



Volume 4, Issue 3
Third Quarter
July—Sept 2011

DDRC Early Childhood Connector



Serving Jefferson, Gilpin and Clear
Creek Counties

www.eicolorado.org

www.ddrcco.com

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Questions, Comments or
Submissions 303-462-6660
E-mail or Electronic unsubscribe:
patti.ocelnik@ddrcco.com

*The mission of DDRC is to
provide leading-edge services
that create opportunities for
people with developmental
disabilities and their
families to participate fully
in the community.*

There are some questions that we never get answers to and there are some that we just *feel* like we'll never get an answer to. This was the case with our boy/girl twins Ryan and Katie and their crawling and walking. Will they ever move?

Now, we knew in our hearts that Ryan and Katie wouldn't go to kindergarten on their back or their tummy but I think, as a parent, you just want your kids to be "normal". You want to be able to answer "YES" when everyone asks... I bet they are crawling all over the place or I bet they really keep you running. Instead I found myself just hoping that people wouldn't ask, "Are they walking?" I didn't want to lie but I didn't want to have to explain to strangers the fact that they are twins and premies and that it's very common for them to have some developmental delays. It just seemed like too much information to give a stranger.



At their 9-month check-up Dr. Jim Harrington noticed that Ryan and Katie were starting to fall behind the curve in gross motor skills; he recommended an evaluation by Child Find. While we were happy to know that there were services available to help strengthen the kids we were also a little apprehensive about the process, the costs, the people that would be working with our kids, etc... Boy, were we pleasantly surprised!

Our evaluation was easy, fun and playful. Yes, there was a lot of paperwork but I hardly knew it as the focus was on the kids. After the evaluation and determination that services would be helpful we were set up with our first appointment for physical therapy.

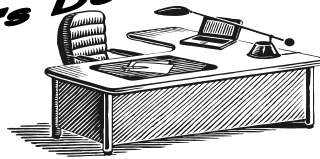
Danielle Ayer came to our house and we instantly knew she was amazing! She worked with Ryan and Katie each week and wasn't just their physical therapist, she was their friend, playmate, encourager and also their teacher. Under Danielle's care and JoAnn, our service coordinator, Ryan and Katie thrived and started meeting milestone after milestone.

When Danielle moved to Africa we were sad, nervous and apprehensive. Silly us, Heide Comm stepped in right where Danielle left off. Heide's warm personality, caring nature and vast knowledge meant that the twins didn't have any regression in their development and/or progress.

Now when people ask how old they were when they crawled and/or walked we honestly can't remember. There was a time when we thought that day would be the most important day ever, a day we would NEVER forget. While we do remember the day and our excitement around their movement, we don't specifically remember the date or how old they were.

DDRC not only nurtured our children and help them grow, they nurtured the whole family. Our expectations were managed, our fears were addressed and our concerns were calmed. There was never a time when we felt we couldn't go to anyone on our care team. DDRC has been such a blessing for our family – thank you from the bottom of our hearts!

**GREETINGS FROM
THE EI DEPARTMENT
Asst. Director's Desk**



By: Beth Cole
Assistant Director of Early Intervention

In our last EI newsletter the focus was on speech development. This time we are addressing walking. New walkers have certain common characteristics that are easily recognizable, such as poor balance, arms or hands held high up in the air, feet wide apart and falling easily. It's often entertaining for parents to watch their new walker moving around in his or her environment. Then, it's rewarding to watch the transformation from the unsteady first steps of a new walker to the fluid movement of an experienced walker. The article in the EI section discusses age-appropriate timelines for when to expect your child to begin walking, what new walkers often look like and at what point you should be concerned. After reading the article, if you have any questions regarding your child's walking or any other motor skills feel free to talk to your interventionist or contact our office for developmental information.

In this newsletter, we are also celebrating some of the many people in our communities who work so hard to ensure that services for all young children are coordinated between agencies and are easy for families to access. See the Triad article for information on the winners of this year's Children's Champion awards for people who are going above and beyond to ensure the best possible, most innovative, cohesive services for families who have young children. Congratulations to the winners!



