



# Early Times

Infant & Toddler Connection of Fairfax-Falls Church

703-246-7121

3750 Old Lee Highway, Fairfax, VA 22030

Part of the Infant and Toddler Connection of Virginia

*The Vision of the Infant & Toddler Connection of Fairfax-Falls Church is: All infants and toddlers with a developmental need are identified, supported, accepted, included and valued in their family and community.*

## A Note from the Director

As you are well aware, the statewide Infant & Toddler Connection has undergone significant changes since October 1st. Although we only have two full months under our belts, we have successfully adjusted to the new processes. As mentioned in the October/November Early Times, we have recently filled staff vacancies and have added contracted therapy providers, therefore virtually eliminating the service waitlist we have been contending with for well over the past year. Providing timely supports and services to all of our Infant & Toddler Connection families is what we strive for, so we are very pleased with this positive change.



If you have visited our office in Fairfax lately, you have certainly noticed that our site is a flurry of activity. The Belle Willard Building, located on the opposite side of our parking lot, is undergoing extensive construction and therefore, our parking has been greatly reduced. Additionally, the Joseph Willard Health Department, with which we share office space, is one of the county HINI Flu Vaccination Clinic sites, adding to the congestion. Should you have an upcoming appointment, please allow for extra time to find parking in the area. Thank you for your patience with this unavoidable situation.

Wishing you and yours, a healthy, happy Holiday Season! Allan Phillips, Director, ITCFF

“Research on brain development provides a lesson that these days is really a no-brainer—everyone now recognizes that the **most active period of child development is from birth through age three**. Yet tragically, a substantial achievement gap exists in America before children ever arrive for their first day of kindergarten. And as NAEYC points out in its recent Call to Action, to close the gap, we must prevent the gap. In every city, in every rural township and reservation, in every state and territory, I want, once and for all, to get schools out of the catch-up business. Children living in poverty, children who are learning multiple languages, and children with disabilities deserve better. Enough is enough.” An excerpt from **The Early Learning Challenge: Raising the Bar**, Secretary Arne Duncan’s Remarks at the National Association for the Education of Young Children Annual Conference. For the complete speech, go to: [www.ed.gov/news/](http://www.ed.gov/news/)

## Infant & Toddler Connection Family Resource and Information Electronic Mailing List



Don’t miss out! Sign up today to get the latest news from ITC, upcoming workshops, local events, community resources and more. In addition, access this Early Times newsletter and past editions on-line. The ITC Electronic Mailing List is self-managed, so you can subscribe and unsubscribe as you wish. Your email address remains confidential and you will receive an automated email approximately once per week. To subscribe to the ITC Electronic Mailing List, go to [www.fairfaxcounty.gov/email/lists/](http://www.fairfaxcounty.gov/email/lists/)

## Infant & Toddler Connection of Fairfax-Falls Church

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## ITCFF’s PURPOSE

The Infant & Toddler Connection of Fairfax-Falls Church provides evaluations and early intervention services to eligible infants and toddlers who have a developmental delay and who are younger than three years old. Early intervention supports and services focus on increasing the child’s participation in family and community activities that are important to the family. In addition, supports and services focus on helping parents and other caregivers know how to find ways to help the child learn during everyday activities. These supports and services are available for all eligible children and their families regardless of the family’s ability to pay.

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# Fourth Friday Family Fun at ITCFF / "El Cuarto Viernes del Mes" - diversión para las familias...



**Fridays 10-11:30am**

**December 18, January 22, February 26**

**Holiday Party in December**

**Bring a dish to share if you wish**

Join us in our office for playtime, crafts, snacks and more! For more info, call Andrea Adelman at 703-246-5351 or email [andrea.adelmann@fairfaxcounty.gov](mailto:andrea.adelmann@fairfaxcounty.gov).

**viernes 10-11:30am**

**18 de diciembre, 22 de enero, 26 de febrero**

**Fiesta en diciembre**

**Llevar un plato para compartir si lo desea**

Para más información llame a Andrea Adelman al 703-246-5351. Deje un mensaje con su nombre, el nombre de su hijo(a) y número de teléfono en español.

## Respite Resources — We Can All Use a Break!

Respite care is designed especially for families with children of special needs and their siblings. As the holidays draw near, the stress levels can often rise and parents can use a much-needed break!

Special Forces R n' R (Recreation & Respite) at Truro Church in the City of Fairfax 10520 Main Street, Fairfax

A respite care program for children with special needs and their siblings age 2-18. It is held once per month on the 2nd Saturday evening from 6-9pm. (Next date: December 12) Activities include games and crafts, music, snacks, movies and even a parachute game! R n' R is staffed by volunteers from Truro Church and the community. For more information or to make a reservation, contact Alice Hunt at 703-231-1300, x312 or email [ahunt@trurochurch.org](mailto:ahunt@trurochurch.org).

