



Early Childhood  
**CARES**

## Monthly e-News

### Welcome to *Early Childhood CARES e-News*

Welcome to the March edition of *Early Childhood CARES Monthly e-News*, a newsletter to communicate timely information to Early Childhood CARES families and community partners.

### Take Advantage of Valuable Tax Credits

Working families may be eligible for federal tax credits when they file their taxes for 2010. To learn more about federal and state child tax credits, visit [Claim Valuable Tax Credits](http://www.oregonchildcare.org/index.php?option=com_content&task=view&id=270&Itemid=1) ([http://www.oregonchildcare.org/index.php?option=com\\_content&task=view&id=270&Itemid=1](http://www.oregonchildcare.org/index.php?option=com_content&task=view&id=270&Itemid=1)). You can also get FREE help with your taxes by calling the Internal Revenue Service toll-free at 800-829-1040, or visit the [Internal Revenue Service](http://www.irs.gov/individuals/topic) ([www.irs.gov/individuals/topic](http://www.irs.gov/individuals/topic)).

### Early Childhood CARES Upcoming Events for Parents

- March 2 – Parent Support Group Meeting
- March 4 – Meet the Dentist
- March 16 – Parent Support Group Meeting
- March 17 – IFSP and Life Care Notebook Workshop

The Early Childhood CARES **Parent Support Group** will meet on Wed., March 2 from 6:30 to 8 p.m. Future meetings are scheduled for March 16, April 6 and 20. Come meet other parents and share in the joys and challenges of raising children with special needs. The group will meet at the Early Childhood CARES modular building at Westmoreland Elementary School, 1717 City View St., Eugene. Childcare will be provided for qualified Early Childhood CARES children and their siblings. Please call 541-346-2578 to register and arrange your childcare needs.

Do you struggle to brush your child's teeth without a melt-down? Are you curious about how to keep your child's teeth healthy? Early Childhood CARES will host a **Meet the Dentist** parent chat on Fri., March 4 from 1:15 to 2:15 p.m. at the Junction City School District, 325 Maple St. Dr. Dunne, a local area children's dentist, will share some of his tips from working with children who experience developmental delays. Call Krista Shultz at 541-346-3467 to register. Please note, childcare will NOT be provided at this event,

and the room does not accommodate children.

Are you overwhelmed with the amount of paperwork piling up around you? Is your child's Individualized Family Service Plan (IFSP) included in the pile? Early Childhood CARES will host an **IFSP and Life Care Notebook Workshop** on Thursday, March 17 from 6:30 to 8 p.m. in room 145 of the Clinical Services Building at the University of Oregon campus, 901 E. 18th Ave. Come learn how to organize your paperwork with the Swindells Center Life Care Notebook and how you can be more involved in your child's IFSP. Childcare will be provided for qualified children and their siblings; however, pre-registration is required. Please call 541-346-2578 to register for the workshop and arrange your childcare needs.

### Other Community Events

The University of Oregon College of Education will host an **Introduction to Baby Sign Language** workshop on Sat., March 5 from 11 a.m. to 12:50 p.m. in room 220 of the HEDCO Education Building, 1655 Alder St. Call 541-346-5943 for more information, and visit the [University of Oregon College of Education](http://education.uoregon.edu/success) (<http://education.uoregon.edu/success>) for a list of more family-centered workshops.

The Arc of Lane County will offer its **Saturday Respite Program** on Sat., March 5 from 10 a.m. to 4 p.m. at 4181 E St., Springfield. This is a low-cost respite program the Arc provides to families the first Saturday of each month. The cost is \$10 per day per child with disability and \$5 per day for siblings. Families must RSVP to ensure the program is adequately staffed. To register, contact Misty Lyster by March 2 at 541-206-7693 or [misty.lyster@arclane.org](mailto:misty.lyster@arclane.org).

Dr. Kelly Brownell, a national leader on nutrition policy, will deliver a free presentation about **"Addressing the Nation's Food Crisis with Nutrition and Obesity"** on Mon., March 7 from 7 to 9 p.m. at the Hilton Hotel & Conference Center, 66 E. 6th Ave., Eugene. Dr. Brownell will discuss controversial issues such as tax on sugared beverages, whether the food industry can be trusted to act in the public interest and how individuals can be involved at the local level in creating change.

Dr. Jimmy Unger, a local pediatrician and founding board chair of Lane Coalition for Healthy Active Children (LCHAY), will give a free presentation about **"The Other Drinking Problem: Soda and Your Health"** on Tues., March 29 from 6 to 7:45 p.m. at the Eugene Public Library, 100 West 10th Ave.

The Arc of Lane County will host its monthly **Families Connected** meeting on Wed., March 9 from 6 to 8 p.m. at 4181 E St., Springfield. Families Connected is a way for parents to come together to support each other and be supported. The focus of this meeting will be person-centered planning. (NOTE: This topic was supposed to be addressed at the February meeting; however, the meeting was rescheduled due to inclement weather.) The Arc will host another Families Connected meeting on Wed., March 30 from 6 to 8 p.m. This meeting will focus on strategies for promoting social success in children and teens with social cognitive challenges. Dinner and respite care will be provided at both meetings. Please RSVP by contacting Misty Lyster at 541-206-7693 or [misty.lyster@arclane.org](mailto:misty.lyster@arclane.org).