**DDRC Early Intervention Staff/
Early Intervention Colorado
(303) 462- (extension)**

Roanna Davis	6648
Director- Early Intervention	
Beth Cole	6655
Assistant Director - Early Intervention	
Patti Ocelnik	6660
Administrative Assistant	
Stacey Barnes	6691
Speech-Language Pathologist	
Heide Comm	6675
Physical Therapist	
Jill Emeson	6571
Speech-Language Pathologist	
Angie Estes	6696
Developmental Interventionist	
Micki Klawes	6694
Physical Therapist	
LuAnn Lee-Whatley	6690
Occupational Therapist	
Tracy Meyer	6693
Speech-Language Pathologist	
Ania Plocha	6695
Occupational Therapist	
Amy Richardson	6664
Developmental Interventionist	
Marlo Trudgeon	6687
Speech-Language Pathologist	

**Birth to Three Service Coordination
(303) 462- (extension)**

Joy Miles

6656
Service Coordinator Team Lead

Service Coordinators:

Molly Balmes	6615
Lindsay Bollwahn	6570
Sherri Go	6619
Rosa Harford	6658
Monica Jeske	6657
Emily Prock	6620
Sheryl Vick	6527
Joann Wilson	6651
Mary Wong	6621

FREE NIGHT - FOR FAMILIES WITH CHILDREN 0-3 YRS.

Denver Art Museum

July 8, 2011

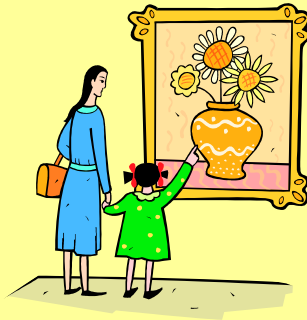
5-7 pm.

Families **must** call first to register

For more information

Call: Bright Beginnings

(303) 321-1214



SURVIVAL FOR NEW MOMS

Lutheran Medical Center
8300 W 38th Ave, Wheat Ridge, CO 80033

Wednesdays 10:30 am—12:00 pm

Call to register: (303) 425-2229
\$5 per class



Physicians & Others
Please "take note" of this area in our newsletter.
Each issue we will feature a fact or tip
that we hope is of help to you.

Lately, we have had some of our little ones become extremely ill and hospitalized for an extended period of time. Apparently, they have had the following disease:

Human **metapneumovirus** (hMPV) is a negative single-stranded RNA virus of the family Paramyxoviridae and is closely related to the avian metapneumovirus (AMPV) subgroup C. It was isolated for the first time in 2001 in the Netherlands^[1] by using the RAP-PCR (RNA arbitrarily primed PCR) technique for identification of unknown viruses growing in cultured cells. It may be the second most common cause (after the respiratory syncytial virus) of lower respiratory infection in young children. Compared with respiratory syncytial virus, infection with human metapneumovirus tends to occur in slightly older children and to produce disease that is less severe. Co-infection with both viruses can occur, and is generally associated with worse disease.

Please take note of this, as it can severely impact some of our kids who have compromised immune systems due to their disability.

Jefferson County Produce & Health Fairs
FREE FRUITS & VEGETABLES!

Fridays

July 15, & August 12, 2011

9:00 am – 11:30 am

Healing Waters Family Center

6475 W 29th Avenue

Wheat Ridge, CO

The Jefferson County Produce and Health Fairs will be held on one Friday each month in June, July and August, 2011. Our mission is to make fresh produce and health resources available to low income families in the community. Seasonal fresh fruits and vegetables will be available at each Produce and Health Fair, chefs will demonstrate healthy and fun ways to use the produce and health resources will be available to provide an opportunity to increase healthy habits and learn new life skills. The produce for the fairs is donated by Food Bank of the Rockies and local gardeners.

If you would like to volunteer to help at the fairs or would like to donate surplus produce from your garden please contact Nancy O'Brien @ 303 239-7126 or ngobrien@jeffco.us.

Triad News

The Children's Champion celebration occurred on Wednesday, June 29 to acknowledge a few of the wonderful people who do so much for our communities. This year's winners are:

- Ann Marie Bailey from Gilpin County for collaborating with other individuals and agencies to provide quarterly dental screenings, quarterly car seat checks, and improving access to public health services for young children and their families;
- Linda Trenbeath from Clear Creek County for getting a nutrition class into the elementary schools to make the kids "health investigators", doing an anti-tobacco presentation in the schools, and being a driving force behind the 1st Friday events, including providing creative crafts and nutritious treats. She is all about the children and making sure that they grow up in safe and healthy environments.
- Joyce Kinney from Jefferson County for being the founder and primary facilitator of ECE Tapestry – a new and innovative training opportunity for the ECE community in Colorado, for working with a wide variety of community organizations to support a strong system for early childhood options, and for being a leader in creating a model program for supporting children and families at risk, changing lives and trajectories; and
- Sweet Dream in a Bag for a metro-area individual or organization for providing bedding, a pillow, toothbrush, toothpaste, small stuffed animal, and a personalized positive bedtime story all in a vinyl zippered bag that can fit under a bed to children who are relocating to transitional housing or permanent housing.

