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PROGRAM NEWS

FALL NEWS

Welcome to all families returning to EIP and to new families entering this fall.

In the Fall edition of *Edmonton’s Child’s* magazine, there is an article on our program. A copy of this article is on Page 2 of this Newsletter.

Most of our groups are up and running. A calendar of group times and locations is attached to this newsletter.

For your information:

- Me and My Buddy is a Saturday group for Dads, Step-dads, grandpa and uncles, or other male role models, and runs once a month in each of the following locations. (See the group calendar for dates and come and play with your little one!)
 - North Side: Clareview Head Start, 1142 Hermitage Road.
 - South Side: Millwoods Family Recreation Center, 7202 – 28 Avenue
- In November a new weekly group will open at Clareview Head Start. This group will be held on Friday mornings, everyone is welcome. Check your calendar for the starting date.

We are also pleased to let you know that we have successfully moved to a new location. Check out our new address below. Our telephone and fax numbers will remain the same.

**AN IMPORTANT NOTE:
It’ Cold and Flu season**



If your child has a runny nose, fever, sneezing, coughing, vomiting or is unusually irritable, it is best to reschedule your home visit and not attend playgroup. You can re-book the home visit, have a phone visit, or ask your EIP consultant to mail information to you.

Note that Early Intervention Consultants will cancel any home visits if they are ill.

News for Parents is a publication of the Capital Health Early Intervention Program located at:

**LaPerle School
18715 – 97 A Avenue
Edmonton, AB T5T 4C1
Phone: (780) 483-1744
FAX: (780) 483-1711
Website: <http://www.capitalhealth.ca/eip>
Email: eip@capitalhealth.ca**

If you have any questions regarding this Newsletter, please contact Colleen Best at colleen.best@capitalhealth.ca or call her at (780) 483-1744.

Articles:

The following article has been copied from *Edmonton's Child*, Sept-Oct 07 edition



FAMILIES – The Benefits of Early Intervention

By Sue Robins

Keegan Goodyear is a beautiful two-year-old boy. He has an engaging smile and his mom says he loves people and is eager to learn. When Keegan was three months old, his mom, Lori-ann Goodyear, began to have concerns about his development.

“He wasn’t doing the same things as his sister (Martina, who is now four-years-old) was at three months of age such as holding his head up. And at one year, he wasn’t crawling.”

His health was being monitored by their physician, but when Keegan turned a year old, Lori-ann went to her pediatrician and said: “Something is just not right.”

Capital Health’s Early Intervention Program (EIP) is available for parents who have concerns about their child’s development. The EIP is available for families with children up to three and a half years of age who have two or more developmental delays.

The program provides support and information for families in a variety of settings and locations: the family’s home, community-based playgroups, and parent groups. EIP staff provides information about community-based activities and other services and agencies. They also have access to a resource and toy lending library and can help parents plan for their child’s pre-school entry.

“If you are concerned about your child’s behaviour, attention, play, speech, feeding – call us,” encourages Joan MacDonald, Team Leader. “What Early Intervention does is help families mobilize resources for their family and their child with a developmental delay in two or more areas or who have a diagnosed disability. We ask, ‘what do you feel you need in order to become successful in parenting your child?’ MacDonald explains.

Once EIP gets the call, they will complete a developmental screen and discuss the child and family’s strengths and concerns. They will also give a number of ideas and strategies to promote healthy child development.

In Edmonton, families waiting for a home visit will be encouraged to attend any of the community group programs where they can participate in a range of activities and also learn healthy child development strategies. Families in areas surrounding Edmonton can also call the central number to be referred to the EIP that serves their area.

MacDonald continues, “Research shows that parents are as accurate as many screening tools. In 75 percent of cases, parents’ instincts are right about their child’s development. If you have concerns about your young child, then call us.”

Goodyear can attest to the value of listening to your gut feelings. She had many questions for the doctors about Keegan, but not many answers. Finally he was diagnosed with microcephaly, which has associated developmental delays.

Microcephaly is a rare neurological disorder in which the circumference of an infant’s head is significantly smaller than average. It usually occurs when the brain fails to grow at a normal rate.

