find answers to some frequently asked questions about the survey.

PGCITP's family support network has been busy lately. **Meet and Play at Chick-fil-A** started this summer and continues each month at the Chick-fil-A at Steeplechase. The kids are enjoying playing together in the play room while the adults talk and get to know one another. The first twenty children, age five or under, to rsvp at each event receive a free kid's meal. We're having a great time sharing resources and just chatting. We hope you can join us.

We're also developing an online social community you should take a look at. Go to: <http://pgcitp.ning.com> and explore the site. It's similar to Facebook, but just for families involved with the Prince George's County Infants and Toddlers Program. You can learn about and rsvp to events, and even post events that you learn about and would like to share with other families. There are links to resources, educational videos for parenting, and opportunities to participate in forums and discussions about relevant topics. We hope you'll join us online this fall. The PGCITP website at www.pgcitp.net will continue to provide you with information from the Infants and Toddlers Program.

Marie Brayman, PGCITP Family Support Network Coordinator

Parents, please join us . . .

Local Interagency Coordinating Council (LICC) - join a group of people from a wide variety of backgrounds who come together to enhance the PGCITP:

*** November 15, 2011; January 17, March 20, May 15, 2012:**

11:30 am -2:30 pm, 1400 McCormick Drive (Room 308), Largo, Maryland

Lunch is served! RSVP to MCBrayman@co.pg.md.us or 301-883-7428

The Prince George's County Infants and Toddlers Program Family Support Network

Join us for a family Meet and Play at



at Steeplechase
9121 Alaking Court
Capitol Heights, MD

October 21, 2011
November 18, 2011
December 16, 2011

Meet other families to play and talk . . . share ideas and learn about Infants and Toddlers Program community events . . . discover new resources.

You must RSVP for each date - the first 20 children (age 5 and under) will receive a **free kid's meal**. Adults are responsible for purchasing their own meal.

RSVP to Marie Brayman at 301-883-7428 or online at <http://pgcitp.ning.com>

at the early intervention social website (see below)

Please note: Chick-fil-A uses peanut oil in cooking

Join us online at: <http://pgcitp.ning.com>



This online social network is for Prince George's County families receiving Infants and Toddlers Program services and early childhood special education services . . . sign up to share resources, rsvp to events, post events, join a discussion, make new friends and support one another!

Family Survey

Frequently Asked Questions



MSDE
Division of Special Education/
Early Intervention Services
Early Childhood Intervention and
Education Branch
200 West Baltimore Street, 9th Floor
Baltimore, Maryland 21201
Phone 410-767-0261
Fax 410-333-8165

Good news! The Maryland *Family Survey* is coming to families again this fall. Watch for this important opportunity to share how your family has been impacted by early intervention in Maryland! In the meantime, here are answers to a few of your frequently asked questions. For more information, please contact Marie Brayman, Family Support Network Coordinator, **301-883-7428**, or mcbayman@co.pg.md.us

1) What is the *Family Survey* and why do I need to fill it out?

- The family survey collects valuable feedback from families on the impact of early intervention in Maryland. The information collected **directly** impacts improvement efforts for State and local programs for infants and toddlers with developmental delays/disabilities and their families.
- The Individuals with Disabilities Education Act (IDEA) requires all states to collect data on the impact of early intervention.
- The survey was developed by the National Center for Special Education Accountability Monitoring (monitoringcenter.lsuhs.edu).

2) Who fills out the survey and how often?

- Family members of children ages birth through 4 who were receiving early intervention services through an Individualized Family Service Plan (IFSP) as of *June 30, 2011* are invited to complete the survey this year in the fall.

3) How do I fill out the survey?

- Use a blue or black pen or a #2 pencil to fill in ONE bubble for each question.
- If the question does not apply to your child and/or family, **SKIP** the question.
- If you need help with the survey, please contact your service coordinator or service providers.
- For families continuing services through an Individualized Family Service Plan (IFSP) after age 3 **ONLY**, please complete the two additional questions at the bottom of the survey.

4) Can I fill out just one survey even if I have more than one child in early intervention?

- It is important to give feedback on each child. If

possible, please fill out a separate survey for each child participating in the infants and toddlers program.

5) Will my responses be kept private?