Triad is the Early Childhood Council serving Jefferson, Clear Creek, and Gilpin counties. It is a partnership of individuals and agencies working to improve quality, access, and availability of services for children prenatal through age eight years. It also acts as the Local Interagency Coordinating Council for families who have children birth to three years of age with developmental delays. As always, we would love to have more parents participate in the work of helping to make services for young children better and more coordinated. **The next Stakeholder's Meeting is Tuesday, July 19 from 6 – 8:30 p.m. in Clear Creek County. Location TBD. A light dinner is served, so we ask people to RSVP if you are planning on attending. You can RSVP to pat.bolton@rrcc.edu.**

Did you know that Triad has a website? It's www.triadecc.org and has information from all the participating organizations. It's another great way to find out what's happening in your community with regard to services for young children.

For more information about Triad, contact Pat Bolton, Executive Director at 303-914-6527.

Free Webinars For Families and Educators Evening Training Series

Topics: Early Intervention – July 14, 2011

Enhancing early childhood development and an overview of entitlements for infants and toddlers and their families under IDEA.

Getting Ready for the School Year – August 11, 2011

Strategies for successful transition to new schools and grades.

Time: 6:30 pm—7:30 pm



Sign up online at: www.peakparent.org/workshopsTrainings.asp
Or Call Peak Parent Center (719) 531-9400 or (800) 284-0251

JEFFCO CONNECTIONS—Below is an abbreviated list of agencies and community resources in the Jefferson County area.

Access-A-Ride (303) 299-2960: Provides curb-to-curb transportation to passengers who are unable to use RTD buses and qualify for certification under the guidelines established by the Americans with Disabilities Act (ADA) of 1990.

Development Disabilities Resource Center (303) 233-3363: Service and resources are provided for people with developmental disabilities in Jefferson, Clear Creek, Gilpin and Summit counties.

Discovery Club (303) 233-1666 x-237: A once a month program providing respite for families and fun for participants.

Empower Colorado (866) 213-4631: Support, education and advocacy for families of children with mental or emotional health issues, also referred to as brain disorders.

Childcare Innovations (303) 914-6307: Provides resources to help families obtain respite and child care. Also provides support and training for licensed childcare providers.

Family Voices (303) 691-9339: National grass roots organization composed of families and friends who care for and about children with special health care needs. www.familyvoicesco.org. (Local: 303-691-9339)

Healthcare Online Transition training program: <http://hctransitions.jchp.ufl.edu/ddcouncil/>

The Arc in Jefferson County: (303) 232-1338 or www.arcjc.org

Basic Beginner Sign Language classes - Offered through DDRC. More info. Contact Terri Hulstrom at: (303) 420-7385.

Westminster Recreational Center Tot Classes
<http://ci.westminster.co.us/res/actguide/>

Come Children Sing! - Online Music Classes for Infants, Babies & Toddlers (from the Come Children Sing Institute) View Free Sample Lessons at: www.comechildrening.com. Email: mpinzino@comechildrening.com to request your gift certificate. Mention your child has Down syndrome. Your \$35 gift cert. will be sent via email.

"NEW"— Workout in 93-degree water

Mommy & Me— Easter Seals Pool-5755 W. Alameda Ave., Lakewood. \$9 per class for both mommy and baby. Birth—2 Call Tracie Wickham @ 303-233-1666, ext #1 to register.

Free online course/ Transition: Self directed online course helps parents of children with developmental disabilities understand and maximize the education system. www.partnerinpolicymaking.com

JFK Partners: (303) 315-2323: An interdisciplinary program to support people with developmental disabilities at University of Colorado Health Sciences Center. www.jfkpartners.org.

Jeffco Action Center (303) 237-7704: Serving homeless people and those at risk of becoming homeless.

Jefferson County Department of Health (303) 232-6301: Provides a variety of services and supports for people with specialized health care needs including WIC and HCP.

The Legal Center for Persons with Disabilities and Older People (303) 722-0300: Protecting the human, civil and legal rights of people with mental and physical disabilities, people with HIV and older people throughout Colorado.

