



# FAMILY TIES

## A Note From Your Coordinator

Winter is upon us and sometimes it seems like it will never end. Finding a fun project would give you a feeling of accomplishment and help these cold days pass by in a happier way. Here are a few neat ideas: organize and put photographs in albums, learn a craft or cake decorating, contact an old friend that you have lost track of, or call an elderly relative, listen to their stories, write them down and trace

your family tree. Doing something interesting for yourself will help you to be a more relaxed and loving parent.

We are planning a "Mom's Night Out" on March 30th, with details on page three. This will be a time to visit and relax with other moms. If you start any neat projects or have ideas for fun activities, bring them along to share. This is a nice way to

meet new friends.

I am excited about the interesting activities and workshops that are planned for the spring, and I hope that you will be able to attend some of them.

Janie Bucy  
240 920 6829



## Strategies For Reading With Your Child

### Playing with books

The first step towards reading success for children with disabilities is learning how to interact with books. The primary goal is to build communication skills and interest in reading and to teach the child to focus and attend. Play sessions involving books are different from typical book reading time. The child should be encouraged to turn the pages and repeat repetitive phrases. The child should be asked to point out different objects or colors in the book. This will help build an awareness of objects in the environment.

### Motivation

Children with severe disabilities may need motivation in order to want to interact with the book being presented. This experience should be in a small group, not a large group setting. This experience should build on the understanding of the book. The book could be introduced through a song, a finger play, or a poem related to the story. For example, The Itsy Bitsy Spider encourages children to use their fingers to act out the song as the spider climbs up the spout and gets washed out by the rain. The story is reinforced by combining words and actions. Great concepts can be reinforced through shared reading with your child.

### Other considerations

There are other things to consider when preparing to read with your child.

- ♦ Positioning of your child and materials
- ♦ Songs
- ♦ Props or objects to make the illustrations come to life

-Helene Walker

*Family Support  
Network/ Preschool  
Partners*

**Allegany County**

February/March 2017

## Ode to Spring

It snowed today  
Again  
Like yesterday  
And once more  
Snow tomorrow

A harsh winter  
That's what they say  
Colder than it's ever been  
Snow like we've never seen  
Spring... it will be late

But I will wait, for like fate  
Spring always follows  
Spring always comes  
Spring has never failed me

Even under 6 feet of  
sorrow  
No matter how long I  
burrow  
Spring somehow always  
finds me

-Sonya Florentino



## Book Review

The featured book for February/March is Animals Should Definitely NOT Wear Clothing. It was written by Judi Barrett and illustrated by Ron Barrett.

This is one of the funniest books I have found in quite awhile. A variety of animals are given different articles of clothing only to be pictured showing what a silly and disastrous predicament that would cause. A camel would not know whether to wear hats on his head or his

humps. Flowered pants would keep the hen from being able to lay her eggs. The moose's antlers would get caught on suspenders. A giraffe would need too many ties to cover his long neck. And, the opossums might wear their outfits upside down. Each explanation and illustration will bring giggles from your little one.

Animals Should Definitely NOT Wear Clothing would be a great addition to your child's collection of books.



### Winter Crafts

#### **Simple Snowflakes-**

- white coffee filters
- child safety scissors

Show your child how to fold a coffee filter in half and then in half again. Have him cut small triangles out of the folded edges. Help him unfold the filter to discover the snow flake !

#### **Frosty Pictures-**

- Epsom salts
- water
- paintbrush

Have your child draw an outdoor picture on a piece of colored construction paper. Make a solution of half Epsom salts and half water. Let him use this mixture to paint on the picture. When the mixture dries, it will leave sparkling crystals on the paper.

#### **My Special Valentine-**

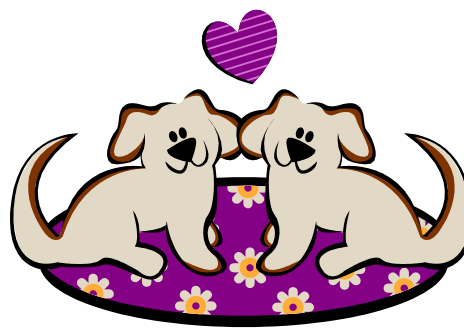
- large heart shape (cut out of construction paper)
- old photos and pictures from magazines
- glue

Give your child a large paper heart and help him to create a valentine filled with all the special people he loves. Let him glue faces from old photos (family members, pets, etc.). You can also use a magazine to gather clippings of special foods or toys that are special to him!

