

EINS

14 Court Street, Suite 200, Unit 129 Truro, NS B2N3H7

www.eins.ca

Update from our board chair

Dear Members of EINS,

As spring slowly finds us all – hopefully it will have stopped raining by the time you read this – I am pleased to bring some updates from the board. Hmmmm – how could one sum up where we’ve been over the past few months? **Evolution** is what comes to mind. EINS has been having many conversations that focus on us evolving - whether that be our website, our governance structures, or the ways we interact with each other.

Donna Dexter has been leading work around updating our website. Can you believe that our website is ten years old this year? Time for a facelift, that’s for sure. We are integrating some of the recommendations from Holly Gillis’ advocacy work into what our website could look like.

Myrene Keating Owen has been supporting us as we look inside at our governance at EINS. What a helpful process to re-examine how our board functions and what is emerging in the field for best practice. Board calendars, meeting agendas, meeting evaluations, board packages, job descriptions... the list is ongoing.

Technology – we are using Skype now as a board. As with most organizations in NS, our funds are limited. Coming together for meetings is costly for our board. We are examining how we can stay connected without always being all in the same room together. This is a significant change for us, but one that we know we can move through.

These are three examples of how EINS is evolving to remain relevant to our membership. There are many other areas that we are hoping to evolve in as well. Our AGM is Friday, June 3 in Sackville (more details in this newsletter). Please do consider attending – we would love to see you. We are excited about where EINS is and would love to hear your perspectives.

As always, please be in touch with myself or anyone on the board – it is our privilege to serve you.

Sincerely,

Sarah

Early Intervention Nova Scotia

Our Board:

Chair – Sarah Melanson
Vice Chair – Mary Hanington
Past Chair – Brenda Putman
Secretary – Barb Shea
Treasurer – Donna Dexter
Bernie Borden
Ashley Matthews
Denise Lowe Whynot
Janice Ryan
Leah Quilty
Mary Oxner
Dr Gerry Kysela
Leona Burke
Myrene Owen Keating
Barb Weatherby

Hello Everyone:

As you know, the AGM for EINS is approaching on **Friday June 3rd 9:30 - 3:30** at the Sackville Community Centre, 45 Connolly Rd., Lr. Sackville. The nomination committee is interested in hearing from those that might be interested in serving as a director. If you have a passion for Early Intervention and are interested in what's going on across the province, this might be a good fit. The board meets bimonthly in Truro (excepting the summer months). As of now we are looking for nominations for positions representing Western and Eastern regions and also family and community member representatives. If you are interested, please send an email, along with any nominations. Nonnominations will also be taken from the floor on June 3rd.

Thanks and looking forward to seeing everyone in June

Barb Shea, Secretary, Early Intervention Nova Scotia
(902) 863-2298 Phone
(902) 867-1037 FAX
barb.shea@ns.aliantzinc.ca

Membership Information & Application

Membership in EINS is diverse and open to anyone interested in Early Intervention. Membership benefits include receipt of our newsletter, voting privileges, an advocacy network for EI issues with other interested individuals and eligibility for parent support funding. **Currently only EINS members will be able to apply for Parent Education funding through EINS.** Membership will become automatic when a request for funding is submitted. For example, families will receive \$90 instead of \$100 to cover the cost of their membership. If you are not already a current member of the Early Intervention Association of Nova Scotia and would like to become one, please fill out the membership application below (or pass it on to those you know who may be interested). Membership should be renewed annually.

EINS Membership Application, 2011

Name: _____

Mailing Address: _____

Phone Number: _____

Email Address: _____

Reason for Interest in EINS membership:

Cost: \$50 for Program, \$10 for Individuals

Make cheques payable to Early Intervention Association of Nova Scotia and mail to:

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



EINS AGM

**FRIDAY, JUNE 3RD, 930-330
SACKVILLE COMMUNITY CENTRE
45 CONNOLLY RD, LOWER SACKVILLE**

What if the solutions for our challenges were right in front of us? What if we could learn from each other? Share our best experiences and build better potential?

