



August 2022 Newsletter

In this newsletter, we hope that you will find valuable information that you can use with your little one, as well as, for yourself. We are always looking for resources to help us along the way. Saying that, this is the time of year where public schools start up again and several little ones will transition over to the school system. It is a bittersweet moment not only for the family but for your EI as well. Whether your family has been with our program for several years or even just for a few months, we have watched your little one blossom.

Developmental Milestones

Are you not sure what your child should be doing at what age or questioning yourself because your friends' little girl is doing something but your little one isn't or vice versa? It can be worrisome at times. Here is a quick check list to see what your child should be doing. You can also ask your EI, they are trained to help you understand a little better about what your child should be doing.

Need some developmental activities for your little ones? Click on each link for some fun at home activities.

- [Fine Motor](#)
- [Gross Motor](#)
- [Cognitive](#)
- [Communication](#)
- [Social](#)
- [Adaptive](#)

Ocean in a bottle:

What you need: Water bottle, water, vegetable oil, food coloring and fun things to put in your bottle



What to do: Fill bottle about 2/3 with water, add food coloring of your choice, add items (glitter, jewels, beads, sequins, fish), fill remainder with vegetable oil, put lid on, glue shut. Enjoy!

Family Support

There is nothing wrong with asking for a little more support when it comes to your little one. Medical supplies, special nutrition and even travel can be a little more than one can handle. At the CDC, we have a program that will help your family. Mrs. Christy is amazing and will try to help out in any way that she can.

Or if in our other counties please check out [Buffalo River Services](#).

Transitioning:

The primary purpose of a transition meeting is to develop a plan for transitioning your child from early intervention services to the school system or other services your child might receive. This meeting is initiated by your TEIS Service Coordinator and should be held 3 to 9 months before your child's third birthday. Click on the underlined topic for a wealth of information about the whole process.



Day-Care list

While the CDC serves multiple counties, it is difficult to list all of the day cares in your area. Click the link for the state list. Then click the county that you live in for a list of daycare services.

Early Head Start/Head Start

EHS serves families birth to age 3. While HS serves 3-5. The program is free for low-income families.

Here are some books that might help your little one to transition. Also don't forget to sign your child up for the [Dolly Parton Imagination Library](#). You will get a free book every month. They also have books in Spanish and in Braille, upon request.



Strawberry Fruit Leather

Looking for an easy snack to carry along? Check out this cool snack.



Events:

August-24-Sept. 3 [TN Walking Horse Celebration](#) at Calsonic Arena.

August 26th Community Wide Yard Sale in Wartrace, TN.

Resources:

<https://babynavigator.com/16-gestures-by-16-months/>

<https://teachmetotalk.com/category/podcast/>

<http://fgrbi.com/resources-for-families/>

<https://cdctn.org/early-intervention>

Family Resource Center:

One stop, easy access to a wide range of services for families and individuals.