



# Milestones

A PUBLICATION OF THE SEVEN HILLS RHODE ISLAND EARLY INTERVENTION PROGRAM

## SPRING WORKSHOP & FAMILY FUN DAY!



### Early Intervention Workshop

During the spring, Seven Hills Rhode Island (SHRI) organized a free workshop for Childcare Directors: "Talking to Parents about Early Intervention (EI) for their Child." This workshop provided an opportunity for in-depth discussions on how to communicate the benefits of Early Intervention to families. SHRI staff members were able to discuss best practices, community and home-based supports, and how the team provides family support to children as they grow and learn. SHRI is looking to provide future workshops as staff continues to work with community partners on the needs and benefits of Early Intervention.

### Family Fun Day

On May 9, 2015, Early Intervention hosted its 2nd Annual Family Fun Day at Lincoln Woods. EI's "Planting" theme event helped bring families and staff together for educational activities in a relaxed setting. Families enjoyed several activities throughout the day including painting flower pots, planting flowers, blowing bubbles, singing songs, and playing in the ball pit. The event proved to be a great success and fun was had by all. Stay tuned for another Family Fun Day coming in fall 2015.

### Did you know?

**One of the goals of Early Intervention is to provide support to families so their children can develop to their fullest potential. Services are provided in places where children usually play or take part in daily activities, including their home or school.**

"<http://www.eohhs.ri.gov/Consumer/ConsumerInformation/Healthcare/PeoplewithSpecialNeedsandDisabilities/Children/EarlyIntervention.aspx>." Web. 30 June 2015.

## Seven Hills Early Intervention

AGES  
**Birth to 3**

*Support for young children to achieve developmental milestones and thrive in home, social and community settings.*

**401.921.1470**

**"Seven Hills is Everywhere, Because We Come to You."**

### Children's Home-Based Programs:

Seven Hills Rhode Island provides a wide range of supports for children, from birth to age 21:

#### ■ Early Intervention

*Support for children, ages birth to three, who are not reaching developmental milestones.*

#### ■ HBTS

*Support for children, 21 & under, who need to improve communication, behavioral, psychosocial, and developmental skills.*

#### ■ PASS

*Support for families to manage the daily life skills of their children, 21 & under, who have special needs.*

#### ■ RESPITE

*Support to provide time apart for families and their children, 21 & under, with special needs.*

**401.775.1500 • 401.921.1470**



# HELMET HABITS

Helmets play a critical role in bike safety, even for young children. Requiring toddlers and preschoolers to wear a helmet while operating a tricycle or other ride-on toy sets the precedent for adherence to proper helmet safety habits required by law.

There is no excuse at any age for not wearing a helmet. Injuries sustained from bike accidents can be severe. Without a helmet, those injuries can cause permanent disability or death. Even seemingly mild head injuries that don't involve a loss of consciousness can cause permanent behavioral and cognitive problems such as memory loss, inability to concentrate, sleep disorders, and more.

Wearing a properly fitted helmet provides optimal protection. However, one size or type does not fit all—there are specific helmets for different types of activities. Always check the manufacturer's guidelines to determine the helmet type that is the safest for bike riding. Test your children's sizing using the following criteria:

- The helmet fits comfortably and snugly
- The helmet stays in place when your child moves his or her head
- The helmet has a buckle to secure the helmet's fit through two possible impacts during an accident: the initial collision (first impact) and a fall to the pavement (second impact). The helmet should remain in place during both impacts.
- The secure buckle holds firmly during a collision, but releases after five seconds of steady pull to avoid potential strangulation.

If a helmet doesn't fit, don't buy it—or accept it from a helmet giveaway program. Once you find the perfect fit, however, your child's helmet is adaptable for growth through the use of the removable and replaceable fitting pads, and can last several years without impact.

Establishing lifelong helmet safety habits should be a goal for every family. Parents and guardians set the best example by always wearing their helmets. Accidents can happen and helmets help to protect against injury—but they aren't perfect. Lessen the risk of bike accidents by exercising caution—maintaining a safe speed, obeying traffic signs, and being aware of surroundings along with wearing a helmet contribute to safe and enjoyable bike-riding adventures!

*Helmet guidelines apply to children who are at least one year old. According to the American Academy of Pediatrics, children under one year of age should not be on bicycles at all.*

Adapted from: "Helmet Safety: Keep a Lid On It." Rush University Medical Center. Web. 25 June 2015. <<https://www.rush.edu/health-wellness/discover-health/helmet-safety-keep-lid-it>>.

## Tips for Summer Reading

- Connect stories to summer activities. Read a book about the beach before a beach trip.
- Check out summer programs at your local public library.

### Suggested Summer Reading Books:

#### *Clap Hands*

Helen Oxenbury

#### *Where is Baby's Belly Button?*

Karen Katz

#### *Rap-a-Tap-Tap*

Leo & Diane Dillon

#### *From Head to Toe*

Eric Carle

#### *Summer Days & Nights*

Wong Herbert Yee



## MILESTONE FOCUS: FINE-MOTOR SKILLS

Fine-motor skills involve small muscles that enable functions such as writing, grasping small objects, tying shoe laces, and fastening clothing. They involve strength, control, and dexterity. The best way for your child to develop his or her fine-motor skills is by using them every day. Children learn best from hands-on experience and there are plenty of fun summer activities such as gardening that can help them reach their milestones. Try these gardening exercises with your child to give fine-motor skills a workout:

- Pulling weeds
- Pushing in seeds
- Watering grass with a hose or watering can
- Holding a small shovel and scooping
- Planting flowers in a pot



If you or someone you know has concerns regarding developmental milestones, call Seven Hills Early Intervention today! 401.921.1470

MILESTONES is a newsletter published by the Early Intervention program of Seven Hills Rhode Island, an Affiliate of Seven Hills Foundation, David A Jordan, DHA, President/CEO. For more information, contact **Laurie Farrell, MA, Director, Early Intervention**, 401.921.1470 x7206, or [lfarrell@sevenhills.org](mailto:lfarrell@sevenhills.org), 178 Norwood Avenue, Cranston, RI 02905