

# Infants & Toddlers/CMS Newsletter

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Spring 2014

Worcester County Infants & Toddlers/ Children's Medical Services

## Special points of interest:

- Update on Service Coordinators, Address & Phone Numbers
- Benefits of Reading & how to choose the best book for your baby
- Upcoming FREE events for the family
- How to Make puzzles fun for your baby

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## From the desk of your Service Coordinators:

Happy Spring (finally)! This past winter brought many changes to our program and we are excited to let you know about them. Infants and Toddlers and Children's Medical Services have a new location, new phone numbers and new service coordinators! Previously located in the Berlin Health Department, our offices have moved to Snow Hill, MD and we have a new address for you-

424 W Market St. Suite A, Snow Hill MD 21863

In addition to the move we have said goodbye to a wonderful coworker in Infants and Toddlers, Angela Rathkamp, and wish her luck in her new position with our Mental Health Unit!

Many families have had the chance to meet service coordinator Tonya Hurley who has been working with CMS for a year and has taken on Infants and Toddlers responsibilities recently as well. Kimberly

to meet and work with all of our wonderful infants/toddlers/CMS Individuals and their families!

In order to reach us by phone please take note of our new number:

410-632-9230

Ext. 1649 (Tonya)

Ext. 1628 (Kim)

We will be doing our best to make monthly phone calls to touch base and assist with any needs you may have.

Please feel free to contact us as needed! Also, if you change your phone number or address please be sure to call and let us know so we have the most up-to-date information and can provide the best coordination!



**First Day of Spring: March 20, 2014**  
**Easter: April 20, 2014**  
**Earth Day: April 22, 2014**  
**Mother's Day: May 11, 2014**

McArdle is our newest Service Coordinator and has just transitioned from our Developmental Disabilities program where she worked for nearly 2 years. We are both excited

## Choosing Baby Books and Toddler Books

Every parent knows that reading with children is crucial for their development, but how do you know which baby and toddler books are right for your child? Below are some age-based tips for selecting your baby's first books. As she grows, you can tailor your choices to match her interests. Aim to read at least a book a day.

### For Newborns: Seeing Things in Black and White

If you are just starting your baby's bookshelf, it's important to remember that the act of reading is just as meaningful as whatever books you choose. Certain visuals and text will hold the attention of newborns:

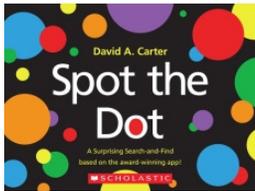
### High-Contrast Images

Newborns' eyesight is a work

in progress. In fact, they see best from a distance of approximately one foot, so simple, bold images hold the most appeal.

**Rhyming Text** Just by listening to your voice, newborns gain invaluable language lessons. When you read a book with basic rhymes, your infant will relish the soothing, reliable rhythm.

## Choosing Baby Books and Toddler Books (Continued)



### For Older Babies: Never Bored With Boards

By the second half of the first year, babies begin to participate actively in the reading process — first by chewing, later by pointing and babbling. Choose books to satisfy a seemingly endless amount of curiosity. Expose your child to the world through bright pictures of interesting objects.

**Board Books** These short, simple books are made of laminated cardboard pages. They should be sturdy, with rounded edges, because your baby most likely will chew them, pull them, and toss them.

**Activity Books** Play peek-a-boo. Search for hidden surprises. Touch something soft and furry. From pop-up to lift-the-flap to bath and more, activity books encourage exploration.

### Toddler Books: Picture This

Even though toddlers are frequently on the move, they need books as much as babies do. Resist the urge to quiz your child on letters, colors, or numbers. Instead, choose toddler books that introduce basic themes and invite conversation.

**Picture Books** From stunning Caldecott Medal winners to dime-store classics, toddler books

with pictures provide more elaborate plots and illustrations than board books do. Subjects range from ABCs to animals, feelings to favorite characters.

**Bedtime Books** You have probably already added a few bedtime toddler books to your library, but toddlers need these books more than ever. Reading a book with mom or dad before bed can serve as a great wind-down for active toddlers.

Article Source:

<http://www.scholastic.com/parents/resources/article/book-selection-tips/choosing-baby-books-and-toddler-books>

### “Learning benefits:

- Alphabet Recognition
- Literacy
- Rhyming”

## Upcoming (Free!) Events in Your Area

With warm weather comes opportunity for lots of fun and enjoyable outdoor activities! There are plenty of family oriented activities in our area and we'd like to share! If you have flyers or knowledge of upcoming events please be sure to fill us in so we can spread the news!

- **Springfest**, OC Inlet, May 1-4
- **Free Movies on the Beach, 27th Street** (Mondays & Fridays June 23-August 8, movies start @ 8:30pm) **91st Street Princess Royale** (Thursdays July 3- August 28, movies start @ 8:30pm) **118th Street Carousel Hotel** (Wednesdays June 4- August 27, movies start @ 8:30pm)
- **Thomas the Tank Engine** May 17th @ 10:30am (Queponco Train Museum 8378 Patey Woods Road Newark, MD)
- **Story Time at Salisbury Zoo** (Every Tuesday from 10am-11am for children ages 3-5- parents must accompany child)
- **Wild About Reading @ Salisbury Zoo** (May 8th 6-7:30pm for pre-k aged- 5th graders learn about Zoo animals through a variety of literacy activities)
- **Young & Restless Creepy Crawlies @ Pocomoke Branch Library** (May 1, 10:30am- 11:30am, Experience creative science, art and music Insect activities! Dress to get messy! For 3 to 5 year old children)
- **Playtime for Infant- 5yr old @ Pocomoke Branch Library** (May 6, 15 and June 3, 10:30am- 11:30am, Parents and children explore educational toys together in an interactive, free play program. A great place to make new friends and learn new skills, while having fun!)
- **Story Time @ OP Branch Library** (May 1, 8, 15, 22, 10:30am, Hear marvelous stories, learn new songs and rhymes, create fun things and make new friends! For 2 to 5 year old children )
- **Playtime for Infant- 5yr old @ OP Branch Library** (May 14 @ 10:30am, Parents and children explore educational toys together in an interactive, free play program. A great

