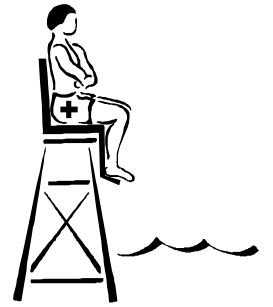


Eastern Shore -Musquodoboit Valley Early Intervention Program



Volume 1, Issue 4

Summer 2002 Newsletter

Welcome Lori!

On behalf of Eastern Shore Learning Opportunities for Women, LEA Place Women's Resource Centre and the Early Intervention Program, I am thrilled to welcome Lori Lowe as our new Early Intervention Program Coordinator. Lori comes to us with a background in child and youth studies and a wealth of experience from raising her own two young sons.

Lori will be replacing Sarah Melanson effective May 27th. Sarah has accepted a new position in Halifax closer to her home. Lori will be working with Sarah from now until the 24th to ensure a smooth transition.

While we will miss Sarah we are confident that Lori will continue to provide exceptional services to all our families. Welcome Lori!

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Sincerely,
Karen Walsh
Chair, Advisory Sub-Committee



Lori

Well here it goes my first time in print. I would like to say that I am very eager and excited to get started in my new position. These first few weeks have been full of new faces, information, and fun. Sarah has been great; she has worked with me, and has introduced me to the program in a way that should make this transition easy on all of us. Sarah is a special person, and I am sure she will be missed. I wish her the best of luck in her new position at the Progress Center.

Now a little bit about me; I am 27 years old, and live in Moser River, which is a tiny community along the Eastern Shore with my husband and our two children Zackary who is 2 1/2 years old, and Spencer who is 9 months old. I graduated from the Mount in 1997 with a BAA in child studies. During my last year at the Mount I double majored in Administration and Special needs. With my education and experience combined I feel that this position is the perfect one for me to use my skills. I am looking forward to working with all of you in the near future, and with summer just around the corner maybe we will be able to get some of these home visits happening outside. I hope everyone will have a great summer! Remember to play safe, and HAVE FUN!

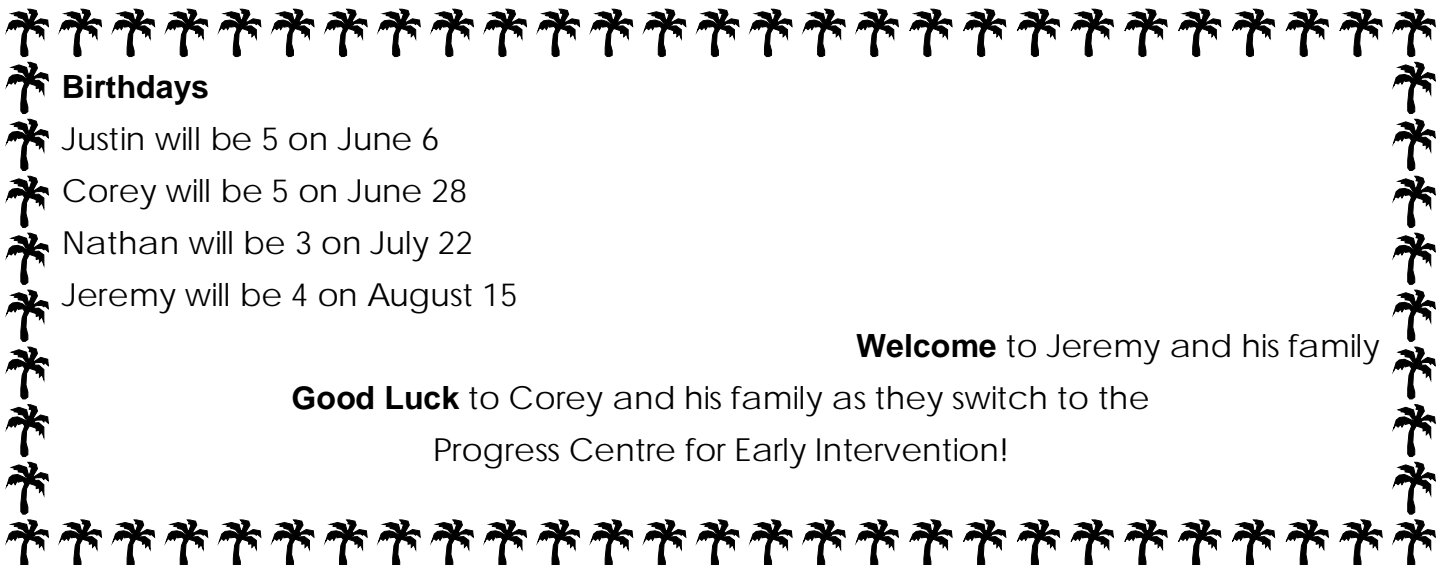
Sarah

Wow! 100 Home Visits and 15000 km on my car... that is what the past ten months means in numbers. But numbers don't tell you nearly enough. The past ten months have given me the pleasure of getting to know 10 families and all their intricacies. I have loved every minute of it. You were all patient as I learned with you and you laughed with me as I was late or got lost (bet you didn't know it was so easy to get lost on a highway!)

