

Spring Issue  
April/ May 2008

# Early Intervention Nova Scotia Newsletter

## Useful Websites...

[www.beachcenter.org](http://www.beachcenter.org)

[www.kidsource.com](http://www.kidsource.com)

[www.earlyinterventioncanada.com](http://www.earlyinterventioncanada.com)

[www.kidshealth.org](http://www.kidshealth.org)

[www.revolutionhealth.com/healthy-living/parenting](http://www.revolutionhealth.com/healthy-living/parenting)

For Info on  
Understanding the Early  
Years Projects in NS  
visit them at:

[www.ueyhalifax.com](http://www.ueyhalifax.com)

[www.cumberlanduey.ca](http://www.cumberlanduey.ca)

[www.cprav.net](http://www.cprav.net)

## Check inside for:

**Barb Boiduk Award  
info.**

**Kid Friendly foods**

**Dreams Take Flight  
and Wheelchair  
Recycling Info.**

**AGM info and lots  
more!**

**EINS, 14 Court Street, Suite 200, Unit 129, Truro, NS,  
B2N 3H7**

## Update from Our Board Chair

Dear EINS Members,

Spring is here; my crocuses are up and the other plants are growing. The days are longer; Tedo and I are enjoying the morning light.

A few things have happened since the fall newsletter. One really exciting thing was getting the Credit Union Charitable Foundation donation. It was fun reading your proposals for the Credit Union funding. Fun to see what creative things you decided to do for your children and families. I am anxious to receive your reports and to forward them to the Charitable Foundation. Their AGM was April 11 at 7:30am. Fortunately, they serve a great breakfast. Valerie Bailey, her daughter Anna and husband Tim attended the AGM as well. Valerie spoke to the group about her experience with early intervention. She eloquently told the group what being involved in Early Intervention has meant to their family. Anna charmed them. Tim was a cheerful presence. It was a successful meeting from the perspective of early intervention; it feels as if the Credit Union Foundation is getting to know us.

It was great to see those of you who were able to attend the February training on The Occupational Health and Safety Act. I need to look into group pricing for first aid kits and car safety kits. I'll try to do that soon.

We were pleased when the Department of Community Services responded positively to the dialogue we had around the meaning of the term "actuals". We are still working on the establishment of a committee to review the Service Contract and the process used for the funding formula. I was able to speak with Denise Stone about the committee and it is being worked on.

Our work continues on the procedure manual. It will be a valuable document when it is completed. Of course by the time we are done you will have suggestions for revisions. Although the document is still in draft form and far from complete, if anyone is training new staff and would like to pilot the use of what we have to date, we would be pleased to share and we would appreciate feedback.

Good news, the Trucker Association of Nova Scotia continued their sponsorship of EINS for another year. Be sure to remind your parents of the support we have available to attend workshops.

We are looking forward to seeing you at the AGM on June 6. I may see you before then in Truro at the golf club to further our dialogue on IFSP's. We are working on the details as we speak. We are working on a metro location. As a start to the day I have an introductory video on Theraplay. As an aside I'm reading Randy Pausch's book The Last Lecture, I'll try to find a neat quote or two to share with you.

Sincerely,  
Brenda Putnam  
Chair EINS

### **The Boy and the Starfish**

*A small boy lived by the ocean. He loved the creatures of the sea, especially the starfish, and spent much of his time exploring the seashore. One day he learned there would be a minus tide, leaving the starfish stranded on the sand.*

*The day of the tide he went down to the beach and began picking up stranded starfish and tossing them back into the sea. An elderly man who lived next door came down to the beach to see what he was doing.*

*"I'm saving the starfish" the boy proudly declared.*

*When the neighbor saw all the stranded starfish, he shook his head and said "I'm sorry to disappoint you young man, but if you look down the beach one way, there are stranded starfish as far as the eye can see. And if you look down the beach the other way, it's the same. One little boy like you isn't going to make much of a difference."*

*The boy thought about this for a moment. Then he reached his small hand down to the sand, picked up a starfish, tossed it into the ocean and said, "I sure made a difference for that one."*

## Barb Boiduk Advocacy Award



*"Outstanding devotion of both voice and heart in advocacy and encouragement to families and children"*