- Individual child and family information or responses will not be shared. The summary results of the survey will be used to provide feedback for local and Statewide program improvement and decision-making and for reporting purposes to the U.S. Department of Education.

6) Will my family's early intervention services be affected if I choose not to fill out the survey?

- Your feedback is important. However, filling out the family survey is completely voluntary. Whether you choose to complete the survey or not, your child's and family's early intervention services will not be impacted in any way.

7) How will I receive the survey? How do I return the survey?

- Survey packets will be hand delivered to you by one of your service providers. Each packet will have an introductory letter, one survey, and a postage-paid envelope.
- Your provider will have you complete your survey at your home visit and be available to answer any questions you may have. Once your survey is completed please seal the survey in the postage paid envelope and your provider will place it in the mail for you.
- **The family survey due date is: November 1, 2011.**



Prince George's County Infants & Toddlers Program

Fall Workshops

Details on pages 5 and 6 . . . Register today!

Next Steps Workshops

Do you have a vision for your child as he/she approaches school age? Do you, as your child's first and most important teacher, know what your child needs to learn in order to be ready for Kindergarten? Do you know where your child can participate with age-appropriate peers in both the community and in school? Do you know how an Individualized Education Program (IEP) differs from the Extended IFSP?

To learn answers to the above questions and more, please attend a Next Steps Workshop this fall (see page 5 for dates/locations). This workshop will prepare you for the process of transitioning your child from the Infants and Toddlers Program to Early Childhood Special Education Services (if your child is eligible).

Although we know that learning begins at birth, parents of developmentally delayed children often juggle so much at once that they may not think about school readiness until their child is entering Kindergarten. To be successful in school, your child should be well-rounded with a variety of skills, knowledge and abilities in 7 key learning areas or domains. Read "Getting Ready" on pages 9 and 10 for information on these learning domains and activities you can do with your child to develop the needed skills at each stage: infant, toddler, and preschooler.

The few years before Kindergarten are the most important learning years in your child's life. Plan to attend a Next Steps Workshop this fall. Don't wait, register today.

Communication and Positive Discipline Workshops

How can I make my child behave? This is one of the most often asked questions by us as parents, grandparents and guardians. What may look like misbehavior on our child's part may often be a normal part of exploration and growing. One of the most important things we want to learn is that discipline is more than reacting to the behavior. It's how we teach good behavior and it's also how and what to say so that my child still feels loved.

Infants and Toddlers is offering a two-part workshop series to help you improve your parenting skills, hopefully lessen your stress levels and offer you support. The first workshop is HOW TO TALK SO KIDS WILL LISTEN AND HOW TO LISTEN SO KIDS WILL TALK. The second is entitled POSITIVE DISCIPLINE. They are being offered as a two-part series, and we are requesting that you take the communication class first before attending the positive discipline workshop. If you find that you have a conflict for the first class offered in your area, check out the following schedule to see if you can make the class at another one of our ECC centers in the area.

We are looking forward to seeing you for the September and October workshops (see page 6 for dates/locations). Please be sure to register in advance.

The Prince George's County Infants and Toddlers Program
Family Support Network
presents

NEXT STEPS WORKSHOPS

**Do you know how to help your child prepare for Kindergarten?
Are you prepared to create a school-readiness plan
for your child when he or she turns three?**

Monday, October 10th
1 – 3 pm

Wheatley ECC
8108 Ritchie Dr., Capital Heights

Workshops in Spanish:

Thursday, November 10th
12 – 2 pm (Spanish)

Frances Fuchs ECC
11011 Cherry Hill Rd., Beltsville

Tuesday, November 15th
6:30 – 8:30 pm (Spanish)

Wheatley ECC
8108 Ritchie Dr., Capital Heights

**Do you know how the Extended IFSP Option
(Infants and Toddlers Program)
differs from an Individualized Education Program
(Early Childhood Special Education Services)?**

**RSVP: Marie Brayman @ 301-883-7428 or
go online at <http://pgcitp.ning.com>**

Please indicate if childcare is needed. If special accommodations/interpretation services are needed, please reply by two weeks prior to the workshop you are attending. This workshop is intended for parents or guardians of children age 18 months and up, but all are welcome.