Please join us as we focus on fundraising. Our AGM event will create space for us to explore new ideas and methods for different conversations. Guest speakers will join us to share their experiences with fundraising

Also a reminder that membership renewals are due in June and can be paid during the AGM. The fees are \$10 for individual memberships and \$50 for program membership.

The following will also be available for purchase:
Notepads, pens, and *reusable bags*

-1 for \$5.00 or 3 for \$12.00



- pens pack of 10 for \$5.00.



- note pads (white or pink) - pack of 20 for \$5.00



"Enjoy the little things, for one day you may look back and realize they were the big things."

Robert Brault

EINS T-Shirt Order Form

EINS is pleased to be taking orders for Early Intervention Nova Scotia t shirts. Three styles will be available:

Men's Tee's (sizes small to 3XL)

Women's Tee's (sizes Small-2XL, cut a bit more narrow than men's style) and

Kiddie Tee's (sizes xs/2-4, s/6-8, m/10-12, l/14-16 and xl/18-20).

* Men's available colors this year are white, indigo (kind of a purplish-blue) and prairie dust (similar to a military green).

* Ladies colors are light pink, light blue, navy and sport grey.

* Kids' colors are really fun and include light blue, light pink, tangerine and lime.

* EINS stick-man logo and "Early Intervention Nova Scotia" will be embroidered on the chest corner (dark blue embroidery on light colored t-shirts, and white embroidery on dark colored t-shirts).












*Colors below are not exact, but as close as I could get them with this program. ☺

Please circulate this information to staff and families, and whoever else you think may be interested.

The cost for the t-shirts is \$10.00 (all sizes and colors).Great deal!!

Fill total order amounts into the chart below. **Cheques payable to EINS**

Program:

Women's light pink 	s- m- l- xl- 2xl-	Women's light blue 	s- m- l- xl- 2xl-	Women's navy 	s- m- l- xl- 2xl-	Women's sport grey 	s- m- l- xl- 2xl-
Kids' light pink 	xs- s- m- l- xl-	Kids' light blue 	Xs- s- m- l- xl-	Kid's tangerine 	Xs- s- m- l- xl-	Kid's Lime 	Xs- s- m- l- xl-
Men's white 	s- m- l- xl- 2xl-	Men's indigo 	s- m- l- xl- 2xl-	Men's prairie dust 	s- m- l- xl- 2xl-		

BARBARA BOIDUK AWARD

Who do you know . . . ?

Who has a unique heart & voice for families and children?

Who is always going that extra mile for families and children?

EINS wants to know.....

The Barbara Boiduk Award is presented annually by Early Intervention Nova Scotia to the individual who has demonstrated extraordinary contribution of heart and voice in service to families and children. Please submit a short note describing the person you are nominating and how they use their voice and heart in encouraging and supporting families and empowering parents of young children.

Please note: This nomination does not have to be someone in the EINS community. It can be anyone with a strong commitment to families and children. **Deadline for nominations: May 20**

Name: _____

Agency/Affiliation: _____

Note: _____

Nominated by: _____ Contact info: _____

Please, reply by e-mail to Winnie Hutchinson: allkids3@ns.sympatico.ca

Honour Roll of past recipients of the Barb Boiduk Award

2005: Barb Boduk
2006: Brenda Putnam
2007: Isabel denHeyer
2008: Patricia Morse
2009: Caroline Gallop

Parent Education funds update:

A big **THANK YOU** goes out to the Trucker's Association. Thanks to their generous donation, last year EINS was able to support over 50 parents throughout Nova Scotia in attending conferences and workshops relevant to their child's needs. Of interest here is a breakdown of how the money was spent:

<i>Topic of workshop</i>	<i>Amount funded</i>
Down Syndrome	\$1765
NS Hearing and Speech parent workshops	\$370
Autism Spectrum Disorder	\$2835
Other	\$790

If you are a parent of a child currently receiving early intervention services in Nova Scotia and would like to apply for funding to attend upcoming training or conferences please talk to your early interventionist.