### Our Honor Roll:

2005- Barb Boiduk  
2006- Brenda Putnam  
2007- Isabel denHeyer

*This award, in honor of our friend and colleague Barbara Boiduk, is given annually to someone that has shown outstanding devotion of both voice and heart in advocacy and encouragement to families and children.*

*Send your nomination soon!!*

*Please, include the persons' name and a brief description of their dedication to others to Winnie Hutchison - [allkids3@ns.sympatico.ca](mailto:allkids3@ns.sympatico.ca)*

*Deadline for nominations - May 31*

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*"When you improve a little each day, eventually big things occur... Not tomorrow, not the next day, but eventually a big gain is made. Don't look for the big, quick improvement. Seek the small improvement one day at a time. That's the only way it happens - and when it happens, it lasts."*  
-John Wooden, UCLA (legendary basketball coach).

*Thanks Sarah for the submission!*

## Wheelchair Recycling Program

*Did you know that the Abilities Foundation offers a wheelchair recycling program? Applicants must meet the following criteria:*

*An application is received on behalf of a child or youth 18 years of age or younger. The applicant is a permanent resident of Nova Scotia. The applicant must have a valid Nova Scotia Health Insurance card. The applicant has a medical prescription for a wheelchair from a Registered Occupational Therapist or attending health*

*care professional. The net family income falls within the program guidelines as per co-pay schedule. The applicant agrees to co-pay fees as outlined in the schedule. The applicant agrees to return the wheelchair when it is no longer needed. The applicant agrees to respond in a timely fashion to inquiries regarding the location and condition of the wheelchair along with any other identifying factors. The applicant is not eligible for support for that item from an*

*insurance coverage or other programs such as Blue Cross, Schedule "C" Car Insurance, Aboriginal Affairs, Workers Compensation, or similar programs. The applicant may only apply for assistance once within any 3-year period.*

*If you would like an application mailed to you, please contact Faye Joudrey, Coordinator, Community and Client Services at (902) 453-6000, ext. 226, email: [wheelchairs@abilitiesfoundation.ns.ca](mailto:wheelchairs@abilitiesfoundation.ns.ca) For more info you can check out their website: [www.wheelchairrecyclingprogram.ca](http://www.wheelchairrecyclingprogram.ca)*

### Dark Chocolate Cookie Mounds

2 c. all purpose flour  
2 tsp. baking powder  
2 eggs  
1 ½ c. sugar  
½ c. mayo  
4 squares unsweetened chocolate, melted  
2 tsp. vanilla extract  
Confectioners' sugar or decorative sugar

*Preheat the oven to 350° F (180° C). In a small bowl, combine the flour and baking powder; set aside. In a large bowl, with an electric mixer, beat the eggs, granulated sugar, mayonnaise, chocolate and vanilla for 2 minutes. Beat in the flour mixture until blended. Shape the dough by level tablespoonfuls into balls then place on ungreased baking sheets, 2-inches 5 cm) apart.*

*Bake 12 minutes or until tops crack. Immediately transfer the cookies to a wire rack and cool completely. Sprinkle with confectioners' sugar or decorative sugar while still warm. Store in a tightly covered container.*

## 10 Kid Friendly (and Healthy!) Foods

**1. Mango-** The mighty mango has lots to offer a hungry child besides its juicy, sweet taste. That bright yellow flesh is a tipoff that this fruit contains plenty of beta carotene, which protects vision and heart health. It's also full of other nutrients such as vitamin C, fibre and vitamin B6, needed to form red blood cells

**2. Dark Chocolate-** While most kids are apt to choose milk chocolate, this bitter, stronger-tasting cousin is actually better for them. It contains flavonoids which act as heart-healthy and cancer-fighting antioxidants in the body. Also, while dark chocolate is high in saturated fat, some of that fat is converted in the body into a healthier fat. And remember, children need some fat for healthy growth

**3. Pumpkin Seeds-** Looking for a way to get more iron and good fats into your child's diet? Hulled pumpkin seeds (also called pepitas) provide kids with omega-3 fats and immune-boosting zinc. A ¼ cup (50 mL) serving contains 153 calories and provides almost a quarter of your child's daily iron needs. You can easily find this fun munchy food at bulk and health food stores.

