

May / June / July 2010

Infant & Toddler Connection of Norfolk

6411 Tidewater Drive • Norfolk, VA 23509 • (757) 441-1186

MAY FIELD TRIP



Mt. Trashmore Kid's Cove Playground

Picnic and Play at Mt. Trashmore in Virginia Beach. Don't forget to bring sun block and lots for little ones to drink. It is a picnic, so be sure to bring a packed lunch of your favorite foods!

Mt. Trashmore can be accessed via 264 east, off of Independence Boulevard

Date: Thursday, May 13, 2010

Time: 10:30 a.m. —11:30 a.m. ending with our picnic

Please RSVP to 441-1186

▶ Limited Transportation is available ◀

Directions: Mount Trashmore District Park. I-264 exit 17. South on Independence Blvd/Hwy 410 for about 3/4 mile. Left onto Edwin Drive for a 1/2 mile, then right onto South Blvd. The Park entrance will be on the right.

JUNE FIELD TRIP



Northside Pool

Wear your swimsuits and flip-flops, and bring towels! We are planning for an afternoon of splashing and swimming in the indoor Kiddie Pool at Northside Park.

A lifeguard will be provided, but parents/guardians MUST be prepared to get in the water with children.

Date: Tuesday, June 8, 2010.

Time: 10:00 a.m. —11:00 a.m.

Please RSVP to 441-1186.

▶ Limited transportation is available ◀

Directions: Northside Pool is located at 8400 Tidewater Dr. inside Northside Park.

JULY FIELD TRIP

Lafayette Library

1610 Cromwell Drive

■ Norfolk Virginia 23509

■ Going to the library to cool off, come join us for toddler time at the Lafayette Library. Learn what other activities the library offers for your family!



Date: Thursday, July 15, 2010

Time: 10:30 a.m. —11:30 a.m.

Please RSVP to 441-1186

▶ Limited transportation is available ◀

■ **Directions:** *located on Cromwell Drive just off of Tidewater Drive *



PLAYGROUPS

The Infant & Toddler Connection of Norfolk will continue to offer playgroups in May, June, and July at **10:30 a.m.** for children ages 1-3 years old.

Playgroups will be on **Thursdays**

May 6, 20, 27

June 3, 17, 24.

July 1, 8, 22, 29

Playgroups will include circle time activities, music, movement, and directed play. Please contact Emily at 441-1186 if you plan to attend.

▶ Limited transportation is available. ◀

Gymboree Music

Who ever thought that music could be so fun? Find out what's going on **every Wednesday** at the Infant & Toddler Connection of Norfolk. You will see just how much fun it can be to sing and dance.

We offer two 30-min sessions: **9:45 a.m.** and **11:00 a.m.** Friends and siblings are encouraged to come and join in on the fun. Classes are **FREE.**

▶ Limited transportation is available. ◀

If you need transportation from your home to either Gymboree or Playgroup, we are requesting that you call the office by 9:00 a.m. the morning of the event. We will provide transportation based on a first come – first served basis.

Service Coordinator Corner A tip from Christine Roe

As defined by the IDEA (Individuals with Disabilities Education Act) a Service Coordinator "coordinates the necessary evaluations and assessments, facilitates the initial IFSP Meeting and subsequent reviews, assists the family in receiving the services and supports described on the IFSP, and assures their rights and safeguards."

The Infant & Toddler Connection of Norfolk program looks for the highest standard of care for your child. In a two month period you should see your Service Coordinator at least once, you may receive correspondence from her about upcoming reviews, community resources or questions about your child and you may hear from her over the telephone inquiring about your satisfaction of services or assessing for any needs, concerns or updates. In a six month period your Service Coordinator will be reviewing your child's IFSP goals with you and anyone providing a service to your child and she will continue to assess your needs, concerns and priorities. Within the twelve month period your Service Coordinator will be working with you and all others listed on the IFSP to prepare for your child's annual IFSP.

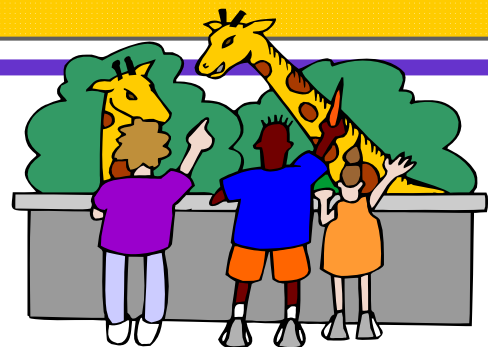
Throughout the time your child is in the Infant & Toddler Connection program you will receive many papers pertaining to your child's IFSP. You will most likely see your Service Coordinator with paperwork at many of her visits. All of this "paperwork" is a part of your child's highest standard of care. It is about your Service Coordinator:

- Informing you along the way about early intervention and its many aspects;
- Empowering you with that knowledge so that when you leave the program you will be able to transition out of the early intervention program smoothly;
- Learning with you about your child and his/her needs;
- Supporting you along the way on this journey at your home, a doctor's office, an outing, a school meeting or a field trip;
- Advocating alongside you for your child's rights within the program and outside of the program;
- Assessing for possible changes to the IFSP that you have voiced but no one else has heard you say, and
- sharing information with you about possible community or state resources that you may desire and do not know exists.