I am at a loss for words.. So before I get to sappy I will say so long, good luck and stay in touch!!!

Best Regards,
Sarah

(Sarahmelanson@yahoo.com for those of you with email!)



Birthdays

Justin will be 5 on June 6

Corey will be 5 on June 28

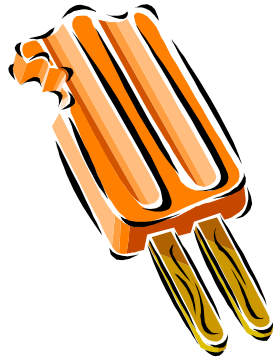
Nathan will be 3 on July 22

Jeremy will be 4 on August 15

Welcome to Jeremy and his family

Good Luck to Corey and his family as they switch to the
Progress Centre for Early Intervention!

Summer Fun



Popsicle Recipe

(from Lori's grandmother)

- 1 Package Kool Aid (Non sweetened)
- 1 Package Jello
- 1 cup sugar
- 2 cups hot water
- 2 cups cold water

Mix together

Pour into popsicle containers, place in freezer until frozen.

ENJOY!



Make Sun Prints

You will need:

Dark colored construction paper
Flat objects like a key, a coin, a small lid, leaves etc.

What you do:

Place the objects on the paper and leave it outdoors on a sunny day (keep the leaves in place with small rocks) or in a sunny window. After a few hours, take off the objects.

What do you find?

The Bubble Hop

(To the tune of "Row, Row, Row your boat")

Blow, blow, blow, some bubbles,
(form circles with thumb and index fingers)

Do the bubble hop,
(hop on one foot)

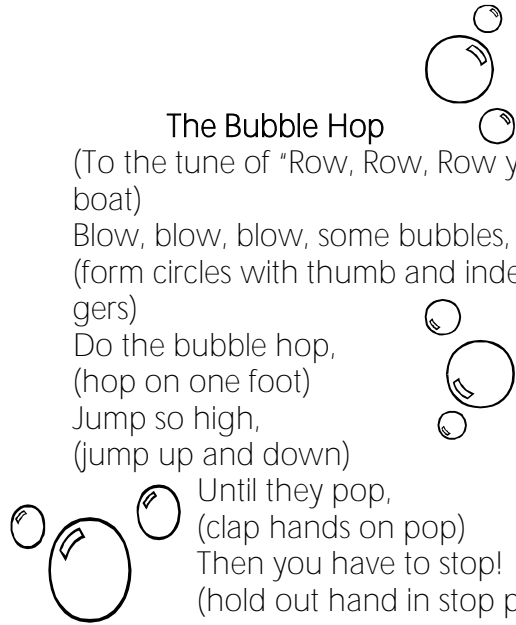
Jump so high,
(jump up and down)

Until they pop,

(clap hands on pop)

Then you have to stop!

(hold out hand in stop position.)



Mr. Sun



Oh Mr. Sun , Sun Mr. Golden Sun,
(form circle around head with arms)

Please shine down on me.
(point to self)

Oh Mr. Sun, Sun Mr. Golden Sun,
(form circle with arms)

Hiding behind a tree.
(peek out from behind hands)

These little children are asking you,
(hold hands on both sides of mouth)

To please come out so we can play with you.
(motion "come here" with hand)

Oh Mr. Sun, Sun Mr. Golden Sun,
(form circle around head with arms)

Please shine down on me.
(point to self)

For the siblings of our little ones...



Many things go into how a child feels about a sibling's disability, including the age and sex of the disabled child, the nature of the disability, and the age of the nondisabled child.

Children have many of the same feelings as do their parents. They feel grief at losing the brother or sister they had hoped for. They may be frustrated because the disabled child can't play with them or seems to get more attention. They may be confused about the disability itself or their own role in the family. Understanding how siblings feel can help you deal with them more effectively.

From a 7 year old boy named Ryan . . .

It is not so easy to have a brother who has a disability. I love him, but sometimes I do not like what he does to me. Sometimes he grabs me hard and screams for no reason. I say I hate him sometimes but I really do love him very, very much. Sometimes I hug him. He's a very nice kid. Who cares if he has a disability? I like him.

From a 12 year old boy . . .

Having a brother with special needs makes my life different from others because he likes to follow me everywhere – even to the bathroom sometimes!

He gets mad at the smallest things. Sometimes he hits himself in the head and that scares me. Sometimes he hits me for no reason.

Sometimes he can be in a mad mood, but we have fun too. We like to laugh and talk and play like other brothers. My friends are really nice to him.

My advice is to respect your sib and treat him like everybody else. Try to understand his needs.

My best time with my brother is when we go to the desert on our dirt bike. He doesn't ride by himself so sometimes he rides with me and that makes him happy and me too.

Brothers and sisters of a child with disabilities face issues that other children don't face. Be sensitive to their needs and be ready to deal with them by providing information and support when they need it.

