



NEW DIRECTIONS

EARLY CHILDHOOD DIRECTION CENTER C/O Women and Children's Hospital 219 Bryant Street Buffalo, NY 14222 PHONE 716-880-3875 1-800-462-7653
FAX (716) 836-1252 www.wchob.org/ecdc Any questions? rmalinowski@Kaleidahealth.org

DECEMBER 2008

Early Childhood Direction Center

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 New York State Education Department and hosted by Women and Children's Hospital. If you would like to be included on our list serve to receive the latest federal, state and local updates, please send an email to vrubin@kaleidahealth.org and indicate whether you are a parent or a professional.

SAVE THE DATE

Upcoming Conferences



Discipline with Dignity: Effective strategies to manage difficult behavior

A full day conference for professionals and parents
Featuring distinguished speaker
Allen N. Mendler, Ph. D.
April 30, 2009

At

Lucarelli's Banquet Center
1830 Abbott Road
Lackawanna, NY

Please call (716) 817-7484 for additional information or go to the People Inc. website under latest news to register. www.people-inc.org

DIR/Floortime

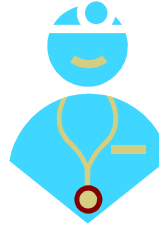
Developmental Level, Individual Differences, and Interactive Relationships

Speakers: **Jake Greenspan & Tim Bleecker**

March 12 & 13 2009

University at Buffalo, Amherst Campus
For more information and to register please visit: www.ubevents.org/event/floortime

What to Do And Where to Go Primary Care Physician (PCP) vs. Emergency Department (ED) By Diane Salverson



Consulting with a Primary Care Physician for all types of medical care instead of going to the Emergency Department offers many benefits. Keep in mind that a Primary Care Physician is also known as a family practice doctor, internist, or pediatrician. Some of the benefits of having a Primary Care Physician are as follows:

- * He/she will develop a long-term relationship with you and your family
- * He/she can be called any time and any day
- * He/she is available 24 hours a day-7 days a week

Calling your Primary Care Physician first with all your concerns is important because he/she knows you. When you call your Primary Care Physician, they can tell you, 'What to Do' and 'Where to Go.' Importantly, when in an emergency situation do not hesitate to go to the Emergency Department. If your condition is not urgent, call your Primary Care Physician first. It could save you time and money.

Dear ECDC:

I am dreading the cold weather that keeps me and my two children, 4 year old Marcus and 2 1/2 year old Ella, inside. What can I do to keep them busy and to help me keep my sanity? *Tricia in Springville*

Ask ECDC

Tracey Banks responds:

Parents in Western NY know that the winters can be long and finding things to do inside can be a challenge. Although children benefit from being outside even in cold and snowy weather, there are many different activities that you can do indoors.

Ever notice the attraction young children have with water? You may not want to leave your children splashing in the sink and winter isn't a time that you want your children's clothes soaked to the elbows, but sensory activities are a great way to encourage children's learning. Start off with a plastic bin or tub and fill it with the following for hours of fun:

Home Made Sand: 4 cups dried, used coffee grounds. 2 cups corn meal, 1 cup flour, 1/2 cup salt. Stays fresh in an airtight container or Ziploc bags

Clean Mud: Grate 3 bars of Ivory Soap. In a bowl mix the grated soap, 1 roll of toilet paper and some warm water. Keep mixing until it forms the consistency of mashed potatoes. Store it in an airtight container and reconstitute it with more water. Dispose of Clean Mud in the trash can, not the drain.

Baby Oil and Flour: Start with about 2 lbs of flour and one 20 oz. bottle of baby oil. Increase based on the size of your tub. Soft and creamy!

Any dry goods – rice, oats, pasta

Another favorite of many children is play-dough. No need to run to the store – make your own! Try these recipes: (Don't forget to let the children help you mix it up – they love to "cook")

Basic Play Dough: Combine in a bowl: 3 cups flour, 1 1/2 cups salt, 6 tsp. cream of tartar, 6 TBS oil, 3 cups water (color optional). Mix together. Cook over low heat until a ball forms. Cool. Knead. Store in a Ziploc bag.

Chocolate Play Dough: 2 cups water, 1/2 cup salt, 2 tsp. cream of tartar, 2 TBS oil, 1/3 cup cocoa, 2 cups flour. Mix it all together and cook in a pot over low heat until a ball forms. Cool. Knead.

Strawberry Cake Play Dough: 1 package strawberry cake mix, 2 cups flour, 1 1/2 cups salt, 6 tsp. cream of tartar, 3 cups water. Mix ingredients. Cook over medium heat until a ball forms. Remove from heat and knead.

Experiment to find your children's favorites and spring will be here before you know it. These ideas are from Ooey Gooley, Inc. Visit their website at www.ooeygooley.com for more suggestions.