



Newsletter

March/April 2010

Serving Geauga County families with children from
birth to three years old



Contact us:

Geauga County Help Me Grow
8200 Cedar Road
Chesterland, Ohio 44026

Program information & Central
Intake:

440-729-5250

Toll Free 1-866-975-1100

www.geaugaffc.org/helpmegrow

Check out Ohio Help Me Grow website at
www.ohiohelpmegrow.org

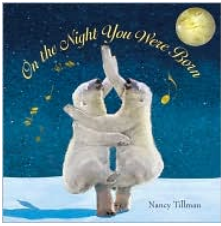
What is Help Me Grow?

Help Me Grow is a voluntary program for pregnant women and families with infants and toddlers between the ages of birth and three years old. The goal of the program is to assure that newborns, infants, and toddlers have the best possible start in life. Help Me Grow provides services that promote children's growth and development and support families during their children's early years.

A **Help Me Grow** Service Coordinator can make visits to your home to provide you with information about community services and resources for Geauga Families. Your child will also be screened for health and overall development to make sure he/she meets important milestones. The purpose of **Help Me Grow** is to help parents help their children reach their fullest potential because the first three years of life are so important to a child's overall educational, social, and emotional development.

Geauga Help Me Grow is funded by Geauga Family First Council & Ohio Department of Health with the Early Childhood Developmental & Home Visitation Program component funded by Geauga County Job & Family Services.

On the Night You Were Born



A beautiful tribute to the uniqueness of every child: "On the night you were born, the moon smiled with such wonder that the stars peeked in to see you and the

night wind whispered, 'Life will never be the same.' " The wind and the rain whispered the new babe's name, causing animals all over the world to rejoice. And if ever that child thinks that he is unloved, all he need do is listen to the wind and look around at nature—they will remind him of just how special and loved he is.

Tell Your Geauga County Friends & Family!

Free Developmental Screening



Have you ever had any concerns about your child's development?

Have your child birth – three years of age screened in all areas of development.

Wednesday, March 24th
10:30 a.m. - 1:30 p.m.
Middlefield Library
16167 E. High St., Middlefield

Thursday, March 25th
3:00 p.m. – 6:00 p.m.
Metzenbaum Center
8200 Cedar Road, Chesterland

Advance Registration Required!
Call 440-729-5250x1530 to schedule your appointment

Fun on a Budget

Become Park Explorers - *I have two boys and they enjoy being active. We like to go on park hunts. We'll jump in the car, travel to another neighborhood, and find a new public park to explore. Each one in our city seems to have a different mix of playground equipment to try out. The boys love it. And when we find a really great park, we sometimes bring a few friends on our next visit, to share our find with.*

Make Staying In Special- *We set aside every Friday night for a mock take-out dinner and movie night. I prepare a fast food type of dish, such as pizza, fish and chips or burgers and fries. By cooking these foods at home, I have control over the ingredients and can make them healthier. Also, instead of seeing movies as soon as they hit the theaters, we buy the DVDs. In most cases, the DVD's cost is lower than the price of movie tickets for the whole family.*

Solicit Sport Sponsors- *I have five children and they all enjoy extra curricular activities. My husband I couldn't manage the cost and time involved, so we started a family sponsorship program, matching relatives' hobbies and interests to those of our kids. My stepdad, for example, is a former coach: we asked him to sponsor the kids' baseball activities. Besides helping out with the fees, he and my mother drove the kids to practice and sometimes even brought snacks for the team. My two eldest have participated in soccer, baseball, acrobatics, cheer and dance, thanks to our family. Our relatives feel closer to the children and the kids get to learn from someone older who played the sport.*

Adapted from Family Fun Magazine – February 2010. Visit www.FamilyFun.com for subscription information.

PARENT TIPS...

RELIEVE TEETHING PAIN

HOW TO DO IT: FOLD A WASHCLOTH INTO A SMALL TRIANGLE. DIP ONE CORNER IN WATER, AND PLACE IN THE FREEZER FOR A FEW HOURS. ONCE IT'S FROZEN, LET YOUR BABY GRASP THE DRY END OF THE CLOTH -- OR HOLD IT FOR HIM -- WHILE HE GNAWS ON THE FROZEN CORNER.

