



NEW DIRECTIONS

Summer 2013

Early Childhood Direction Center

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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 list serve 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 Nurtured Heart Approach

By Joe Clem, MA., LMFT



Hello, if you are reading this it is evidence that you are a person interested in the wellbeing of those you love, staying abreast on new information and staying connected to circles of support. In the philosophy of The Nurtured Heart Approach we would say you are Caring, Loving, Intelligent, Curious, and Wise. If you feel validated, more accomplished and/or simply better right now you have just experienced the power of a rapidly growing approach that is transforming lives around the planet.

The Nurtured Heart Approach was developed by Howard Glasser in the late 90's as a clinical and family intervention to manage difficult behavior. Since that time the breadth and depth of the approach has continued to grow into a true transformational tool used in thousands of homes, schools, mental health clinics, private practice, developmental disability and foster care agencies to name a few.

The beauty, and the power, of the approach is in its ability to have us see the good in all the little things around us. We NHA practitioners say "There is always something going Right". We learn to use language as a mechanism to build inner wealth and create an inner scaffolding to hang the skills, values and traits our children will need to be successful in life. We learn to use each moment to see, find and create success right in front of us in the lives of those we love.

Think about it, don't we humans give more energy, thought and action to problems over success? And haven't we been told FOREVER from every ancient writing of wisdom to modern success gurus that we have to see, experience and celebrate the good around us? And weren't we all taught by our grandmothers that rules and limits must be set, kept and respected in order to get rewards? The Nurtured Heart Approach uses three simple Stands and four primary techniques to combine these core truths and reap the amazing benefits intended for humans to experience. The first stand is: Never Give Energy to Problems, the second stand is: Always Give Energy to Success (what is going right and is good in the moment) and the third stand is: Set Clear and Consistent Limits and deliver un-energetic (calm and rational) consequences. Living these stands as if your life depends on it will guarantee success and a more joyous life... Guaranteed!!

As a therapist and Behavior Specialist I assure you the four techniques associated with Living the Three Stands are sound behavior change principles and bring forth the power of our heart! "Kathy I see you are crawling" I love your growing strength". "Bill I notice you look at me when I call you, that is great eye contact". Cindy I noticed you put the juice box in the trash when you were finished, that is wonderful responsibility and keeping the house clean". These are examples of the kind of statements that help us enter into our children's world, let them feel valued and noticed for doing good, reinforce behaviors and skills we value, teach abstract concepts like responsibility and mostly create strong relationships based on trust, fondness and admiration.

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"John I need you to stop. Hey I see you stopped putting your hand in the mud. Thanks, that is great listening and following rules". "Kathy I notice you're not running in the mud, thanks for listening and caring about your clothes." Bill I want you to pick up your truck and put it into the blue bin". "John I noticed you hit your sister, I need you to go to time out". These are examples of statements that allow us to set limits and impose consequences without sending more negative messages. The approach also teaches us that we can build positive skills in moments of difficult behavior.

I hope you are excited about the approach as I already know you have a desire for bettering your children.

I invite you to begin a journey of success transformation. For more information visit www.Childrensuccessfoundation.com for more information.

In the Buffalo NY area visit www.Joeclm.com or www.parentnetworkwny.org for upcoming Nurtured Heart Approach seminars and training opportunities.

Websites to investigate:

Special Needs Parenting: 12 Tips for Managing Challenging Behavior-

Reminds us that all behavior is communication and offers tips for parents and families:

<http://www.friendshipcircle.org/blog/2012/10/22/special-needs-parenting-12-tips-for-managing-challenging-behavior/>

Syracuse ECDC completed their newest bulletin, called Preparing for Your Child's IEP Meeting. This bulletin helps parents understand their roles and rights regarding the IEP meetings at CSE or CPSE. Questions that parents should consider to help plan for the meeting are also included. Please share this link with those that might be interested. If you are making more than 1 copy, we ask that you email us so we can track the number of copies to report back to our funders.

ecdc@syr.edu

<http://ecdc.syr.edu/resources/bulletins/preparing-for-your-childs-iep-meeting/>



ANNOUNCEMENT : HEARING TASK FORCE

Erie County's Local Early Intervention Coordinating Council (LEICC) is excited to announce the establishment of a task force focused on closing the gaps in early intervention services for families of children diagnosed with hearing loss. Ninety five percent of children who develop hearing loss will do so prior to their third birthday. Ninety percent of these children are born to parents who hear normally. In the absence of any previous experience with hearing loss parents are faced with numerous obstacles to support the development of their child.



Parents are strongly influenced by the information they receive, especially in the period immediately following the diagnosis of their child's hearing loss. Attitudes of service professionals and educational authorities need to be considered. Philosophies, practices, and preferences of both will influence a parent's decision concerning an intervention approach. It is critical that information shared with parents is balanced with detailed descriptions on all available options, as well as, the invaluable benefit of the family's involvement. Parents need relevant, accurate, unbiased information to choose what communication modality best fits their family.

The question then becomes, how will families be provided this information? Is there a system in place that provides them the opportunity to become informed by professionals experienced in working with the Deaf and Hard of Hearing population immediately following diagnosis? Does this process ensure each and every family of a child diagnosed with hearing loss can say ... "I was provided with a broad range of relevant information in terms I could understand and remember immediately following my child's diagnosis." And most importantly, "I was then able to make an informed decision about the most appropriate intervention approach for my family."

The LEICC's hearing task force represents a wide range of community stakeholders committed to better serving families of children with hearing loss in Erie County. We continue to recruit members who resonate with this cause and would like to serve a role in closing service gaps. Please email jessicah@smsdk12.org or tbalon@askbhsc.org if you are interested in joining our team.