Oregon Parent Training and Information Center will host a **Behavior that Interferes with Learning: Supporting Students, Understanding Systems Workshop** on Thurs., March 10 from 6 to 8 p.m. at the Benton Plaza Downstairs Meeting Room, 408 SW Monroe St., Corvallis. The workshop will focus on the ABC's of behavior, functional behavior assessments and writing positive behavioral intervention plans as part of the Individualized Education Plan (IEP), as well as the requirements around discipline procedures and the protections for students with disabilities.

The City of Eugene-Adaptive Recreation is hosting **Movies With A Message**, a monthly opportunity to view thought-provoking documentaries and movies related to individuals who experience a disability. This free event is for people 18 and older and will be held on Tuesdays from 6:15 to 8 p.m. at the Hilyard Community Center, 2580 Hilyard St., Eugene. The movie line-up includes:

- March 22: *Finding Nemo*
- April 26: *Little Man Tate*
- May 24: *Billy the Kid*
- June 28: *Darius Goes West*

For more information, call Patty Prather with City of Eugene-Adaptive Recreation at 541-682-5311.

### **Fun Activities for Kids**

Registration for **Little League Adaptive Baseball (Challenger Division)** is right around the corner. You can register your Little Leaguers at the following events:

- Mon., March 14 from 3 to 8 p.m. at Springfield Papa's Pizza, 4011 Main St. This is a fundraiser event in addition to a sign-up event. Please bring fundraising flyer with you and the Challenger adaptive baseball program will receive 50 percent

of funds. Contact Raleen at [4.the.kids@earthlink.net](mailto:4.the.kids@earthlink.net) to request the flyer.

- Mon., March 21 from noon to 7 p.m. at Papa's Pizza, 1577 Coburg Rd., Eugene.

Parents may also contact Raleen to request registration forms if they are not able to attend one of the above events.

The Eugene and Springfield Public Libraries are hosting free, fun events for kids in March. Visit the [Eugene Public Library's Kids' Events](http://www.eugene-or.gov/portal/server.pt?open=512&objID=808&PageID=4229&cache_d=true&mode=2&userID=2) ([http://www.eugene-or.gov/portal/server.pt?open=512&objID=808&PageID=4229&cache\\_d=true&mode=2&userID=2](http://www.eugene-or.gov/portal/server.pt?open=512&objID=808&PageID=4229&cache_d=true&mode=2&userID=2)) and the [Springfield Public Library's Children's Programs](http://www.ci.springfield.or.us/library/kids.html) (<http://www.ci.springfield.or.us/library/kids.html>) for a complete list of events.

### Learn How to Make Your Voice Heard at the Oregon State Capitol

The [Oregon Developmental Disabilities Coalition](http://www.oregonddcoalition.org) ([www.oregonddcoalition.org](http://www.oregonddcoalition.org)) is sponsoring **2011 Legislative Session Advocacy Days Training** on March 9, April 5 and May 5 from 10 a.m. to 2 p.m. in Hearing Room 50 at the Oregon State Capitol, 900 Court Street NE, Salem. Learn how the Oregon legislative process works, how to develop relationships with legislators, how to be an effective advocate, as well as current issues for the 2011 legislative session. Space is limited and registration is required. To register, send the following information to [info@oregonddcoalition.org](mailto:info@oregonddcoalition.org): name, role (self-advocate/family member/professional), email address and mailing address. Please specify with date is your first and second choice: March 9, April 5 or May 5. Participants should plan to bring their own lunch to enjoy during the training.

### Helpful Speech Tip: Creative Sabotage

Create opportunities for your child to communicate via creative sabotage. Give your son or daughter something he or she can't open or operate, withhold a desired object, give your child a different object than the item requested, hide something your child needs, or say the wrong word for the object you give them. All these situations can motivate your child to use his or her words.

### Health Tip: Keeping Your Child's Smile Healthy

It's never too early to help your child learn good tooth-brushing habits.

- Show your child how to brush teeth by letting him/her watch what you do. Then let your child have a turn to brush.
- Encourage your child to hum the *Alphabet Song*. When the song is done, teeth should be clean.
- Get a safe stepping stool so your child can reach the sink, toothbrush and toothpaste.
- Brush at least two times a day and after sugary snacks, too.
- Use toothpaste with fluoride and floss every day once two teeth appear by each other.
- Get regular dental check-ups and ask about fluoride supplement or dental sealants.

You can show your children how well they brushed by mixing food coloring and water in a cup. Have your child swish the mixture around in his or her mouth. Wherever color sticks to the teeth, indicates your child needs to brush better as plaque and food particles still hide there.

Source: *Nibbles for Health*, Food and Nutrition Service, U.S. Department of Agriculture.

### **About Early Childhood CARES**

*You are receiving this email because of your relationship with Early Childhood CARES. Early Childhood CARES provides early intervention and early childhood special education services to infants, toddlers and preschool-age children in Lane County. If you wish to unsubscribe from this e-newsletter, please send an email to [ecparent@uoregon.edu](mailto:ecparent@uoregon.edu).*