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

**Professional
Association**

www.ecians.ca

AGM: May 20, 2011

Autism Family Support group on Facebook



This group is for anyone who is touched by AUTISM.
Moms, Dads, Grandparents, Siblings, Aunts, Uncles &
Neighbors.

This is a place to:
connect with others in a similar situation,
ask questions,
vent frustrations,
share ideas, strategies,
make new FRIENDS

Not everything that is faced can be changed, But nothing can be changed until it is faced. – James Baldwin

On September 11th, 2010 Anna Maria Bailey entered her first horse show at the Pictou North Colchester Exhibition. Anna first began riding when she visited the local All For Horses shows in Antigonish to see her "big sister" showing and Jacqueline Hines would put Anna up on her horse's back for rides. This year, Anna was old enough to attend therapeutic riding with Antigonish Therapeutic Riding Association. Claire Reeves was her instructor and showed Anna care for, lead and ride. Dreamy was the therapeutic pony, and she was indeed dreamy, very gentle and friendly.

Anna's start in therapeutic riding was not what we expected, due to anxiety she suddenly developed. Then Jacqueline came with us and without talking about it, picked Anna up and placed her in the saddle and said, "Let's get this pony movin" and away she went! That night Anna rode for 30 minutes and made sure that Dreamy didn't step in the "horsie poop", as she called out whenever there was a suspicious pile to be avoided. No worries, though, Dreamy is pretty fastidious, so we would hear, "Look, horsie poop. Ohhh, missed it". She nearly fell out of the saddle trying to look under the horse.

In preparation for the show, Anna and her Mommy visited Wayne's Saddlery in Truro for boots and riding gloves. She loved the boots so much they cut the tag off so she could wear them out the door (she wouldn't take them off). Our arrival at the exhibition for Anna's first show was accompanied by rain showers, which made the outdoor ring, where her class was scheduled, too dangerous to use. The class was then moved indoors, to be squeezed into the arena when time permitted, then it was cancelled, then scheduled for the light horse barn.

It was tight quarters, but still attracted lots of spectators. The girls donned their show gear in the stalls with the horses, then mounted up. I was concerned that with people watching Anna would become shy or frightened, but lost that worry on her first pass by, when she looked at Mom and Dad and said, "Looooook"!

Anna took first place and a trophy in Lead Line Pleasure, which is based on presentation, and second in equitation, which focuses on how she sits and handles the horse. She was grinning from ear to ear when her name was announced for first. Her friend Brooke took first in Equitation and second in Lead Line Pleasure. Brooke is only 3, but is already an experienced rider and she generously lent Anna her saddle and a shirt.

Anna's involvement in riding will benefit her in so many ways as she grows up. She will have the joy and companionship of an amazing animal, the coordination and posture that develops with riding and the confidence and self esteem that comes from working with such a large creature. It will give her a great sense of responsibility and value as she assists in the care and clean up of the horse and its equipment. And when she wins a trophy or a ribbon, that is just a bonus!

I highly recommend riding for all kids, not just those with "special needs". We all have special needs and the company of such a noble animal meets a number of them.



Children need a wide variety of learning experiences to develop both female and male gender-related skills

To see the full article go to: <http://www.livingbetter.org/livingbetter/articles/gender.html>

Darwinists believe over millions of years men have developed as hunters and so are more directional; whereas women were gatherers and see more detail in the berry bush. Feminists believe that these stereotypes are the source of gender inequity. Treated the same males and females would develop the same traits. However, according to Dr. JoAnn Deak, some traits are gender equal, but others are different from the womb because of the effect that the hormones of estrogen and testosterone have on brain development. Estrogen is developed mainly in the uterus and is the dominant female hormone that makes females different from males. Testosterone is developed mainly in the testes and gives male characteristics. Some characteristics are gender equal, according to the education consultant and author. Others may be more dominant in females or males. For example, fear and anxiety are greater among females. Joy and happiness – positive emotions – are gender fair. The uterus and estrogen makes girls different from boys; just like testosterone gives males strength, speed and muscle. Men and woman can do the same things, but they take different roads to get there. Thus, it is important during the early years to expose females to learning experiences that will help them develop male dominant skills and vice versa.