Please know that we are so very appreciative of the door you open into your home when we come into your lives.

Day for People with Disabilities Norfolk Virginia Zoo

Saturday, May 8th, 2010
Norfolk, VA
10 a.m. - 2 p.m.
Location: Virginia Zoo
3500 Granby St.



Event will include a resource fair of service providers and organizations that support individuals with disabilities, children's activities, a food vendor, and entertainment.

Guest with a disability and one caregiver are provided FREE admission - regular admission applies to all others.

American Sign Language interpreter provided

For more information please contact:
Norfolk Therapeutic Recreation Center (757) 441-1764

Educator Corner

From the desk of Amy Bridge...

Do Kids Really Want Limits?

This idea that children really want limits isn't completely true. It is true, of course, that in the long run youngsters are more comfortable in a house where parents have clear, reasonable rules and enforce them consistently and fairly. Under these circumstances the kids are better off whether or not they realize the connection between their parents' behavior and their own well being.

In such a home, in addition to feeling cozy, warm and comfortable, children are also developing the critical skill of frustration tolerance. Frustration tolerance is the ability to put up with discomfort or pain now in order to achieve some more important future objective. It's a beautiful evening and I would like to trash this math homework, but I'd also like to get at least a B in the course. I'd like to slug my brother, but I don't want to upset my mother and be grounded. I'd like another piece of lemon meringue pie, but I don't want to get fat.

Successful adults learned high frustration tolerance (HFT) when they were kids. Many unsuccessful adults, however, still show significant amounts of low frustration tolerance (LFT). They can't wait, so they run the yellow light. They purchase three new, unnecessary DVDs when their credit card is already overloaded. They watch the new show on TV instead of going to the gym to workout. LFT may be one of the fastest routes to failure as an adult.

Children Want What They Want When They Want It

Kids are just kids, so naturally they start out at the LFT point. At any one moment, children want what they want, and they can be angry and disappointed if they don't get it. Kids do not welcome or enjoy adult - imposed limits.

As a result, youngsters' frustration frequently leads to trouble with parents in the form of testing and manipulation. But learning to tolerate—with a little parental assistance—both limits and frustration is a normal and necessary part of growing up. Over the years, most children learn and internalize three important lessons about frustration.

First of all, not getting what you want is a regular occurrence in life; you will drive yourself crazy if you overreact to everything that goes wrong.

Second, being frustrated is not the end of the world; the feeling always passes.

And third, getting better and better at enduring as well as managing life's disappointments PAYS BIG DIVIDENDS. Keep that in mind next time you have to say "No" to your kids.

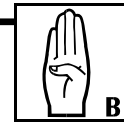
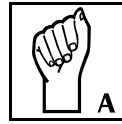
Quick Tip: The Goal of Good Discipline

The first goal of good discipline is self-control, or what you might think of as frustration tolerance. Good discipline fosters success in all of the self-esteem domains, but it is perhaps most helpful in regards to character.

ParentMagic Newsletter by Dr. Thomas Phelan © 2010.
Taken from the December 2009 Newsletter

Simple, straightforward parenting advice and helpful tips from Dr. Phelan's award-winning, best-selling **1-2-3 Magic Parenting Program**. To learn more visit 123Magic.com.

Parents are always looking for simple discipline ideas that really work. I found the 1-2-3 Magic program years ago and have had amazing success with it both with my own children and with families from our program. If you are interested in finding out more, ask your service coordinator, therapist, or educator.



Would you like to learn more about sign language as a step to helping your child gain language?

Would you like to learn more signs?

If you are interested, please attend one of our upcoming parent groups.

Signing with Your Child: The Benefits & the Basics

Date: Thursday, May 20th
RSVP by May 13th

Time: 11:15 a.m.
(Immediately after playgroup)

Location: 6411 Tidewater Drive
Norfolk, VA 23509

Signing with Your Child: Building on the Basics & Increasing Vocabulary

Date: Tuesday, July 27th
RSVP by July 20th

Time: 4:00 p.m.

Location: 6411 Tidewater Drive
Norfolk, VA 23509

Limited childcare will be available
Please sign up by calling 441-1186

Would you like to learn more about the nutritional needs of children 1 to 3 years old?

If you are interested, please attend our upcoming parent group.



Tips & Tricks for Feeding Your Toddler

Date: Wednesday, June 16th
RSVP by June 9th

Time: 10:15 a.m.
(in between our Gymboree classes)

Location: 6411 Tidewater Drive
Norfolk, VA 23509

Limited childcare will be available
Please sign up by calling 441-1186