Mental Health Ombudsman Program of Colo. (303) 813-1173: Serves residents enrolled in and receiving mental health services through Medicaid managed care.

Oasis Network (303) 949-0161: Serves families with special needs or chronically ill children in the Denver area. Mom's support group, Men's group & marriage group seminar. Contact Mary Ellen Patterson. www.oasisnetworkcolorado.org.

Parent 2 Parent of Colorado (877) 472-7201: Connecting families of sons and daughters with disabilities or special health care needs in communities across Colorado. Website: www.p2p-co.org.

Families First—Parenting Tools for Dads
12-session program format

- 4-wks parent education
- 4-wks Parent/Child Interactional Sessions
- 4-wks Circle of Parents®

Registration, program schedules, or additional information, contact Jane Irvine at 303-745-0327 info@familiesfirstcolorado.org

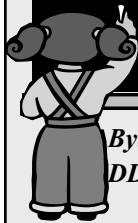
Addressing Core Social Deficits in Autism

(For Parents/Grandparents) ~ 2nd & 3rd Saturday 10:00am—noon, 1st Bank Bldg., 550 S. Wadsworth, Lakewood, CO
Phone: Stacy Goresko (303) 652-4950
Email : stacy@help-autism.com

FIND OUT WHAT'S GOING ON!

Visit **PEAK Parent Center's** online Statewide Parent Support Calendar: www.peakparent.org

tips from the early intervention team



*By: Micki Klawes, MPT
DDRC Physical Therapist*

Toddler Walking – is what you see typical development or should you be concerned?

Have you ever wondered when your child was going to take her first steps and start walking? Are you concerned that your toddler isn't walking yet? Or have you ever worried that your walking toddler looks unbalanced or if it is common for him to have his

hands or arms up in the air while he is walking? All of these are common questions that parents ask, and the majority of the time, there is nothing to be worried about.

When do babies usually start walking?

The average age that babies start walking is between 9 and 12 months. When children take their first steps varies a lot from child to child, even between siblings in the same family. Some babies as young as 6 or 7 months start taking their first steps, while others are closer to 16 or 17 months before they start walking on their own; this can be perfectly typical and is not usually something to worry about.

Is it normal for my toddler's walking to look so awkward and unbalanced?

Infants and toddlers that recently started walking do not walk the same way as older children or adults – their balance is worse and their posture is different. They often pull one or both arms back or raise them up away from their sides. They may also rise up onto toes and are often very unbalanced, sometimes falling or looking like they will fall over. Their feet have no arches and are flat (and will stay this way until they are at least two years old), their legs are bow-legged and they often keep their feet spread far apart to gain better balance. Beginning walkers move quickly, take short steps and may even fall when they try to stop. As your walking toddler gets more practice over the next few months, her balance and control will get better.



When should I be concerned?

Talk to your child's doctor if:

- your child is also showing delays in other areas (such as delayed speech development or poor hand use)
- other motor development seems delayed (for example: didn't roll, sat late, can't get into or out of sitting, etc)
- he is not using both sides of his body equally
- he has been walking and his balance is getting worse

What can I do to help my child start to walk or to get better at walking?

One of the best things is to give your child lots of supervised time to play safely in different positions on the floor, even as a young infant. The movements that younger babies learn (using both hands to play, rolling, spending time playing on tummy, getting into and out of sitting, and crawling) help build the skills they will need for walking. As your baby starts pulling to stand, you may need to help her get back down to the floor. Shoes are not needed (unless for safety on different surfaces) - barefoot walking helps strengthen the many tiny muscles in the feet and improves balance and coordination.

The American Academy of Pediatrics (AAP) discourages the use of baby walkers, noting that they teach a baby how to ride rather than walk (preventing upper leg muscles from developing correctly), and that they increase the risk for infant injury by making the infant more mobile (could fall down stairs, reach hot items such as stove burners or an iron, or pull things on themselves by pulling on tablecloths or other items).

Most of all, make movement fun and exciting, giving lots of safe opportunities to practice, practice, practice!!