Break Out Friday Evenings at Access Ministry of McLean Bible Church in Vienna 8925 Leesburg Pike (Rte 7), Vienna

A fun Friday night respite care program for children with special needs and their siblings age 2-16. It is held twice a month on designated Friday evenings from 6:30-10pm. (Next date: December 18) Activities include games and crafts, music, snacks, movies and even a moon bounce. Pediatric nurses are onsite to administer medicines and handle pertinent medical issues. Break Out is staffed by volunteers from McLean Bible Church and the community. The cost is \$15 for the first child and \$5 for each sibling. For more info. or to make a reservation, contact Heather Coleman at 703-639-2000, x1048 or go to [http://mbctyson.org/pages/page.asp?page\\_id=84066](http://mbctyson.org/pages/page.asp?page_id=84066)

Breakaway Saturday at Access Ministry of McLean Bible Church in Vienna 8925 Leesburg Pike (Rte 7), Vienna

A fun Saturday respite care program for children with special needs age 2-25, who are living at home. It is held twice a month from 10am-3pm. (Next date: December 12) Activities include special shows, fieldtrips, games and crafts, movies, music and a moon bounce! Pediatric nurses are onsite to administer medicines and handle pertinent medical issues. Breakaway is staffed by volunteers from McLean Bible Church and the community. The cost is \$20 for the first child and \$10 for each additional child of special needs. For more information or to make a reservation, contact Heather Coleman at 703-639-2000, x1048 or go to [http://mbctyson.org/pages/page.asp?page\\_id=84066](http://mbctyson.org/pages/page.asp?page_id=84066)

Mary's Family Locations vary by week

A respite program which is one-on-one time for children, a way to make new friends and learn new things. Respite is also for parents to have a break and some time to themselves. It takes place every 1st and 2nd Saturday of the month, 10 a.m. - 3 p.m. (Next date: December 13) The cost is \$15 per child per day. Siblings are welcome. The respite day is highly structured and designed to help meet your child's personal goals. We have volunteers for a library station, homework table, music lessons and 4-H projects. We have peer mentors from private/public schools and from groups like the Boy Scouts and 4-H. Your child will be matched with a volunteer for the day. For more information or to download forms, go to [www.marysfamily.org/medical.htm](http://www.marysfamily.org/medical.htm) or call 540-364-4757.

Jill's House at McLean Bible Church in Vienna— coming late 2010

Jill's House, Inc., is a 501 (c) (3) non-profit auxiliary of McLean Bible Church and was established to serve children with special needs in the Greater Washington, DC area with short-term overnight care, social activities and a range of therapy activities, providing the opportunity for respite for their families. For information, go to [www.jillshouse.org](http://www.jillshouse.org).

## Upcoming Workshops/Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10 	11 	12 
13	14	15 	16	17	18 	19
20	21	22	23	24	25	26
27	28	29	30	31		

### January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22 	23
24	25	26	27	28	29	30
31						

- **Saturday, December 12 10:00am—12:00pm**



### Sensory Friendly Movie “The Princess and the Frog”

Please join AMC and the Autism Society at the AMC Tyson’s (Mclean) - 703-734-6212, AMC Potomac Mills (Woodbridge) - 703-490-3801. Cost is \$6 per person.

## Websites You Can Use



[www.inova.org/inova-in-the-community/care-connection-for-children/resource-directory/index.jsp](http://www.inova.org/inova-in-the-community/care-connection-for-children/resource-directory/index.jsp)

This online Parent Resource Directory provides contact information and other service details about organizations dedicated to providing support and information to families with children who have special needs in Northern Virginia.

<http://families-schools.org/resources/>

**ParentResourcesFS.aspx** Searchable database of organizations providing parent information and support with an emphasis on parental involvement

<http://mchlibrary.info> Maternal & Child Health Library at Georgetown Univ.—Providing accurate & timely information regarding Maternal & Child Health issues

[www.caregiversmarketplace.com](http://www.caregiversmarketplace.com) The Caregivers

- **Thursday, December 10 10:00am—12:00pm**

### “Including Samuel”, A Documentary Film by Photojournalist Dan Habib

Please join us for a special screening & discussion during Thursday Theater at The Parent Resource Center

2334 Gallows Rd., Entrance 1—Room 224

Dunn Loring, VA 22027

To register online or for more information, go to [www.fcps.edu/cco/prc](http://www.fcps.edu/cco/prc) or call 703-204-3941 and [www.includingsamuel.com](http://www.includingsamuel.com)



- **Friday, December 11 10:00am—12:00pm**

### Good Behavior Made Easy ... 1,2,3!

Join us to learn strategies to reduce the likelihood of challenging behaviors in preschool and kindergarten children.