**4. Turkey-** This leader in lean meat contains half the saturated fat found in red meat and delivers a taste most kids won't squawk about. Little bodies need protein, and turkey can deliver. Also, there's cancer-fighting selenium in those drumsticks, as well as zinc, which boosts children's immune systems.

**5. Broccoli-** Whether your dear little diner calls it "trees" or "yuck!" there are plenty of good reasons to keep serving broccoli. It's sky-high in nutrients (including vitamins A and C, fibre and folate) and provides iron and calcium. Packed with phytochemicals, broccoli offers premium protection against cancer and heart disease.

**6. Buckwheat-** Increase your child's fibre intake by adding this whole grain to her diet. Buckwheat has an appealing nutty flavour that can be snuck into pancakes, crepes and waffles. It's high in protein, calcium and energy-boosting iron.

**7. Salmon-** Get your little tyke swimming over to salmon, a top source of omega-3 essential fatty acids, crucial for proper brain and eye development in infants and young

children. Your kids will also benefit from salmon's bone-building vitamin D and calcium (found in the canned variety). To lessen the risk of toxins, choose wild versus farmed salmon more often. Tip: Canned salmon is usually wild.

**8. Blueberries-** While mom and dad may be munching on these antioxidant power-houses to help guard against memory loss and protect vision, kids can cash in on the benefits of these blue orbs too. This high-fibre berry is great for a kid's plumbing: It can help ward off constipation, may relieve diarrhea and contains a compound called hippuric acid that protects against urinary tract infections.

**9. Sweet Potatoes-** A vegetable that is sweet — who could ask for more? Get kids hooked on the other tater to soak up nutrients such as vitamin A (in the form of beta carotene), vitamin C, iron, and manganese for strong bones. If that's not enough, these sweet spuds provide a good source of fibre, and a high potassium content that helps keep kids' body fluids in balance.

**10. Yogurt-** Kids love yogurt and it loves them back: Yogurt helps to build strong bones with its high calcium content and is a great source of protein, good for growth and tissue repair. This slightly sour and oh-so-creamy goody is easier on the lactose-intolerant among us and offers up a bounty of digestive and disease-preventing benefits. Whenever possible, buy yogurt that is labelled as containing "live and active culture."

*Originally published in Today's Parent, January 2007, written by Madeline Greey*

## Job Posting

### PART-TIME, BILINGUAL EARLY CHILDHOOD INTERVENTIONIST

#### Job Description:

The Early Interventionist works under the supervision of the Executive Director, and is responsible for the direct delivery of Home-based Services (French & English) to the families of young children with developmental delays throughout Yarmouth County.

#### Qualifications:

- A Degree/Diploma from a recognized educational institution in one of the following areas of study: early childhood education, special education, psychology, physical or occupational therapy, speech-language pathology, or nursing. (Degree an asset).
- Competency in early childhood typical and atypical development, developmentally appropriate practice, adult education, and family-centred service.
- Experience working with young children (birth-6 years of age) with developmental delays and their families.
- Strong communication skills (fluent in French and English) and organizational skills
- A valid drivers license and reliable vehicle, as on-going travel required.
- Start date ASAP

Please apply by April 30<sup>th</sup>, via mail to:  
Southwest Early Childhood Intervention  
58 Vancouver St., Office 207  
Yarmouth, NS B5A 2P5

For inquiries: 742-3366 or southwestiep@eastlink.ca  
www.nset.org/yarmouth



When I'm building in the block room, please don't say I'm "just playing." For, you see, I'm learning as I play, about balance, I may be an architect someday.

When I'm getting all dressed up, setting the table, caring for the babies, don't get the idea I'm "just playing." I may be a mother or a father someday.

When you see me up to my elbows in paint, or standing at an easel, or molding and shaping clay, please don't let me hear you say, "He is just playing." For, you see, I'm learning as I play. I just might be a teacher someday.

When you see me engrossed in a puzzle or some "playing" at my school, please don't feel the time is wasted in

"play." For you see, I'm learning as I play.

I'm learning to solve problems and concentrate. I may be in business someday.