[Information taken from:

AAP News Vol. 3 No. 3 March 1987, p. 9 © 1987 American Academy of Pediatrics and *PEDIATRICS* Vol. 108 No. 3 September 2001, pp. 790-792]



Jefferson County Public Library Children's Services and Family Fun

<http://jefferson.lib.co.us>



All LOCATIONS: **303-235-5275**
(except Conifer)

All Locations closed Mondays beginning January 2011
(Storytimes details for each Jefferson County
Public Library are posted on the website)

Arvada-7525 W. 57th Ave., Arvada,
(T-Th: 10am-9pm)
(Fri-Sat: 10am-5pm/ Sun: noon-5pm)

Belmar—555 S. Allison Pkwy., Lakewood, CO
(T-Th: 10am-9pm)
(Fri-Sat: 10am-5pm/ Sun: noon-5pm)

Columbine-7706 W. Bowles, Littleton
(T-Th: 10am-9pm)
(Fri-Sat: 10am-5pm/ Sun: noon-5pm)

Conifer-Conifer High School
10441 Hwy. 73;
303/982-5310 (T-Th: 10am-9pm)
(Fri: Closed / Sat: 10am-5pm/ Sun: noon-5pm)

American Sign Language interpreters will be
provided at any library program upon request.
Please contact at least one week in advance:
TTY: 720/963-6647
Voice: 303/275-2212
Email: smckenzi@jefferson.lib.co.us

Edgewater-5843 W. 25th Ave., Edgewater
(T-T: 10am-5pm / W-Th: 1-7pm)
(Fri-Sat: 1-5pm / Sun: Closed)

Evergreen-5000 Hwy 73/Bufalo Park Rd.
(T-Th: 10am-9pm)
(Fri-Sat: 10am-5pm/ Sun: noon-5pm)

Golden -1019 Tenth St., Golden, CO
(T-Th: 10am-9pm)
(Fri-Sat: 10am-5pm/ Sun: noon-5pm)

Lakewood-10200 W. 20th Avenue
(T-Th: 10am-9pm)
(Fri-Sat: 10am-5pm/ Sun: noon-5pm)

Standley Lake-8485 Kipling St., Arvada
(T-Th: 10am-9pm)
(Fri-Sat: 10am-5pm/ Sun: noon-5pm)

Wheat Ridge—5475 W. 32nd Ave.
(T-Th: 11am-7pm)
(Fri: Closed Sat: 11am-5pm/ Sun: noon-5pm)

Jefferson County Public Library Culture Pass

The Culture Pass is your free ticket to visit participating metro-Denver area cultural institutions. JCPL has purchased memberships which then can be used by any library card holder. Reserve a pass today to one of the following places:

Butterfly Pavilion
Colorado Historical Society for the Colorado History Museum
Denver Firefighters Museum
Denver Museum of Miniatures, Dolls and Toys
MCA Denver
Rocky Mountain Quilt Museum
The Wildlife Experience



Using our online system you can book passes up to 30 days ahead of time. If you don't have a computer at home, come in and use the library computers or call 303-235-5275 to book a pass.

Some things to remember:

- ◆ You will need your library card number to make a reservation.
- ◆ You will need to have a printer available so that you can print out a confirmation pass.
- ◆ If you called the Library at 303-235-5275 to make a pass reservation, you need to allow seven days for the confirmation to be mailed to you.
- ◆ Be sure to click on the link to the individual institution to be sure of their hours of operation.
- ◆ The pass will only be good on the specific date printed on your confirmation.
- ◆ Each card holder can only have one pass booked for the same institution at any given time.
- ◆ Each card holder is limited to having two passes booked at any given time.

Thank you to the Jefferson County Library Foundation for helping us fund this program.

Mobilizing Families



Feeling overwhelmed? Not sure what you need to do for your child? *Mobilizing Families* can help!

When a child is identified as having special needs, parents can feel as if they've entered an uncharted world without maps or a compass or the basic tools and information to ensure their child's well-being. There is so much to learn and do that it can be hard for families to know where to start or how to begin.

Generously funded by the McDonnell Family Foundation, Mobilizing Families is an award-winning 9-week training series designed to equip families with the necessary skills and resources to ensure their child's success.

This program is limited to those within our service boundaries of Jefferson, Clear Creek and Gilpin counties. For more information or to register, please contact Jo Lynn Osborne at (303) 232-1338 or by email at jolynn@arcjc.org.

Now accepting registrations for Fall 2011 session! Classes begin Sept. 15th!

Classes will be held Thursday evenings from 6-8:30 pm on the following dates: September 15, 22, and 29; October 6, 13, 20 and 27; and November 3 and 10. This is a nine-part series and registrants should plan to attend all sessions.

Session materials, training, dinner, and child care will be provided at no cost to participants.