My brother's name is Zachary Benjamin Cohen. He has special needs. I am an expert on calling 911 because when my brother was very sick I got scared and really thought he was going to die. I remember feeling scared, frightened, and then a little bit mad because my Mom and Dad spent a lot of time at the children's hospital.

Because he is not a typical kid, Zachary gets a lot of attention. I need attention too because I am the middle child. It can be hard on me sometimes.

Sources: Views from our Shoes, ed: Donald Meyer & Parent Articles for Early Intervention



Sun Safety

Warm, sunny days are wonderful. The sun feels so good on your skin. But what feels good can be very bad for you, your family, and especially your baby. Before you take your baby to the park, beach, or even out into the backyard, please read this information. It will help you learn how to protect your entire family and develop safe sun habits that can last a lifetime.



Sun myths

MYTH: A suntan is good for your baby.

FACT: A tan is a sign of skin damage.

MYTH: Babies can't get sunburned on a cloudy day.

FACT: Most of the sun's rays can come through clouds and cause sunburns.

MYTH: Baby oil is good sun lotion.

FACT: Baby oil causes the skin to burn faster and offers no protection at all.

MYTH: Baby needs the vitamins that the sun provides.

FACT: A proper well-balanced diet and minimum sunlight will give your baby all the necessary vitamins.

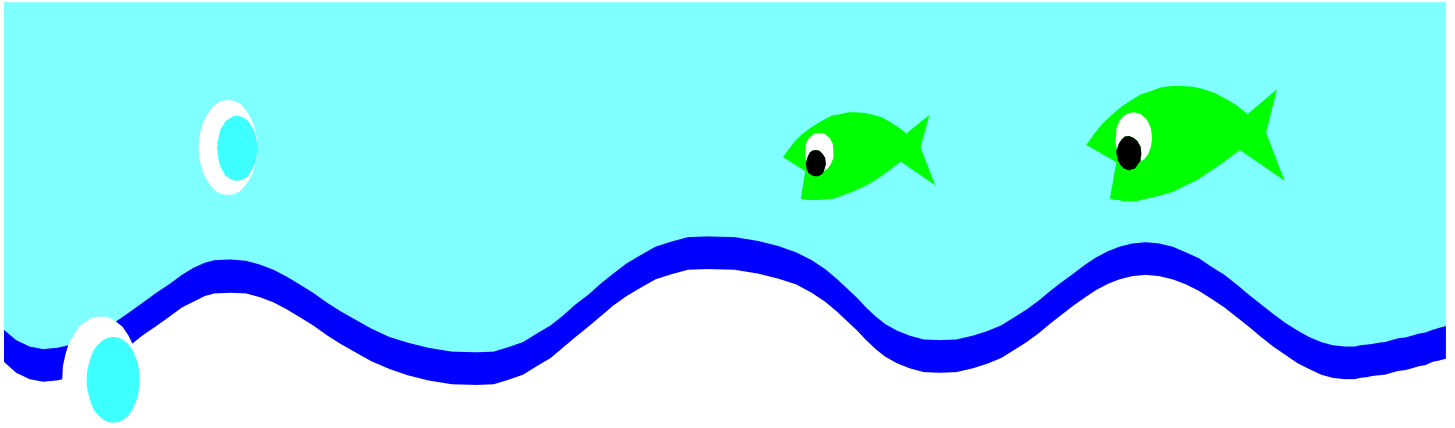
Sunscreen for your child

When choosing a sunscreen, look for the words "broad-spectrum" on the label—it means that the sunscreen will screen out both ultraviolet B (UVB) and ultraviolet A (UVA) rays. The sun protection factor (SPF) should be at least 15. Use enough sunscreen and rub it in well, making sure to cover all exposed areas, especially your baby's face, nose, ears, feet and hands, and even the backs of the knees. Put it on 30 minutes before going outdoors. The sunscreen needs time to work on the skin. Choose a water-resistant or waterproof sunscreen. Sunscreens that are "waterproof" should be reapplied every 2 hours, especially if your baby is playing in the water. Zinc oxide, a very effective sunblock, can be used as extra protection on the nose, cheeks, tops of the ears, and on the shoulders. Remember...Sunscreens should be used for sun protection and not as a reason to stay in the sun longer.



Set a good example!

Make sun protection a regular family event. Your baby needs you for protection from the sun and from sunburns. Since babies learn by imitation, you can be the best teacher by practicing sun protection yourself. Teach all members of your family how to protect their skin.



Source: *From the Heart: On being the mother of a child with special needs*, ed: Jayne D. B. Marsh

I often say this serenity prayer to myself:

“God, grant me serenity to accept the things I cannot change” (my daughter’s disability, my husband’s different timetable, professionals’ resistance, and/or others’ attitudes toward my daughter or our family, etc.),

“...courage to change the things I can...”(my attitudes, thoughts, feelings, and plan of action to advocate for my daughter’s and other disabled children’s rights and needs),

“...and wisdom to know the difference (through talking things over with others who understand disability issues, helping me to get clearer on knowing the difference).

I find strength and healing in these thoughts.

-Marti



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