The Prince George's County Infant and Toddlers Program
presents
A FREE TWO-PART WORKSHOP SERIES*
FOR PARENTS - FALL 2011



Presented by Kathleen Kauffmann, LCSW-C

*it's recommended that you attend both workshops:
"How to Talk to your Children" first, and then
"Positive Discipline"

How to Talk to your Children so your Children will Listen!:

* September 27th: 6:30 - 8:30 pm @ Frances Fuchs ECC, 11011 Cherry Hill Rd.,
Beltsville

Positive Discipline:

*October 11th: 6:30 - 8:30 pm @ Chapel Forge ECC, 12711 Milan Way, Bowie

*October 19th: 10 am-12 pm @ Henson Valley Christian Church, 1900 Tucker Rd.,
Fort Washington

*October 20th: 6:30 - 8:30 pm @ Wheatley ECC, 8108 Ritchie Dr., Capitol Heights

*October 25th: 6:30 - 8:30 pm @ Frances Fuchs ECC, 11011 Cherry Hill Rd., Beltsville

PRE-REGISTRATION IS REQUIRED! CHILDCARE PROVIDED!!
RSVP: Marie Brayman @ (301) 883-7428 or online at <http://pgcitp.ning.com>

This special parent training is sponsored by The Prince George's County Infants & Toddlers Program, an interagency partnership with The Arc of Prince George's County, The Prince George's County Health Department, The Prince George's County Department of Social Services and The Prince George's County Public Schools Early Childhood Program for parents of children Birth - age 5.

THE FAMILY TREE

PROVIDING SOLUTIONS. PREVENTING CHILD ABUSE

Positive Parenting Classes

*Parenting is one of the toughest jobs in the world
-you don't have to do it alone...*

Join us for classes at The Family Tree

301-909-2318

Classes are free and will include topics such as:

- Habits of Healthy Families
- Stress and Anger Management
- Better Ways to Communicate
- Positive Ways to Discipline
- Importance of Home Safety
- Succeeding in School
- Assuring a Child's Well-Being
- Parent's Self-Esteem and Needs



**Classes begin
Tuesday October 4, 2011 - 10am-12pm
at
Dept. of Social Services
925 Brightseat RD.
Landover, MD 20785**

No children are allowed in the class

24 Hour Family Stressline - 1-800-243-7337

Infants & Toddlers Community Program Dates

Monday Music: Music's fun! Music's cool! Music helps us get ready for school!

- * Join us for singing, signing, dancing, fingerplays, instruments and manipulatives. Enhance your child's development in all areas while focusing on the PGCPS early childhood music standards. Parent/caregiver participation is required. Contact: 301-808-8108.
- * All sessions are 10 - 11 am
- * Now at 2 locations:
 - 1) Wheatley Early Childhood Center, Room C-121, 8801 Ritchie Dr., Capitol Heights, MD 20743:
October 3 and 17 (no session 10/31); November 21
(no session Nov. 7); December 5 and 19;
 - 2) "It's a Family Affair" Child Care Center @ Morgan Station Metro, 310 Garrett A. Morgan Blvd., Landover, MD 20785 (next to Redskins Stadium) - limited free parent parking available on the right/east side of the center; metered parking also available; this is a somewhat larger group:
October 10 and 24; November 14 and 28; December 12
(no session December 26, PGCPS closed until January 3 for Winter Break)

Morning Movers: Movement, Music, Learning and More!

- * Prince George's Sports and Learning Complex (lower level), 8001 Sheriff Rd., Landover
7:45 am - 9 am on October 14 and 28; November 4 and 8;
December 2, 9 and 16; (contact Camille at 301/808-8108)

Events at the Bowie Library - 15210 Annapolis Road, Bowie (301/262-7000)

- * *Sleepy Time* - Story Time, Music and Motor Activities
7pm on October 3; November 7; December 5
- * *Books and Toys* - Story Time, Music, Motor Activities and Play
10:30 - 11:30 am on October 3, 10, 17, 24;
November 7, 14, 21, 28; December 5, 12, 19
- * *Night Time Play Group* - Families & children will participate in five developmental learning stations, 6:30 - 8 pm on October 12, 26; November 9; December 14

Silver Stars Nonwalker Play Group - work on motor and play skills, for children who are independently sitting up to beginning walkers (must be enrolled in Infants & Toddlers Program)

- * Silver Stars Gym, 14201 Woodcliff Court, Bowie (contact 301/805-2734)
- * *Dates & times to be announced (ask your Service Coordinator or Provider)*

**SAVE THE DATE! INFANTS AND TODDLERS FAMILY HOLIDAY PARTY-
SATURDAY, DECEMBER 3, 2011**

. . . more Community Program Dates

Teachable Moments: Learning opportunities in everyday situations!