Volunteer Opportunities at DDRC

Be a friend. Share some good times with individuals who would like a volunteer to simply hang out with them a couple of times a month. An hour or two of visiting over coffee or going shopping, taking a walk or going to a movie can make the world of difference in another's life. Offer a couple of hours of **respite care**. Help with some **seasonal gardening!** Hook up with our **Art & Soul** program.

Contact us for more information or to volunteer:

elizabeth.shinn@ddrcco.com (303-462-6589)

april.richey@ddrcco.com (303-462-6585)

The DDRC Early Intervention Newsletter is now posted on our website!

Go to: www.ddrcco.com

Click on the "News Tab" to find our current publication.

We are now able to send this newsletter to you electronically.

If you would prefer the electronic version, please email 

patti.ocelnik@ddrcco.com

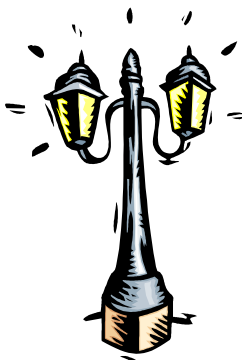
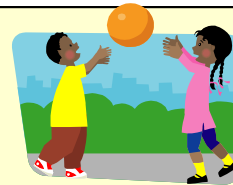
to be added to the email list. DDRC - going green!!

Looking for a Play Mate?

Play date with toddler age child in Lakewood/
Golden area. We can play at my house, yours, or
meet at a park.

Bobbi Jo – bmeagleton@yahoo.com

"Let's Play"



NIGHT LIGHTS—RESPITE CARE (Parents night out)

Water Stone Community Church
5890 S. Alkire St.
Littleton, CO 80127
(303) 972-2200 x 105

kristins@waterstonechurch.org

Mountain Happenings



Clear Creek County Public and Environmental Health

Summer Events:

July 12—Free Cooking/Nutrition Class

Every Tuesday for six weeks from
11:30 a.m.—1:30 p.m.

St. Paul's Parish Hall, Idaho Springs
Child Care Available

Pre-registration necessary before July 8th
Limited enrollment—Call (303) 679-2386

July 22 — Women's Health Day 8am—4pm

1531 Colorado Blvd., Idaho Springs, CO
For details call (303) 567-3147

July 27—Cooking with Summer Fruits and Vegetables

Free Health Drop-In Program from 10am—noon.
Loaves and Fishes Food Bank, Idaho Springs
For information: (303) 679-2386

The Gilpin County Public Library
15131 Highway 119
Black Hawk, CO
(303) 582-5777

Children's Story Hour
Every Wednesday
10am—11am

Stories and entertainment for
younger children.

May be in the form of special
story hours for children
0 - Kindergarten age
and their parents.

Library Hours:

Tues. 9am-8pm, Weds. 9am-6pm,
Thurs. 9am-8pm,
Fri. 9am-6pm, Sat. 9am-4pm,
Closed Sunday & Monday

The Gilpin County Public Health
101 Norton Drive, Black Hawk, CO 80422

CHILDREN'S PLAY GROUP

Every-other Friday @ 10am
Infants, toddlers and preschoolers

April 8 & 22 — May 6 & 20
June 3 & 17



FIRST FRIDAYS

DON'T MISS THESE FREE FIRST FRIDAY EVENTS
at Idaho Springs Recreation Center

Field Day

July 1, 2011

Kites, Sports, Games, and Demos


For information call: (303) 679-2386


Celebrate your Health with an
End of Summer send off

August 1, 2011

For information call: (303) 679-2386

First Fridays is a free health resource referral, information and activities program for families, held the first Friday of every month, 3 – 6:30 p.m., at 1531 Colorado Blvd, Idaho Springs, and brought to you by Clear Creek Public and Environmental Health



 **DDRC-Early Intervention**
11177 W. 8th Avenue
Suite 300
Lakewood, Colorado 80215
303.233.3363

NON PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
Permit No. 109
Golden, CO

Did you know that DDRC has a lending library? We have over 1000 books, DVDs, journals and other items that you can borrow at no cost to you. Titles include:

Babies with Down Syndrome: A straightforward and compassionate guide for new parents/ edited by Karen Stray-Gundersen

Just Being Kids: Natural supports and services for infants and toddlers and their families/ Larry Edelman

Right from the start: Behavioral intervention for young children with autism / Sandra L. Harris and Mary Jane Weiss.

So please come and browse our shelves, or if you are looking for something specific or want more information, please contact Rick Granquist, DDRC HR/Training Generalist at 303-462-6593