The Goodyears were living in a northern community, and moved to Edmonton earlier this year. “There are more services here in Edmonton for Keegan,” explained Goodyear. One of the first calls she made was to the EIP.

Capital Health’s EIP uses natural learning environments, involves children in community activities, and uses a child’s interests to make learning fun and energizing.

The services are family centered, which means the staff are available to listen to family concerns and to provide encouragement. “I really liked that the early intervention worker, Sue, asked what Keegan’s likes and dislikes are. She really took his own interests into consideration,” says Goodyear. “She would play with Keegan at his level and bring him new toys that she specifically

FAMILIES – The Benefits of Early Intervention (cont'd)

picked out for him.”

Early intervention coaches parents to use their child’s strengths and interests. This makes sure children are engaged and successful. By using everyday activities to create learning opportunities, parents can easily incorporate these activities during play time. For example, Goodyear told the staff that Keegan enjoyed swimming. She was connected with a local community pool program, and then used some of the play she learned in swim lessons to make bath time more fun.

“We want families to feel less isolated by building relationships with other families and supports,” MacDonald continues. “We assist families with problem solving and our goal is to empower parents.”

Early intervention turns 30

Research shows that it is parents, not therapists or teachers, who have the greatest impact on their child’s development. A cornerstone to the Early Intervention program is providing support for the parents, so they can provide support for their children.

Goodyear says, “I am glad that I gave EIP a try for Keegan. My EIP worker said she was there as a support and she took my lead in what I wanted to do with Keegan. I liked that she didn’t say you should do this or that.”

“I felt that Sue helped all aspects of Keegan’s care. She would even come with me to doctor’s appointments so I wouldn’t have to go alone. She also took our family life into consideration. For example, she knows we don’t get up early in the mornings, so she’d find programs that started later.”

Positive Outcomes

What are the results of early intervention programs? Wait times for the service have dropped, and there have been increased community connections for individual families. But the best evaluation comes from the parents themselves.

As for Keegan? His mom says, “I accept Keegan for who he is. He has a beautiful smile and is a lovely boy.” His mom has learned from EIP and is ready to take the next step for her son – community preschool that begins this fall.

δ Sue Robins is a freelancer with over a decade of experience in health care administration in Alberta. A mother of three children, she is also involved in advocacy for children with disabilities. She is available through her website www.suerobins.com

If you would like more information about the Early Intervention Program, you can call Capital Health Link at 408-LINK (5465) or your Community Health Nurse, family physician, or Parent Link Centre.

Call 486-KIDS if you have questions about your child’s development. This is the central intake number for the Early Intervention program and you will be put in touch with the program in your area.

For more early intervention information in specific geographic areas, please contact:

- **Edmonton Early Intervention:** eip@capitalhealth.ca • 483-1744
- **Transitions: St Albert and Sturgeon County** • www.transitions-ab.org • 458-7371
- **Robin Hood Association: County of Strathcona, and Leduc including Sherwood Park and Fort Saskatchewan** • www.robinhoodassoc.com • 476-7140
- **Parkland County: including Stony Plain, Spruce Grove, Devon and Evansberg** 968-3700
- **Connect Society** • www.connectsociety.org • 454-9581 (VITTY)

HELPING CHILDREN TO COMMUNICATE

By Adrienne Jansen, Capital Health, Speech and Language Pathologist

Use Pictures or Other Visuals

- A visual is a picture, object, or gesture that can be pointed to while the child learns the spoken word for the visual. Using both visuals and words will help the child learn spoken words faster.
- Visuals are remembered longer than words alone.
- Children with language delays or English as a second language respond well to visuals and may depend on them to understand or to explain a message.
- Using a visual schedule helps children learn routines. Children can more easily learn what is expected from them throughout the day.



Use Gestures

- Gestures are a means of using your body to communicate. For example, pointing, facial expressions, waving hi or bye, stomping, waving fists all indicate a message.
- Gestures can be an effective way for kids and adults to communicate.
- Gestures slow down your speech and help emphasize key words.
- Gestures are less complex than speech so a child has a better chance of copying it. Whenever a gesture is used by a child, always provide the appropriate spoken word so that the child understands the word that matches the gesture.