Some notable examples of gender differences are: Female balance is contextual; male balance is more internal. Visual memory, auditory sequencing and auditory discrimination make females better spellers than males. This is not related to intelligence. Males are lateral thinkers, occurring on the left side of brain. The female brain is more integrated, using both sides. Females will use 10-12 different locations on both sides of brain to do a math question. Boys use three to five centers on the left side of brain. Females see shades of color better than males. Women are better with detail; men with the overall view. Males play with action toys, have spatial skills and gross motor development. Females have fine motor and auditory skills focusing on sequential detail. Deak describes the differences to children by saying that males see the forest (overview), while females see the trees (detail). Some do both equally well.

Some people believe it is going against the grain to moderate gender disposition by early intervention. Deak disagrees. Varied learning experiences in early childhood can assure that children develop both female and male skills. In pre-school boys left to play will spend five hours a week with blocks; girls will spend 5-10 minutes. Young boys need to be put in the language corner and young girls in the block corner so they can develop dendrites for each other's areas. If we change the environment girls can learn male dominant skills and vice versa. The first few years are crucial. From conception to three years it is important to avoid mistakes or repeated wrongs that lead to trauma among a child. Children need to have proper nutrition and develop a sense of connectedness or belonging. What happens in these formative years will stay with them for their lifetimes. From zero to 10 are years of skill development, so it is important to recognize the learning styles of children and use various learning approaches. The rate and readiness for learning is different among males and females. Male development is slower than female. Females develop auditory skills from 5 to 7 years old; auditory learning among males occurs from seven to 12 years. It is better for males to start learning to read in second grade.

Understanding female and male predispositions can help to change gender stereotypes and allows early intervention so that girls and boys are strong in all skills.

Dr. JoAnn Deak is the author of *How Girls Thrive: An Essential Guide for Educators and Parents*. She is the founder of the DEAK Group, which teaches educators and parents about the learning strategies for early intervention in children. Check out their homepage at <http://www.deakgroup.com>.

Walk the Walk for Autism June 18, 2011

On June 18th, communities across the province will

WALK THE WALK FOR AUTISM



Nova Scotia's first annual awareness walk for autism. People all over the province are invited to walk together to raise awareness and support for autism programs and services in their communities.

The walk will be held in 4 locations across Nova Scotia: Sydney, Kingston, Halifax, and Bridgewater. Check out walkthewalkforautism.ca where you will be able to register for Walk the Walk for Autism in your area.

Moving Mountains: *An Age Old Story of Parent Advocacy*

There were two warring tribes in the Andes, one that lived in the lowlands and the other high in the mountains. The mountain people invaded the lowlanders one day, and as part of their plundering of the people, they kidnapped a baby of one of the lowlander families and took the infant with them back up into the mountains.

The lowlanders didn't know how to climb the mountain. They didn't know any of the trails that the mountain people used, and they didn't know where to find the mountain people or how to track them in the steep terrain. Even so, they sent out their best party of fighting men to climb the mountain and bring the baby home.

The men tried first one method of climbing and then another. They tried one trail and then another. After several days of effort, however, they had climbed only a couple hundred feet.

Transition to school

It's that time of year again, when we start thinking about our children who are eligible to start school in September. Some things to think about when preparing for your child's entry to school and determining their school readiness...

- * Is my child emotionally ready for the challenges of school?
- * Can my child mix well with others?
- * Does my child separate from me easily?
- * Will my child flourish in a structured environment or does s/he need a more relaxed, unstructured one?
- * Does my child listen well and respond appropriately to instructions?
- * Does my child communicate effectively?
- * Do I want my child to go to school because it will be more convenient for me, or because s/he is ready?
- * Will another year in preschool be more beneficial for my child?
- * Will my child cope with the tiredness of five days at school?

www.transitiontoschool.com.au

Useful resources:

Books About Beginning School

Look Out Kindergarten, Here I Come! by Nancy Carlson

Tom Goes to Kindergarten by Margaret Wild

When You Go to Kindergarten by James Howe

Books About Transitions & Changes