

Newsletter

May/June 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

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.

Parent Tips...

Soothe Itchy Mosquito Bites

How to do it: Gently roll a liquid or solid antiperspirant over the swollen, irritated welts. Wait five minutes, then reapply if the bites are still itchy.

Why it works: "The aluminum salts in the antiperspirant cause fluid in the bites to be reabsorbed into the body," explains Kenneth Haller, M.D., an assistant professor of pediatrics at Saint Louis University School of Medicine. "When the swelling subsides, the itching goes away."

When to call the doctor: If the bite shows signs of infection, such as red streaks or increased tenderness, or if your child develops flulike symptoms -- such as fever, headache, muscle pain, or swollen glands -- that could signal West Nile virus.

Lake-Geauga United Head Start, Inc.



NOW ENROLLING

At our Geauga center
in Huntsburg

**Providing Free Comprehensive Preschool
Services to Children ages 3-5 and their
families**

Services include:

Nutritious Meals * Family Advocacy

Special Needs/Disability Services

Literacy Instruction

Vision/Hearing Screenings * and more!

Transportation provided in some areas

Center located in the Huntsburg Elementary
building

Call (440) 636-5387 to enroll your child!!

Eligibility is based on family income.



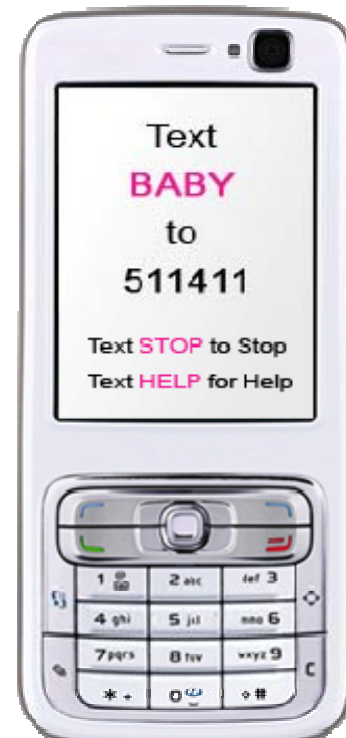
Parents Rights in Help Me Grow

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 be informed of your rights

The right to provide informed written consent before any information about your child or family is shared between service providers and before evaluation and services begin

The right to review and make changes to records about your child and family at any time



TEXT4BABY is a new FREE mobile information service to help new and expectant moms receive health information for themselves and their babies. *No service fees charged for this texting service.*

This 'n That



Kidsfest - Saturday, May 1st 10:00 a.m. - 2:00 p.m. - Metzenbaum School, 8200 Cedar Road, Chesterland Come join us for a fun-filled day of free hands on activities, entertainment and refreshments. Featuring county wide information and services for families. *Child must be accompanied by an adult. For more information, call 440-285-2282.*

Lake Farm Parks Field Trip - Tuesday, May 11th 10:00 - 11:30 am - 8800 Chardon Road, Kirtland Come and experience farm animals up close. The program goes until 11:00 & then you are able to stay longer with your family & explore more of the wonders that the park has to offer. Please call 729-5250 x 1530 by May 6th to RSVP your family. Lake Farm Parks has extended a special HMG price of \$2.00 per person.



Down Syndrome Dinner - Wednesday, May 26th 6:00 pm - Metzenbaum School, 8200 Cedar Road, Chesterland. Join old and new friends, while we have a chance to visit and eat dinner. RSVP 440-729-5250x1530 by May 24th.

Help Me Grow Giveaway - Friday, June 18th 9:00 am - noon - Metzenbaum School, 8200 Cedar Road, Chesterland. Doors open at 9:00 am for Help Me Grow families and they are open to the public from 10:00 am to noon. EVERYTHING IS FREE. Donations will be accepted starting June 1st contact your service coordinator to arrange to make a donation.

Single Parent Dinner - Wednesday, June 23rd at 5:30 to 7:00 p.m. at Bessie Metzenbaum Park. Dinner, childcare & discussion. Enjoy this chance to get to know other single parents in our community. For more information or to RSVP contact 729-5250 x 1533 by June 21st.



Cleveland Zoo Field Trip - Thursday, June 24th pick-up tickets from 9:45 to 10:00 a.m. at the zoo outside the main gate - 3900 Wildlife Way, Cleveland Enjoy the end of the school year outing with your family & Help Me Grow to the 7th oldest zoo in the United States. Enjoy some of the 3000 animals at the Zoo. Bring a packed lunch to eat for you & your family or purchase lunch there. Please call 729-5250x1530 by June 18th. The Cleveland Metroparks Zoo is offering this Field Trip FREE to Geauga Help Me Grow families. SPACE IS LIMITED

HMG Early Childhood Subcommittee - Thursday, July 1st at 10:00 a.m. at 12480 Ravenwood Drive, Chardon (JFS building). 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.

"Getting Your Child Ready for Preschool"

*A Webinar for ALL Families in Help Me Grow
May 27, 2010 * 1:00 p.m. to 2:30 p.m.*

Preschool is a special opportunity for young children. As parents, we can do many fun and simple things to help our child "get ready" so they can make the most of this time. Remember, you can't start too early! On May 27 at 1:00 p.m. Greta Powell, M.A., ECIS and Amy Keren, B.A. will be doing a 90-minute live online presentation "Getting Your Child Ready for Preschool" for families in Help Me Grow. The Webinar is being coordinated by the Family Information Network (FINofOhio).

How to register? Simple! Email finofhioweibinar@gmail.com no later than May 26. In your email, please indicate the date of the Webinar (May 27) and that you are a family in HMG.

Several days before the Webinar you will receive an email with information on how to log on and join this very informative and practical presentation. Don't miss this opportunity to hear Greta and Amy! Sign up now!