



NEW DIRECTIONS

Fall 2014

Early Childhood Direction Center

c/o Women and Children's Hospital
219 Bryant St.
Buffalo, NY 14222
PHONE (716) 880-3875 or
1 800 462-7653
FAX (716) 836-1252

Vickie Rubin
Manager

vrubin@kaleidahealth.org

Tracey Banks
Coordinator of Early Childhood Programs
tbanks@kaleidahealth.org

Ruth Malinowski
Special Needs Outreach Liaison
rmalinowski@kaleidahealth.org

Stacie Ricioppo
Special Needs Educator
sricioppo@kaleidahealth.org

Lauren Savino
Special Needs Outreach Liaison
lsavino@kaleidahealth.org

ECDC is a regional clearinghouse that provides free information, referral, technical assistance and support to families, professionals, and community agencies concerned with children birth to five with suspected or diagnosed delays or disabilities.

We provide ongoing community training programs for both parents and professionals.

ECDC is funded by the New York State Education Department, hosted by Women and Children's Hospital and provided in-kind support from People Inc.

If you would like to be included on our listserve to receive the latest federal, state and local updates, please send an email to ecdc@kaleidahealth.org and indicate whether you are a parent or a professional.



www.facebook.com/ECDCWNY1

The Importance of Setting Routines for Young Children

By Lauren Savino

"A child wants some kind of routine or rhythm. A child seems to want a predictable, orderly world." — Abraham Maslow, psychologist



Summer usually takes on a more laid back pace which is both necessary and therapeutic for both kids and parents. Autumn is here and for all kids, especially those with a disability or delay, going back to school or therapy requires a more structured routine with earlier bedtimes and earlier wake-up times. Please consider these tips to get your kids back into a routine that's more beneficial. When they are rested and familiar with their routine they will respond better, which makes change easier on everyone!

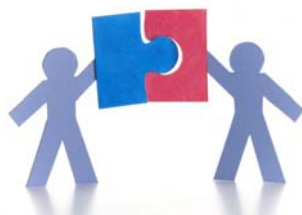
Tips for Parents and Caregivers

- Research shows that kids who eat a healthy breakfast and get a good night's sleep do better in school compared to kids who don't.
- Create a daily routine so that young children know what to expect and when. Wake up around the same time. Eat meals around the same time. Have your child take a nap and go to bed around the same time. These predictable structures help kids feel safe and secure so that they grow up well.
- Expect resistance. No one likes to change their routine, especially if the change requires more structure and earlier bedtimes. Change your routine to model what you want from your kids. Kids are more likely to stay up when they notice that the parents stay up. They're more likely to go to bed (and to sleep) if everyone goes to bed and your home gets dark.
- Pull down the shades one hour before bedtime, turn off all electronics (TV, iPad), bath time then brush teeth, choose a quiet activity such as reading books to your children for a set period of time before actual bedtime.
- If your child resists bath time, add ice cubes to the bath and pretend your child is taking a bath near the Arctic Circle. Find other creative ideas for keeping routines fresh from the book *Parenting Preschoolers with a Purpose* by Jolene L. Roehlkepartain.
- Set the same bedtime every day and keep it. Start moving towards that bedtime about two weeks before the child needs to start their new schedule.
- Expect kids to resist the daily routine as they enter the toddler and preschool years. Part of becoming more independent is to resist rules and routines. Be clear that rules and routines are important but be creative with them. If your child resists going to bed, become a horse (and get down on all fours) give your child a ride to bed on horseback (your back).

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PARENT **GROUP**

**FOR PARENTS OF
CHILDREN WITH
AUTISM SPECTRUM DISORDERS**



PURPOSE:

Provide a welcoming environment for parents and other caregivers of children with autism spectrum disorders to meet, share experiences, ask questions and receive support.

FREE TO ATTEND

All are welcome but reservations are appreciated

LOCATION: Parent Network of Western New York/EPIC, 1000 Main St., Buffalo 14202

DATES (Monthly on Wednesdays):

SEPTEMBER 10 OCTOBER 8
NOVEMBER 12 DECEMBER 10

TIME: 6:30 -8:30 PM

RSVP TO ATTEND: Please call (716) 878-7600 or e-mail:
jmertz@kaleidahealth.org

LOCATION: Wheatfield Community Center, 2790 Church Road, North Tonawanda, 14120
(Right off Niagara Falls Blvd.)

DATES (1st Monday of each month):

SEPTEMBER 8 (2nd Monday-Due to Labor Day)
OCTOBER 6 NOVEMBER 3
DECEMBER 1

TIME: 6:00 -8:00 PM

RSVP TO ATTEND: Please contact Early Childhood Direction
(716) 880-3875 or e-mail: ecdc@kaleidahealth.org

**LOCATION: Trinity United Methodist Church,
131 N 9th Street, Olean**

DATES (2nd Monday of each month):

SEPTEMBER 8 OCTOBER 13
NOVEMBER 10

TIME: 6:00 -7:30 PM

RSVP TO ATTEND: Please contact Peg Toll free 1- 866-277-4762 or e-mail: cjc.1967@yahoo.com

For more information:

<http://www.parentnetworkwny.org/autism-support-group>



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- Have picture or visual schedules of your child's day. They can be of each routine that is expected of them or their entire day. See website for printable example <http://www.andnextcomesl.com>



Keep in mind... Children's fear of the unknown includes everything from a suspicious new vegetable to a major change in their life. We are all confronted with change daily and preparation is one way you can help your child learn to adjust and feel safe with change.

UPCOMING WORKSHOPS

Overview of Services for Young Children (under 8) with Developmental Disabilities:

Participants will gain an understanding of eligibility and the admission process of the Office for People with Developmental Disabilities (OPWDD) and the services available.

**Thursday, October 9, 2014
6:00-8:00 pm**

Nurtured Heart: Approach to Challenging Behaviors in Young Children

This overview will introduce you to the Nurtured Heart Approach, a powerful tool that will transform a difficult child and build you up as a family member.

**Tuesday, November 4th, 2014
6:00-8:00 pm**

**Where: People Inc. Building
3131 Sheridan Drive, Amherst NY 14226
ecdc@KaleidaHealth.org
716-880-3875**