This workshop is designed to assist you in recognizing and taking advantage of every day moments to enhance your child's growth and development. Please bring a copy of your child's most recent IFSP. Childcare is provided.

* Chapel Forge ECC, 12711 Milan Way, Bowie (301/805-2734) -

* *Dates and times to be announced (ask your Service Coordinator or Provider)*

Baby Teachable Moments: Learning opportunities especially for babies!

* Chapel Forge ECC, 12711 Milan Way Bowie (301/805-2734) -

* *Dates and times to be announced (ask your Service Coordinator or Provider)*

Story and Play Time at Bowie YMCA

* Come join us for fun and learning at the Bowie YMCA. We'll use story time, music and motor activities to work on skills such as receptive and expressive language, articulation skills, social language and imitation skills.

* Bowie YMCA, 3501 Moylan Drive, Bowie (contact: 301/805-2734) -

Wednesdays at 10:30 am beginning September 7, 2011 (every Wednesday that Prince George's County Schools are in session)

Play Group in the Park

* Come join us for a morning of learning and fun! There will be no group if it's raining at 9 am. (contact: 301/805-2734)

* Buckingham Park, 2600 Barberry Lane, Bowie -

10 - 11:30 am, Thursdays, September 8, 2011 through October 13, 2011
(when Prince George's County Schools are in session)

* Bowie Gym, 4100 Northview Drive, Bowie

10 - 11:30 am, Thursdays, October 20, 2011 through March 29, 2012
(when Prince George's County Schools are in session)

Play and Picnic in the Park:

* Meet for a morning of socialization, exploration and language development. Please bring a picnic lunch for you and your child. Siblings are welcome.

* *Dates and times to be announced (ask your Service Coordinator or Provider)*

Language, Laughter and Lunch:

* Come join us in free play, language development and a fun visit with friends before we eat lunch together - parents are responsible for purchasing lunch for their child.

* Chick-Fil-A, 16503 Ball Park Road, Bowie (near Baysox stadium).

* *Dates and times to be announced (ask your Service Coordinator or Provider)*

To check for additional offerings, see the Infants & Toddlers Community Program calendar
at www.PGCITP.net or <http://pgcitp.ning.com>

getting ready



ready at five



School Readiness Starts At Birth

School readiness doesn't start in kindergarten. Instead, it begins at birth. Every day, your child grows, learns new things, and develops important skills.

As your child gets older, you may be thinking about what he or she should know and be able to do to be successful in school. Your child should be well rounded, with a variety of skills, knowledge, and abilities in seven key areas or Domains of Learning:

- **Language and Literacy**-Does your child talk and listen to adults and other children? Speak clearly? Understand stories? Love books? Know some letters?
- **Mathematical Thinking**-Does your child know some numbers and shapes? Sort things by color? Copy a pattern? Count?
- **Physical Development**-Does your child run, jump, and climb? Button or zip his jacket? Use scissors? Draw? Use safety skills and practice good health?
- **Scientific Thinking**-Does your child ask questions? Like to explore? Look, listen, or touch to get information?
- **Social and Personal Development**-Does your child get along with others? Start an activity, work on it, and finish it? Follow a routine? Clean up? Make good choices?
- **Social Studies**-Does your child follow rules? Does your child talk about himself, his family and his community? Know about the different jobs that people do? Talk about how people are alike and different?
- **The Arts**-Can your child dance? Sing? Make music? Play “make believe?” Draw? Paint? Appreciate the creative work of others?

The few years before kindergarten are simply the most important learning years in your child's life.

Parents Can Help

You are your child's first and most important teacher. There are many things you can do with your child, starting at birth, to help your child. Encourage learning during daily activities, such as feeding, bathing, grocery shopping, and playing. And, you can partner with your child's teachers, caregivers, and other service providers to help your child succeed.

