

# Infants and Toddlers/ CMS Newsletter

## From the desk of your Service Coordinators:

Another Summer has come and gone! Kids are back to school and Autumn has just arrived. As a friendly reminder, if you have moved or changed your phone number, please contact our office and update your information. We can be reached at our office in Snow Hill at 410-632-9230 ext 1649 for Tonya and 1628 for Kim. Please feel free to email us with any updates, questions, events or items that you would like included in the news-

letters. Our emails are: Tonya.hurley@maryland.gov Kimberly.mcardle@maryland.gov Some of our Infants and Toddlers families have had the wonderful opportunity to work with our interim Physical Therapist Carla Taylor who joined our team in August and will be saying farewell at the end of September. We are pleased to welcome our newest full time Physical Therapist Jill Mandel.

Also, if your family has gently used toys and/or books



**1st day of Fall: September 23, 2014**

they would like to donate to families in need please let your therapist or service coordinators know! Have a safe and fun-filled Autumn!

Autumn 2014

Volume 2, Issue 1

### Special points of interest:

- ✓ Update on ITP & CMS
- ✓ Introduction of Barbara Wink
- ✓ Meet Jill Mandel
- ✓ Pumpkin moon sand recipe
- ✓ After school snack idea
- ✓ Halloween safety tips
- ✓ Local upcoming events for the family

## Home Instruction for the Parents of Preschool Youngsters (HIPPY)

**HIPPY** is a **free** program for **all** families of early learners ages 3, 4 & 5

in Snow Hill, Pocomoke and Northern Worcester County

**HIPPY** will provide your family with:

- o Children's educational supplies including books, crayons, scissors,

- and shapes
- o Weekly lesson packets to help you teach your child
- o Assistance from a home educator
- o Family nights on various parenting topics
- o Special events and activities
- Please join our HIPPY family!

For more information, please call

The Judy Center at Snow Hill Elementary School  
(410) 632-5223



### Inside this issue:

HIPPY	1
Family Support Services	2
Meet the Therapist	2
Pumpkin Moon Sand	2
After School Snack Idea	3
Trick or Treating Safety Tips	3
Local Events	4



## Family Support Services

Family Support Services is available from Worcester County Public Schools to any parent/guardian with questions or concerns about their child (age birth to 21) with developmental delays and/ or a disability. Your new Parent Coordinator for Worcester County is Barbara Wink. She has a child who has been involved in special education services for 13 years. Her experience allows her to understand the benefits of early interventions and potential

challenges a parent can face to help their child be successful. In addition to her personal experience, she is a former special educator. This past experience gives her insight into the special education process from both the educator and the parent's viewpoints. Currently, she is working on information, resources, a lending library, support groups, community events and workshops for parents. Barbara can arrange to meet with you at a time and place con-

venient to your needs. Please feel free to contact her via (phone) 410632-5234, email [bemorris-wink@mail.worcester.k12.md.us](mailto:bemorris-wink@mail.worcester.k12.md.us) and/or the FSS Facebook page at [www.facebook.com/](http://www.facebook.com/)



## Meet the Therapist



Worcester County Infants and Toddlers Program welcomes Jill Mandel, new physical therapist for Worcester County Public Schools. Jill is a pediatric physical therapist with almost 10 years of experience.

Jill also currently holds a certification in Neuro-

Developmental Treatment. She moved to the Worcester County area two years ago and grew up in Northern New Jersey. Jill is a mother of two young children and is very familiar with Infants and Toddlers as one of her children has been receiving infants and toddlers services. We are

excited to have Jill join our team.

**Welcome to the Infants and Toddlers team Jill Mandel!!**



## Pumpkin Moon Sand Recipe

Moon sand is really easy to whip up and makes for some fabulous sensory play. It has a fun texture! Here is a newly created moon sand recipe perfect for Fall.

- 4 cups of play sand (a 25 pound bag from Home Depot is approx. \$5)
- 2 cups of corn starch

- 1-3 cups of water
- Pumpkin pie spice
- Orange food coloring, liquid watercolors, or powdered paint

In a sensory bin or similar container combine all ingredients and mix well. You can

use homemade powdered paint to color your sand, but you can also use watercolors or powdered tempera. Start with one cup of water and added more until you have the desired consistency.

Source: <http://www.growingajeweledrose.com/2013/09/pumpkin-moon-sand-recipe.html>



## Apple Cheese Wraps for Lunch or Snack Time

(Serving Size: 4)

### Ingredients

- 1 granny smith apple
- 1 slice lemon
- 2 slices cheddar cheese, cut in half
- 2 slices deli turkey or ham, cut in half

### Preparation

1. Slice the apple into 1/2 inch thick slices. Rub the apple with

the lemon wedge to prevent from going brown.

2. Slice the cheddar cheese into 1/2 inch wide slices and the ham in 1/2 or in 1/4 (the ham needs to be large enough to wrap around the apple).

3. Place an apple slice and a cheese slice on top of the deli meat and fold over deli meat to wrap.

Source: [www.weelicious.com](http://www.weelicious.com)



## Trick or Treating Halloween Tips

From the candy to the costumes, Halloween is a fun-filled time for kids and parents alike. But it can pose dangers to young revelers.