WHY IT WORKS: THE ROUGH FABRIC MAKES A BABY'S IRRITATED GUMS FEEL BETTER, AND THE COLD

Community Events

Maple Sugaring Weekend March 13 & 14 - Lake Farmpark, 8800 Chardon Road, Kirtland, OH - Enjoy a hearty pancake breakfast served from 9 a.m. to 1 p.m. , then take a horse-drawn wagon ride to the sugarhouse where you'll see maple syrup being made, sample maple stirs and candy and learn how to make maple syrup. \$6.00 ages 12 & older; \$4 ages 2 to 11

Eggshelland Easter time - 1031 Linden Lane, Lyndhurst, OH - A seasonal Easter display of thousands of painted eggshells depicting cartoon characters and religious images. Created each year by the Manolio family.

Easter Egg Hunts Many towns and organizations in our area do Easter Egg Hunts. Keep an eye out for these fun events for your children to enjoy.



Parents Rights in Help Me Grow

When your child who is birth through age two receives services from the Help Me Grow program, you receive certain rights. Your rights include:

The right to accept or decline some or all services from the Help Me Grow program

Assessment of the strengths and needs of your family

Help with writing and updating the Individualized Family Service Plan (IFSP)



New Ohio Booster Seat Law



Ohio's new booster seat law took effect with a six-month warning period on October 7, 2009. The law requires booster seats for children who have outgrown car seats but are younger than the age of 8 unless they have reached 4 feet 9 inches in height.

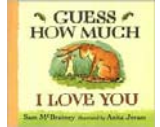
Parents still have time to get in compliance with the law before the warning period ends on April 7, 2010 and ensure their young passengers are traveling safely. Parents can call the Rainbow Car Seat Hotline at 216-844-2277 extension 5, with questions and information about the nearest certified child passenger safety technician agency.

This 'n That



Open Gym – Wednesday, March 3rd 5:00 – 6:00 p.m. at 8200 Cedar Road, Chester (Metzenbaum School.) Enjoy play stations of books, crafts and riding toys. Come anytime between 5:00-6:00 p.m. Older siblings are welcome to attend and help be “leaders” at the stations.

Guess How Much I Love You – Wednesday, March 10th 10:30 a.m. at 16167 E. High St., Middlefield (Middlefield Library.) Enjoy the story Guess How Much I Love You and celebrate the love of your children with crafts and activities.



Chuck E Cheese – Thursday, March 18th 9:30 a.m. 8000 Plaza Blvd, Unit J, Mentor Help Me Grow will provide each child with 15 tokens each. RSVP by March 16th to 440729-5250x1530.

Screening Day – Wednesday March 24th 10:30 a.m. – 1:30 p.m. & Thursday March 25th 3:00 – 6:00 p.m. Advance registration required – tell your friends and family. Have your child birth – 36 months screened in all areas of development. Call 440-729-5250x1530 to register.

Single Parent Dinner – Wednesday, March 31st at 5:30 p.m. at 12480 Ravenwood Drive, Chardon (JFS building). Dinner from 5:30 to 6:00 p.m. Childcare & discussion from 6:00 – 6:45 p.m. Enjoy this chance to get to know other single parents in our community. For more information or to RSVP contact 729-5250 x 1533.

HMG Early Childhood Subcommittee – Thursday, April 1st at 10:00 a.m. at 8200 Cedar Road, Chesterland, Ohio (Metzenbaum Center) This is an opportunity to share your insight and knowledge with other community members interested in supporting the success of Geauga County Help Me Grow. Child care and parent stipends are available.

Open Gym – Wednesday, April 14th 5:00-6:00 p.m. at 8200 Cedar Road, Chesterland (Metzenbaum School.) Enjoy play stations of books, crafts and riding toys. Come anytime between 5:00-6:00 p.m. Older siblings are welcome to attend and help be “leaders” at the stations.



Earth Day – Thursday, April 22nd 10:00 a.m. at 9465 Kinsman Road, Russell Township (The West Woods – Turkey Ridge Shelter.) Dress for the weather. Celebrate Earth Day with a spring walk and take a “green” craft to complete at home.

Stress-Free Family Fun Night – Thursday April 29th 5:30 to 7:30 p.m. – Metzenbaum Center, 8200 Cedar Road, Chesterland, OH 44026. Evening will include supper, playing & quality family time. Parents will get to learn positive discipline techniques. RSVP required 729-5250x1530 by Monday April, 26th.

Go ahead...Play with Your Food!

Try this idea with your children – take mini hotdogs or cut up regular hot dogs. Spear the hotdogs pieces with dry spaghetti. Prepare the spaghetti as instructed on the box. The hotdogs will also cook in the boiling water. Your children will enjoy their “squid” creations.