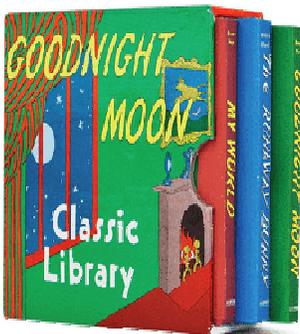
place to make new friends and learn new skills while having fun! For infant to 5 year old children)

- **Young & Restless “Incredible Insects” @ OP Branch Library** (May 28, 10:30am, Experience creative science, art and music Insect activities! Dress to get messy! For 3 to 5 year old children)

## Making Food Fun for your Tots



Try incorporating healthy foods into fun and festive designs to catch your toddler's eye! Grapes and a strawberry arranged to look like the Hungry Caterpillar complete with an orange as the sun and carrot sunbeams are sure to brighten their day!



## Children's Medical Services

The program's goal is to assist families in obtaining special medical care for children with chronic illness or disabling conditions as a payer of last resort. This program generally assists families who do not have medical insurance, or families who have medical insurance that is NOT able to cover the child's medical needs/treatment.

### General Eligibility for the program:

1. Be a Maryland resident.
2. Be younger than 22

years old.

3. Meet medical requirements: have a diagnosed, or suspected, chronic illness or disability that requires medical evaluation and/or treatment.
4. Meet financial eligibility requirements. This is determined by the size and income of the family unit. Family unit includes members living in the child's household. Medical deductions may help the family qualify for services.

### Services and Specialty Services commonly

### covered:

1. Visits to specialists.
2. Elective inpatient procedures.
3. Medications.
4. Therapies.
5. Lab Work/X-Ray.
6. Medical equipment.
7. Cardiology.
8. Oncology.
9. Plastic surgery (facial defects).

This service is provided by the Case Management Program at the Worcester County Health Department.



## Infants and Toddlers

Infants and Toddlers Program is a coordinated effort between county agencies (Board of Education, Worcester County Health Department and Department of Social Services) to provide early intervention services for infants and toddlers and their families (ages 0-5) with developmental delays.

The services offered are designed to enhance a child's potential for growth and development before he

or she reaches school age.

### **Your child and family maybe eligible if your child is under the age of 3 and:**

1. Is experiencing a 25% delay in any developmental area, or
2. Is developing in a way that is considered out of the ordinary for

most children, or

3. Has a diagnosed condition that is likely to affect development (example: prematurity, vision and hearing impairment).

Anyone who has a concern about a child's development can make a referral by calling the single point of entry at (410) 632-5033.

**"Wooden jigsaw puzzles are great for babies..."**

## How to Make a Peek-a-boo Jigsaw

Wooden jigsaw puzzles are great for babies: They help your baby develop their pincer grip as they pull out the pieces using the peg handles

They develop fine motor skills and hand-eye coordination as your baby turns the pieces around and passes them from one hand to the other

They're good for learning about size and shape and orientation

They give you and your baby lots to chat about as you look at the pictures

To make a jigsaw even more fun try this idea for a personalized jigsaw for your baby:

1. Choose a jigsaw puzzle with large pieces and peg handles.
2. Print out some photographs of your baby's favorite people.

3. Match up each piece of the puzzle with one of your photographs and use the puzzle piece as a template to cut your photographs to the right size.

4. Glue each photograph into one of the holes in the puzzle and you're ready to play hide and seek.

\*(As always, please use parental supervision)  
Article Source:  
<http://nurturerstore.co.uk/personalised-baby-jigsaw>



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**A Shore Line to Good Health**



We're on the web!

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



Thank you for visiting us!  
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## SPRING

| <b>B</b>                          | <b>I</b>                  | <b>N</b>  | <b>G</b>            | <b>O</b>                             |
|-----------------------------------|---------------------------|---|---------------------|--------------------------------------|
| Yellow Flowers                    | Bird Singing A Tune       | Kids Outside Playing Soccer                     | Baby Ducklings      | Bounce House                         |
| Garage Sale                       | Someone Washing Their Car | A Butterfly Net                                 | Windsock            | A Bicycle With A Basket On The Front |
| Water Sprinklers                  | Wagon                     | <b>FREE SPACE</b>                               | Pink Flowers        | Tricycle                             |
| A Tennis Ball                     | Camper                    | Someone Spring Cleaning The Inside Of Their Car | Outdoor Hockey Nets | Boat                                 |
| People Playing Basketball Outside | Someone Pruning Flowers   | Someone Barbequing                              | Someone Painting    | Rabbit                               |