To help make this year's festivity a trick-free treat, follow these simple safety tips:

- Choose a light-colored costume because these are easily seen at night. Add reflective tape or glow-in-the-dark tape to the front and back of the costume and to the trick-or-treat bag.
- Only buy a costume that is labeled "flame-retardant." This means the material won't burn. If you are making your own costume, use nylon or polyester materials, which are flame-

retardant.

- Make sure wigs and beards don't cover your kids' eyes, noses, or mouths.
- Kids shouldn't wear masks — they can make it difficult for them to see and breathe. Instead, use non-toxic face paint or makeup. Have younger kids draw pictures of what they want to look like. Older kids will have fun putting the makeup on themselves. Test the face paint or makeup on your child's arm or hand before applying to make sure the paint doesn't irritate the skin.
- Avoid colored or decorative contact lenses, unless they have been prescribed by an eye doctor for your child.

- Put a nametag — with your phone number — on your children's costumes.
- Avoid oversized and high-heeled shoes that could cause kids to trip. Make sure the rest of the costume fits well, too, which can help prevent trips and falls.

Make sure that any props your kids carry, such as wands or swords, are short and flexible.

Source: Kidshealth.org

**"Put a nametag — with your phone number — on your children's costumes."**

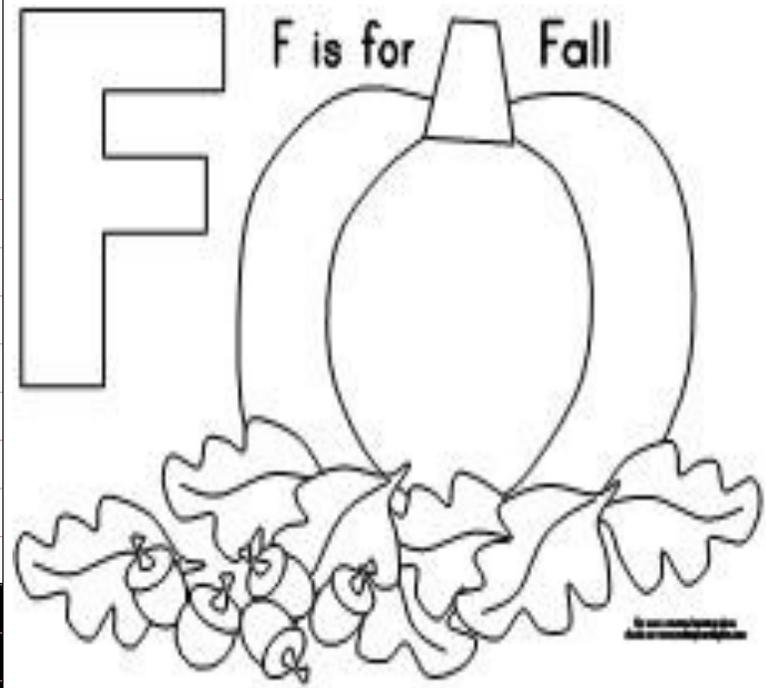


424 W Market St.  
Suite A  
Snow Hill MD 21863

Phone: 410-632-9230  
Fax: 410-632-9239  
E-mail:  
Kimberly.mcardle@maryland.gov  
Tonya.hurley@maryland.gov



## Coloring Corner



Check us out on the web!  
[www.worcesterhealth.org](http://www.worcesterhealth.org) and click  
on Children's Medical Services &  
Infants and Toddlers

## Local Upcoming Events for the Family

### Life on the River in Snow Hill

October 4, 2014 - 12pm to 4pm. Come dressed in jeans and a flannel shirt. There will be hat decorating, face painting, and straw stuffing in the Old Firehouse before the **Scarecrow Parade** on Green Street. Kids of all ages can dress up like a scarecrow and join in the fun. Prizes for Best Scarecrows will be given.

### Berlin's Second Friday Art Stroll

October 10, 2014 - 5pm-8pm. Downtown Berlin, Maryland

### Fall Festival

October 11 - 11am-4pm. Downtown Pocomoke City

Festival offers live entertainment, music, antique car show, kid's Halloween costume contest, horse & pony rides, games, crafts, moon bounce, vendors, food and much more!

### House of Pocoween

October 24, 2014 - 6pm-8pm

Delmarva Discovery Center - Market Street - Pocomoke City, Maryland

Join us for our annual House of Pocoween event. Mermaid Dive Show, Story Time, Animal Program, Costume contests w/ Prizes, Crafts, Games.....and of course Candy!

### Salisbury Zoo Halloween Happening

October 18 and October 25, 2014 @ 1pm-4pm

This Halloween event is for children 10 and under who may not want the scary parts of a Halloween event. Children will be able to Trick or Treat throughout the Zoo, participate in Halloween games and compete in a costume contest! **NEW THIS YEAR: Hay Bale Maze**  
Tickets are \$8 for children with one adult FREE, additional adult \$2

### Winterfest of Lights

November 20, 2014 - January 4, 2015 - Sunday - Thursday, 5:30-9:30 p.m.; Friday-Saturday, 5:30-10:30 p.m. Inlet Parking Lot & Northside Park - Ocean City, Maryland. Enjoy this award-winning holiday paradise created for the whole family! Northside Park will have hundreds of animated, lighted displays. Relax and sip hot chocolate in the heated Winterfest Village pavilion. Admission.