Model Words

Children are often told to “use your words” when they hit, punch or bite. Some children do not know what words they can use or they may not be able to say those words. It is the parent or caregiver’s responsibility to teach children the words.

- Read books that talk about different feelings. This gives you the opportunity to teach feeling words during a time when kids are not emotionally excited.
 - **Books for Kids**
 - “How Are You Feeling? Foods with Moods” by Saxton Freymann and Joost Elffers
 - “The Way I Feel” by Janan Cain
 - **Books for Parents and Caregivers**
 - “Helping Children Understand Their Feelings” by Joan Singleton Prestine

When modeling words, remember to:

- Repeat the word over and over.
- Keep it simple by saying the word by itself so that kids can copy and learn it easily.
- Talk slowly so that kids will pay attention and be better able to copy the word.
- Always use a word when a gesture is used.

Vitamin D—How much do Toddlers Need?

Terrena Holomis, Community Registered Dietitian, Angela Wong, Community Registered Dietitian and Novella Lui, Dietetic Intern

Vitamin D is an important nutrient that helps absorb calcium from food we eat. It promotes the proper growth and development of strong teeth and bones in children. Without adequate vitamin D children may develop a disease called rickets, where bones are soft and deformed. New research shows that Vitamin D may play a role in preventing Multiple Sclerosis, Type 1 Diabetes, and certain cancers.

Most children between the ages of one and five years need 400 IU (International Units) of vitamin D every day. Some children, such as those with darker skin, may need more vitamin D in the winter. Parents can talk to their health provider or public health nurse to find out if their child needs more vitamin D. We can get vitamin D through a combination of sunlight, food, and supplements.

Sunlight

Vitamin D is made in the skin by direct sun exposure. In northern latitudes such as Edmonton, the angle of the sun’s rays between October and March does not allow much vitamin D to be produced. In addition, layers of clothing and sunscreen use prevent adequate vitamin D production. Therefore, food sources and supplements are the most important sources of vitamin D for toddlers.

Food sources of Vitamin D

- The major food source of vitamin D for toddlers is milk. All cow’s milk and formula in Canada has vitamin D added.
- Canada’s Food Guide recommends that children between ages two and eight drink two servings of milk every day.
- Two servings of milk provide only 200 IU of vitamin D, which is half of the recommended 400 IU per day. Supplements are usually needed for children to have enough vitamin D.

Source: Canadian Nutrient File, 2007b. Available online at http://hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index_e.html. (Accessed August 1, 2007)

Vitamin D Supplementation

- Liquid vitamin D drops are recommended for toddlers under 2 years old.
- Vitamin D drops can be given directly into the side of the mouth or mixed with beverages. A full dropper provides 400 IU of vitamin D.
- After 2 years of age, when a toddler can chew and swallow safely, chewable junior multi-vitamin/mineral supplements, which provide 400 IU of vitamin D, are an option. Currently, there are no vitamin D only chewable supplements.
- Toddlers can continue to have 400 IU of vitamin D supplement every day until they can eat what would equal 400IU of vitamin D from food sources.
- It is safe to give a 400 IU vitamin D supplement **AND** consume vitamin D rich food sources.

<i>Food Source</i>	<i>Amount of Food</i>	<i>Approximate Vitamin D Content (IU)</i>
Breast milk	250 mL (1 cup)	1-10
Eggs	1 large	26
<i>FORTIFIED FOODS</i>		
Infant Formula	250 mL (1 cup)	100
Cow’s Milk	250 mL (1 cup)	100
Plant based beverage (i.e., Soy, Rice), fortified	250 mL (1 cup)	88
Margarine	5 mL (1 tsp)	25
<i>FATTY FISH</i>		
Herring, Atlantic, pickled or baked	75 g (2.5 oz)	162
Mackerel, jack, canned	75 g (2.5 oz)	189
Mackerel, Atlantic, baked or broiled	75 g (2.5 oz)	78
Tuna, canned	75 g (2.5 oz)	30-60
Salmon	75 g (2.5 oz)	300-600

Tips to ensure an adequate Vitamin D intake year round

- Ensure toddlers’ diet consists of at least two servings of fluid milk daily to meet Canada’s Food Guide’s recommendations.
- Add vitamin D rich foods to the toddlers’ meals to meet the recommended vitamin D intake.
- Provide 400 IU of vitamin D daily in the form of a liquid supplement or a chewable junior multi-vitamin.