2334 Gallows Rd., Entrance 2—Room 1

Dunn Loring, VA 22027

To register online or for more information, go to [www.fcps.edu/cco/prc](http://www.fcps.edu/cco/prc) or call 703-204-3941



- **Tuesday, December 15 10:00am—12:00pm**

### Social Success Made Easy ~ Strategies for Learning Positive Social Skills, A Free Workshop for Parents of Children with Special Needs at Any Age

Featuring Cathi Cohen, expert in the field of social skills training in children

Fairfax County Government Center

12000 Government Center Parkway, Room 4

Fairfax, VA 22035 To register online or for more information, go to [www.fcps.edu/cco/prc](http://www.fcps.edu/cco/prc) or call 703-204-3941



Marketplace™ is a cash back program for anyone who gives, gets or needs care. You can receive cash back on eligible products that are not typically covered by insurance, no matter where you buy them. Our program is free and your information is always kept confidential.

[www.vanderbilt.edu/csefel/parent.html](http://www.vanderbilt.edu/csefel/parent.html) The Center on the Social & Emotional Foundations for Early Learning (CSEFEL) now offers parent training modules in Spanish. The Center on the Social & Emotional Foundations for Early Learning ofrece ahora módulos para los padres de capacitación en español.

[http://espanol.easterseals.com/site/PageServer?pagename=espanol\\_homepage&s\\_locale=es\\_US](http://espanol.easterseals.com/site/PageServer?pagename=espanol_homepage&s_locale=es_US)

Easter Seals brinda servicios excepcionales, programas educativos y de extensión y defensa de los derechos de las personas con autismo y otras discapacidades para que puedan vivir, aprender, trabajar y jugar en sus comunidades.



# When to Cancel Your Child's Therapy Appointment

## If your child is not feeling well ...

**Watch carefully for signs and symptoms of flu.** Symptoms of flu include fever or chills and cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting. A fever is a temperature measured by mouth with a thermometer that is equal to or greater than 100 degrees Fahrenheit (37.8 degrees Celsius). If you are not able to measure a temperature, signs and symptoms that may indicate your child has a fever include chills, feeling very warm to the touch, having a flushed appearance, or sweating.

**Make sure your child gets plenty of rest and drinks clear fluids** (such as water, broth, sports drinks) to prevent dehydration. For infants, use electrolyte beverages such as Pedialyte®.

**Contact your doctor immediately if a child younger than 5 years of age is sick.** This is important because the antiviral medicines used to treat flu work best when started within the first 2 days of getting sick. Your doctor will tell you what special care is needed for your child.

**Cancel your child's appointment if you, your child, or any other family member is sick with the flu or has symptoms of the flu until at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine).**

## To protect other family members ...

**Make sure your child's hands are washed often, and especially after coughing or sneezing.** Help your younger child wash them for 20 seconds with soap and water. If soap and water are not available, you can use an alcohol-based hand cleaner/sanitizer.

Have your child **cough and sneeze into a tissue** or into his or her elbow or shoulder if a tissue is not available. Make sure your child throws tissues away right after use.

**Clean surfaces and objects that your child frequently touches** with his or her hands, mouth, or body fluids. Wipe these surfaces with a household disinfectant that is usually used, following the directions on the product label. Additional disinfection of these surfaces beyond routine cleaning is not recommended.

**Keep your sick child in a separate room** (a sick room) in the house as much as possible to limit contact with household members who are not sick. Consider designating a single person as the main caregiver for the sick child.

**Consider getting your family vaccinated** for seasonal flu and 2009 H1N1 flu according to CDC recommendations.

Adapted from the Center for Disease Control and Prevention's website "Preparing for the Flu: A Communication Toolkit for Child Care and Early Childhood Programs" updated September 4, 2009. For more information about flu, call 1-800-CDC-INFO or visit [www.flu.gov](http://www.flu.gov).

Cancel your child's appointment if you, your child, or any other family member is sick with the flu or has symptoms of the flu ...



To request this information in an alternate format, call ITC-FFC, 703-246-7180, 703-538-5292 (TTY). Fairfax County is committed to a policy of nondiscrimination in all county programs, services and activities and will provide reasonable accommodations upon request. To request special accommodations call ITC-FFC, 703-246-7180, 703-538-5292 (TTY). Please allow seven working days in advance of the event in order to make the necessary arrangements.

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Address Correction Requested