In the 2009-2010 school year, 78% of kindergartners were fully ready for school. Help your child to be one of the kindergartners who is ready to succeed! Try these activities with your child:

Your Infant

- **Read to your infant as often as possible.** Use books that build your infant's curiosity, such as "touch and feel books." Talk with and ask your child questions about the book.
- **Play with infant toys that squeak, rattle, light up, or play music when they are handled-** they teach "cause and effect."
- **Sing lots of different songs to your infant.** For example, sing "It's Raining" in the bath tub, "Old MacDonald" on a walk, or "Twinkle, Twinkle Little Star" at bedtime. You can even make up silly songs to familiar tunes. Help your infant clap her hands or shake a rattle as you sing.

You may not think that your infant is learning during these simple activities, but she is! In fact, she learns about the world by exploring it through her senses: she touches, smells, looks at, listens to and tastes things. During this time, your infant is building the pre-reading, fine motor, memory, listening, problem-solving, and communication skills she needs to successfully grow and learn.

Your Toddler

As your child gets older, he begins to explore the world and ask questions: "Why is the sky blue?" "Why is the sea salty?" "Why does a ball roll?" Your toddler uses questions as a way to help him understand the things he sees and make sense of the world. Your toddler will also become more physically active and enjoy exploring new things. Build on your child's natural curiosity and develop his readiness for school with these activities:

- **Read to your child.** Choose books that interest your child. Try books about bugs, trains, people, and places. Have your child draw (scribble) his favorite character.
- **Play block games.** Help your child learn important math skills by pointing out the shape and color of each block. Show your child how to sort the blocks by color or shape. Help your child make block patterns (red block, blue block, red block, blue block...). Count to 10, pointing to each block as you count.
- **Sing songs and listen to music with your child.** Help him dance, jump, clap, snap or tap to the beat of the music.
- **Talk with your child.** Play rhyming games: What are some words that rhyme with "hat" and "bat?" Play word games: What are some words that start with the "P" sound?

Your Preschooler

By the time your child is a preschooler, she has the ability to put her skills into practice: learning through discussion, reading and hands-on exploration. Give your preschooler time to:

- **Read a story and talk with your child about the book.** Have your child retell the story, ask: "What happened in the beginning? The middle? The end? Who was in the story? What did they do?" Extend the story by making puppets out of brown paper bags and other art materials. Put on a puppet show, acting out your child's favorite part of the story.
- **Play.** Give your child time to run, jump rope, hop, gallop and skip. Encourage your child to use his hands: draw, tie shoelaces, button and zip jackets, cut with scissors, stack blocks, pour juice, or crack eggs.
- **Explore.** Go on a scavenger hunt: ask your child to find something big, something soft, something green, and something bumpy. Go on a magnet hunt: give your child a magnet and ask her to try and find things that it will stick to. Go on a letter hunt: ask your child to find letters in the newspaper, at the grocery store, on street and building signs, and on food packages.



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www.readyatfive.org

**Prince George's County
Infants and Toddlers
Program**

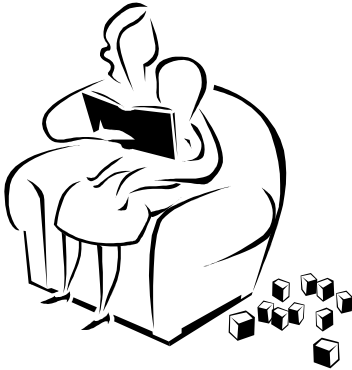
9201 Basil Court, Suite 440
Largo, MD 20774

Phone: 301-883-7428

Fax: 301-883-3907

Email: FSNCoordinator@co.pg.md.us

To the Parent/Guardian of:



**FREE Immunizations For Children
Ages One Month To 21 Years**



By Appointment Only

In Clinton and Cheverly, Maryland
Call the Prince George's County Health
Department between 8:00 am - 4:30 pm
to schedule an appointment

301-583-3300

You must bring a copy of your child's
immunization (shot) record with you to the appointment.
You must bring proof of residency for Prince George's County.

If you do not have health insurance for your child,
call **HealthLine** at **1-888-561-4049**.