For more information contact Health Link or a Community Health Centre. The handout “Vitamin D for Babies and Toddlers” is available from your Community Health Centre.

Did You Know?

Children's Fitness Tax Credit

As of January, 2007, the Government of Canada will allow a non-refundable tax credit for parents who register their children who are 16 years or younger in an eligible physical activity program.

The children's fitness tax credit will allow parents to claim a maximum of \$500.00 per year per child. You can only claim fees that are related to the cost of registering a child in an eligible program of physical activity.

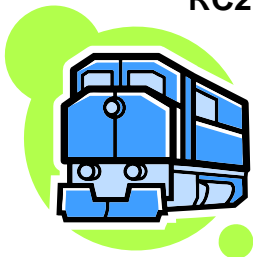
To qualify, the program must:

- a) be an ongoing program, minimum of 8 weeks duration with a minimum of 1 session per week ,
- b) be supervised,
- c) be suitable for children and,
- d) contribute to the improved cardio-respiratory fitness plus enhance the child's muscular strength, endurance, flexibility, or balance.

For information call 1-800-959-8281 or www.cra-arc.gov.ca



Toy Recall



RC2 Corp announced it was recalling 1.5 million Thomas the Tank Engine wooden railway toys in Canada and the USA because of fears the paint used on the toy could contain lead. The toy recall includes all wooden vehicles, buildings and other train set parts imported or distributed by the company. The toys in question were sold between January 2005 and June 2007. Toys marked with the letter WJ or AZ are not affected by the recall.

****Lead can be toxic if ingested by children.****

On December 15, 2005 Capital Health implemented a Tobacco Reduction Policy. This means clients will be asked to **NOT SMOKE** during home visits with any Capital Health employee. We appreciate your cooperation as Capital Health works to provide our patients, clients & staff with healthier environments.





Other Community Workshops, Courses & Information

(E.I.P. does not endorse or recommend any of the following, it is provided for your information only)

FALL FORUM CONFERENCE ON F.A.S.D.

LIFE LONG LEARNING

Hosted by
Edmonton Fetal Alcohol Network

Registration Fee After October 1,
2007 \$60.00

When: Thursday, November 15 2007
9 a.m. – 4:00 p.m.

Where: Ukranian Youth Unity
Complex, Edmonton

For more info. call Lisa at
(780)477-1999 ext.234 or email
lrogozinsky@bissellcentre.org

Topics include: Sensorimotor
dysfunction, behavioural challenges,
current research

C.N.I.B. presents

All you ever wanted to know about
nystagmus, but were afraid to ask!

Presenter

Dr. K. Sabri (ophthalmologist)

Dr. Sabri will present information about
nystagmus, including congenital causes
and treatment options. Following his
presentation, Dr. Sabri will facilitate a
question and answer session, responding
to your most frequently asked questions
about vision loss in children.

When: Tuesday, October 30, 2007
6:30 pm

Where: CNIB, 12010 Jasper Avenue

Please call CNIB at (780) 488-4871
by October 26, 2007 to RSVP.

Gateway Association for Community Living
is partnering with a number of groups to offer the following seminars.

For more information please visit their website at:

<http://www.gatewayacl.org/>

Wills & Estates Workshop

(in partnership with PLAN Edmonton)

When: Saturday November 3, 2007
10:00 a.m. to Noon.

Where: #201, 11803 – 125 Street, Edmonton (Gateway Boardroom)

Contact Information: (Phone) 488-2422 or website at: www.planedmonton.ca



2007 Sibling Seminar

(in partnership with Grant MacEwan College, Disabilities Studies)

WHEN: Saturday October 27, 2007

PLACE: Grant MacEwan college south campus

COST: \$5.00 person, \$10.00 family

For more information call Sandra Zika @ 454-0701 ext 224 Or sibs@gatewayacl.org

If you have a brother or sister who lives with a developmental disability and you are
between the ages of 5-18..... this day is for you.