When you see me cooking or tasting foods please don't think that because I enjoy it, it is "just play". I'm learning to follow directions and see the differences. I may be a cook someday.

When you see me learning to skip, hop, run, and move my body, please don't say I'm "just playing". For, you see, I'm learning as I play. I'm learning how my body works. I may be a doctor, nurse, or athlete someday.

When you ask me what I've done at school today, and I say, "I just played", please don't misunderstand me.

For, you see, I'm learning as I play. I'm learning to enjoy and be successful in my work.

I'm preparing for tomorrow. Today, I am a child and my work is play.

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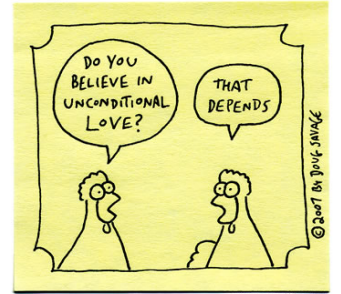
*A girl on the street is pointing up at the sky.  
'Look, an Angel!' she yells.  
A passer-by laughs, "You fool, that is only a cloud!"*

*How wonderful it would be to see Angels where there are only clouds.*

*How sad it would be to see clouds where there are Angels.*

Savage Chickens

by Doug Savage



### *Early Childhood Interventionists Association of Nova Scotia*

*E.C.I.A.N.S. is selling tickets on a beautiful Mother's Day Pampering Basket!! They are \$2 each or 3 for \$5. Each program should have received some to do their best at selling. Tickets sold should be submitted to Allayne Bruce who can be reached at Sackville Bedford Early Intervention Program (864-5251). Thanks for your part in supporting ECIANS!*

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*"A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history."  
Mohandas Gandhi*

*ECIANS is also hosting a fantastic Professional Development Opportunity!!*

*Lorraine Fox will be presenting at Liscombe Lodge on October 15<sup>th</sup> and 16<sup>th</sup> 2008 so save those dates!! Enjoy beautiful surroundings, a great speaker, great food and more.*

*More info. on Lorraine can be found at [www.lorrainefox.com](http://www.lorrainefox.com).*

*Hope to see you there for a time of renewal and learning. More information will follow.*

Parent Early Intervention Services Survey

If you have a preschool aged child with special needs who has required extra help or support, we would like to hear from you. Parents are rarely asked about their experiences, good or bad, with services intended to support their children. Questions such as are the services you need available, can you afford them and are they helpful? are part of a parent survey on early intervention underway by The Centre of Excellence for Children & Adolescents with Special Needs Site at Mount Saint Vincent University. You can take part online at [www.snis.ca](http://www.snis.ca) - Parent Early Intervention Survey - or call for a copy of the survey or arrange for a phone interview at your convenience (902-457-6585). Results from the survey will be available online. For more information, go to [www.snis.ca](http://www.snis.ca)

Hold This Date!

EINS will hold it's  
AGM on June 6<sup>th</sup>!

Specific location  
and details to  
follow!!



Did you know that you can receive online donations to your program by visiting the Canada Helps website and signing up? It's easy....check it out... the website is <http://www.canadahelps.org/>

Did you know Air Canada sponsors a "Dreams Take Flight" program? Children who are disadvantaged or having special needs but are medically able to participate in a fun-filled day (ages 7-11) may be eligible to spend the day with seven other deserving children and volunteer chaperones and get a chance to go to *DISNEY WORLD* in Orlando, Florida! You can contact the Dreams Take Flight Team for more information at 902-873-5098 Or email [atlanticdreams@gmail.com](mailto:atlanticdreams@gmail.com) or [atlanticdreams@gmail.com](mailto:atlanticdreams@gmail.com)



*Please note that on May 7/08 there will be a follow up to the Nov. 30/07 session on IFSP's  
Presenter - Sarah Melanson  
Where? Truro Golf Club  
Golf Street, Truro*

*9:30am - 2:30pm*

*Lunch and light snacks provided.*

*ED's meeting will take place from 2:30 - 3:30pm, following the workshop.*

*.See you there!!*

## Early Intervention Nova Scotia

### Our Board

Brenda Putnam  
Sarah Melanson  
Jenny Gillis  
Bernie Borden  
Ashley Matthews  
Donna Dexter  
Suzanne McCurdy  
Mary Hanington  
Janice Ryan  
Denise Lowe-  
Whynott  
Caroline Gallop  
Barb Shea



We're on the Web!