### **When to Cancel your Child's Appointments with the Infants and Toddlers Providers:**

- ♦ If your child has a fever of 100° or more the day of your appointment
- ♦ If your child has diarrhea or has been vomiting in the last 24 hours
- ♦ If your child has a painful sore throat; red and watering or crusty eyes; open sores; or is in obvious pain
- ♦ If your child has been diagnosed with strep throat or pink eye, and has not been on antibiotics for at least 24 hours from the first dose
- ♦ If your child has a bad cold or cough; the first 24-48 hours of a cold are the most contagious
- ♦ If any other child in your home is not going to school because they are sick, or adults are not going to work because they are sick

When you are uncertain if you should cancel your appointment or not, please call the Infants and Toddlers office at 301-759-2417.



Happy Valentines Day!

# What's Going On...

## Parent Café

When: Thursday, February 23, 2017; 9:00—10:30 a.m.

Where: Beall Elementary School, Art Room

What: A different and exciting kind of a parent meeting! Meet new friends, share and gain helpful ideas on parenting and raising strong happy children.

A delicious FREE Continental Breakfast will be shared.

RSVP: by Wednesday, February 22, 2017 at 301-689-8489

## Understanding DDA (Developmental Disabilities Administration)

When: Tuesday, February 28, 2017; 6:00 - 7:30 p.m.

Where: Jefferson School at the Finan Center, 10102 Country Club Rd. SE, Cumberland

What: This is a meeting to help parents understand the DDA process and how it can benefit their child. A DDA representative will explain the application process and required documentation to determine eligibility. Refreshments will be served.

RSVP: by Monday, February 27, 2017 at 240-920-6829

## Movie Night !

### "TEMPLE GRANDIN" - Autism Gave Her A Vision. She Gave It A Voice.

When: Tuesday, March 7, 2017; 6:00-8:00 p.m.

Where: Cash Valley Elementary, Media Center

What: The true story of the life of Temple Grandin, a girl with autism, who persevered and overcame many obstacles at a time when Autism was still almost unknown. This is a wonderful movie that will give inspiration and hope for any person with a disability. Popcorn will be served.

RSVP: by Monday, March 6, 2017 at 240-920-6829



## Dr. Seuss and Friends Present - School Readiness Fair

When: Saturday, March 11, 2017; 10:00 a.m. - 2:00 p.m.

Where: Country Club Mall - Center Court

What: If you are the parent of a preschool-aged child, you won't want to miss out on this exciting afternoon. The annual School Readiness Fair and the Allegany Co. Library's Dr. Seuss' reading week have combined to plan a fabulous event. This will be a fun and informative time for both parents and children. This event will include games, prizes, displays, and roaming storybook characters.

**Family Support Services will have a display table; come and see us!**

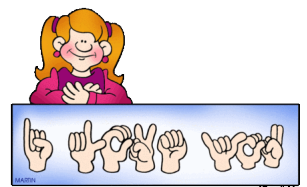
## Signing With Young Children

When: Wednesday, March 15, 2017, 6:30— 8:00 p.m.

Where: Jefferson School at the Finan Center, 10102 Country Club Rd. SE, Cumberland

What: A workshop with Cheri Dowling, MSD, focusing on the benefits and techniques of teaching basic sign language to young children. This is a fun workshop! Refreshments will be served.

RSVP: by Tuesday, March 14, 2017 at 240-920-6829



## Moms' Night Out

When: Thursday, March 30, 2017; 6:00 p.m. -?

Where: Skewers Kabobs and More Restaurant, Bedford Rd., Cumberland

What: Relax and talk with other moms; bring pictures of your family; you deserve a break!

RSVP: by Wednesday, March 29, 2017 at 240-920-6829

# **“Understanding Autism Spectrum Disorders”**

## **What Parents and Caregivers Need to Know**

### **Annual Western Maryland Family Support Services Regional Conference**

When: Saturday, April 8, 2017, 8:30 a.m.– 4:00 p.m.