[www.eins.ca](http://www.eins.ca)

Join online discussion  
panels for  
parents, EI's & more  
([www.eins.ca/forum](http://www.eins.ca/forum))

**E.I.N.S**  
14 Court Street,  
Suite 200, Unit  
129, Truro, NS,  
B2N 3H7

Do you ever wake up and wonder – what am I going to do today with my children for the next 12 hours? That would be me, how do I entertain our three children – ages 9, 7 and 2, all with different personalities and different interests. The oldest loves crafts – a lot like me because I love to do crafts. Our second one has an imagination like no other – she likes pretend, and make believe and our third is a boy, who loves to play trucks and most recently loves to have tea parties. I am fortunate enough to work part time and truly enjoy the days off with our children. Are they all easy days? Heck no, I am human! Do they all work out as I plan? – nope! Does our youngest challenge me everyday when getting him dressed – yup! How do I change that – not sure yet! But he is two, and the three of them are so different in many ways, but equally special, kind, and wonderful.

I have always looked at my day in a 12 hour cycle. Up for 12 hours - asleep for 12 hours. They may be cranky for five-5 minute periods in the day...that is 25 minutes out of our 12 hour day. To me, that is one great day! Our second child was involved in the early intervention program and that is how I became involved in the program. I learned lots from our early interventionist. The most important things I learned was “patience” and “playing with our kids” – just having fun – let them learn at their pace.

When I am not working, our days are filled with play. We go for walks, play in the snow. We spend lots of time on the floor – painting on newspaper, drawing, coloring, building towers, playing with play-doh, doing puzzles, car races, having tea parties and reading – lots of reading happens in our house. Friday nights are movie nights...treat night!

As mentioned above, our youngest loves tea parties – messy ones. He likes to pour – he doesn't quite get the concept of pouring a cup of apple juice in a 1 inch play tea cup, so there are many spills – but heck, I can always clean it up after the tea party.

You are probably thinking by now, oh, is she crazy? All that mess! But I look at it as fun – not mess – mess that can be cleaned up with ease.

While driving in the car, the girls always ask for “question period”, this is something that I used to do at lunch time with my brothers and sisters everyday! So, I ask them just about anything – usually math or spelling questions. I get our youngest to count or pick out colours. He is not quite there yet – but with repetition – he will be before I know it!

They do go to bed...oh and how lovely a moment that is...bath time – (not every day!) story time and then sing songs! My day is done – well not exactly – sometimes I clean, or sit and read and some times I am so tired, I go to bed myself! You know that cliché about if I had to do it all again, I would have spent more time with my children – well I don't want to live my life over, I want to live my life now. Our life is so precious – do the things you love right now – we don't get a second chance. The cleaning will get done – it won't be perfect, but I am not perfect. I truly want to be remembered by our children that I spent the time with them.

~Mary Hanington

As a parent, Mary would also like to recommend “The Eating Game” as a resource to parents who struggle with helping their children eat healthy foods. More information can be found by contacting **Jean Nicol** at [jnicol@ns.sympatico.ca](mailto:jnicol@ns.sympatico.ca)



### Early Intervention Nova Scotia PR/Fundraiser Items

Thanks to everyone who placed their t-shirt orders for the first batch- we hope you are happy with them. If you missed out, a second order will be placed. The cost is \$10 each, tax included. Also, some new EINS brochures were printed. If your program could use some, contact Jenny @ 864-0377 or [jennygillis@hotmail.com](mailto:jennygillis@hotmail.com).

We also still have EINS logo keychains for sale at a low \$5 each. If you would like to order some, please contact Caroline Gallop at 864-5251 or [sbeip@ns.aliantzinc.ca](mailto:sbeip@ns.aliantzinc.ca).

*Thank you for your interest in Early Intervention Nova Scotia!!  
We look forward to sharing our next newsletter with you in the Fall! Submissions can be sent to [jennygillis@hotmail.com](mailto:jennygillis@hotmail.com).*

*Thanks!!*