Where: Washington Co. Technical High School, Hagerstown, MD

What: Four different speakers will provide a wealth of information for anyone interested in learning about and helping a child with Autism Spectrum Disorder. This is going to be a fabulous one day event that you won't want to miss, including door prizes, food and great information. Save the date! Call [240-920-6829](tel:240-920-6829) to receive a registration brochure. Please register early because this conference will fill up and seating is limited!

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### **Early Learners Playgroup**

**When:** The 1st and 3rd Wednesday of each month,  
February 1 & 15, March 1 & 15, April 5 & 19, 2017; 9:00—10:00 a.m.

**Where:** South Penn Elementary School

**What:** This is a free program that gives your child (ages 2-4 years old) the opportunity to play and learn in a classroom environment. The children will learn important social skills and critical classroom behaviors. Parents are encouraged to play and teach their child while having fun with other families and children. This is also a nice way to meet and share ideas with other mothers. Snacks are provided and each child will receive a book to keep and take home.

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## **Happy St. Patrick's Day**

What do you get when you cross poison ivy  
with a four leaf clover?

-A rash of good luck!

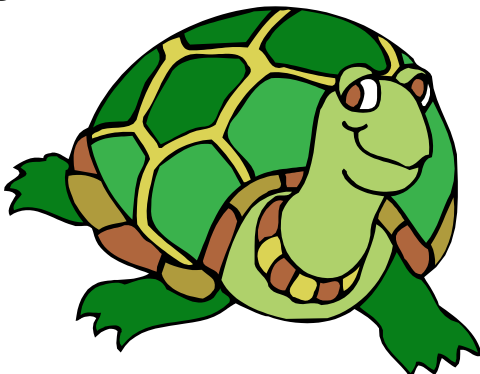


### **Turtle Bread**



#### **Ingredients:**

2 1/2 to 3 cups of all purpose flour  
1 package of quick-acting active dry yeast  
1tbsp of sugar  
1 tsp of salt  
1/2 cup of water  
1/3 cup of milk  
1tbsp of margarine  
1 egg  
2 raisins



1. Mix 1 1/2 c. of the flour, yeast, sugar and salt in a large bowl.
2. Heat water, milk and margarine to 125°, stir into yeast mixture. Stir in egg. Stir in enough of remaining flour to make the dough easy to handle.
3. Sprinkle a surface lightly with flour. Turn the dough unto the surface, knead until smooth and elastic about 5 min. Cover and let rest for 10 min.
4. Lightly grease a cookie sheet. Shape a 2 inch piece of dough into a ball for head. Shape 4 walnut size pieces of dough into balls for feet. Shape 1 walnut size piece of dough into a tail. Shape remaining dough into a ball for body; place on cookie sheet and flatten slightly. Attach head, feet and tail by placing one end of each under edge of the body to secure. Press raisins into head for eyes. Cover and let rise for 20 min.
5. Heat the oven to 400°. Make crisscross cuts in body 1/4 inch deep to look like a turtle's shell. Bake until golden brown 20 to 25 min. Makes 1 turtle bread.





## Bonding with your baby: The Importance of Attachment

### What is attachment?

Good attachment is the deep long lasting bond between your child and you during the baby's first several years of life.

### Why is attachment so important?

The early attachment years greatly affect everything about your child throughout his life. Attachment affects your child's mind, body, emotions, relationships and moral values. Children who receive warm and responsive care giving and who form secure attachments:

- ♦ Cope with stress and difficult times more easily when they are older
- ♦ Are more curious
- ♦ Develop independence
- ♦ Get along with other children
- ♦ Form long-term relationships
- ♦ Trust authority figures
- ♦ Have empathy and compassion
- ♦ Perform better in school
- ♦ Know how to attach to their children when they become parents

### Secure attachment provides a child with:

- ♦ Safety and protection
- ♦ Basic trust that will influence all future emotional relationships
- ♦ The ability to explore his environment safely and securely which leads to a curiosity for learning
- ♦ The ability to manage his impulses and emotions
- ♦ Feelings of confidence and self-worth
- ♦ Empathy, compassion and conscience
- ♦ The ability to be resilient and resourceful
- ♦ Defense against stress and trauma

### How do I go about providing this attachment?

- ♦ The best way is through touch. The most powerful way to establish human relationship is through loving touch, one of our most basic needs. For instance, breastfeeding provides loving skin-to-skin touch and excellent nurturing.
- ♦ Hold and handle your baby safely.
- ♦ Make eye contact. This helps your baby's brain grow while teaching him to make eye contact and to have positive communication.
- ♦ Smile at your baby. Smiling helps the baby feel safe and secure while providing warmth, joy and love.
- ♦ Have a positive attitude
- ♦ Meet all of your baby's needs

### What happens if attachment goes wrong ?

When a child fails to receive loving, protective care many problems can occur that will interfere with his healthy development. These attachment disorders in children can include:

- ♦ Inability to develop and maintain friendships
- ♦ Anti-social attitude and behavior
- ♦ Aggression and violence
- ♦ Inability to be intimate or affectionate
- ♦ Feelings of rejection, pain, fear and anger
- ♦ Low self-esteem
- ♦ Negative self-perception (for instance a child might think "I am bad.")
- ♦ Mistrust of authority
- ♦ Being needy, clingy, and fearing independence
- ♦ Having poor control of stress and lack of self-control

### Ask for parenting help

Don't feel bad if you need to ask for help. Raising a child is the hardest work you'll ever do.

**You cannot spoil a baby with love !**



## RAINBOWS - GUIDING OUR YOUTH THROUGH THE STORMS OF LIFE

Rainbows for All Children is an international, non-profit organization.

Currently accepting registrations for **peer support groups** for children in grades K-8. Rainbows offers coping skills and support for children who are working through a death, divorce or separation in the family.

The ten week program covers such topics as grief, anger, guilt, death and divorce. Rainbows is offered **free of charge** on Tuesday evenings and is open to the community.

Group meetings 5:30 to 6:15

Where: **Jane's Place, Inc.** 26 Greene St. in Cumberland

For more information or to register, call Amie Chronister at 301-722-0016.

(Not endorsed by the Allegany Co. Board of Education)



## **FAMILY SUPPORT NETWORK & PRESCHOOL PARTNERS**

3 Pershing Street

Suite 316

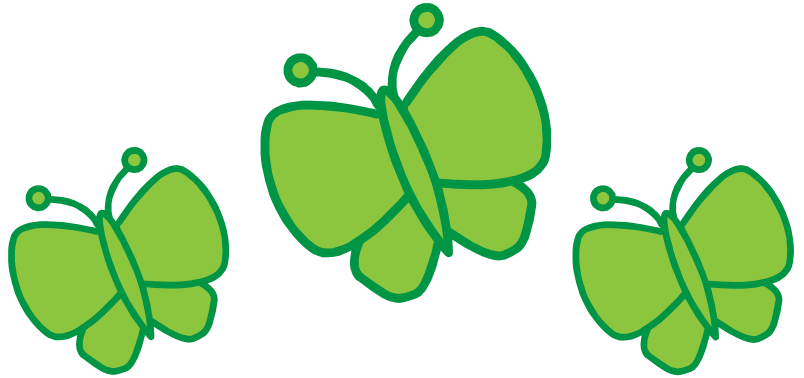
Cumberland, MD 21502

Phone: 240-920-6829

Fax: 240-920-6829

E-mail: [janie.bucy@acpsmd.org](mailto:janie.bucy@acpsmd.org)

Infant and Toddlers: 301-759-2417



### **The Trouble Tree**

The carpenter I hired to help me restore an old farmhouse had just finished a rough first day on the job. A flat tire made him lose an hour of work, his electric saw quit, and now his ancient pickup truck refused to start.

While I drove him home, he sat in stony silence. Upon arriving, he invited me to meet his family. As we walked towards the front door, he paused briefly at a small tree, touching the tips of the branches with both hands. When opening the door, he underwent an amazing transformation. His face was wreathed in smiles and he hugged his two small children and gave his wife a kiss.

Afterward, he walked me to my car. We passed the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier.

“Oh, that’s my trouble tree,” he replied. “I know I can’t help having troubles on the job, but one thing for sure, troubles don’t belong in the house with my wife and children. So, I just hang them up on the tree every night when I come home. Then, in the morning, I pick them up again.”

“Funny thing is,” he smiled, “when I come out in the morning to pick them up, there aren’t nearly as many as I remembered hanging up the night before.”

-Anonymous-



#### **Reminder!!**

If school is cancelled  
or dismissed early  
due to inclement  
weather,  
our meetings must  
also be cancelled.