



Infant Toddler Review

Purpose of this Review:

To inform the public about services available to infants and toddlers in Region III and to thank those who refer children to the Child Find and Infant Toddler Program

Need referral assistance?

Call Treasure Valley

Referral at:

459-9263

Produced in Cooperation by:



Infant Toddler Program

Wynette Howard

Early Intervention Specialist

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208/465-8460



**Southwest
District
Health**

Child Find Program

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Child Find Coordinator

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208/455-5366

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Physical Activity

During infancy, your baby develops many new physical skills. As your baby learns to control it's body movements, it becomes stronger and more active. Before long, your baby will be able to hold up it's head, sit up, roll over, crawl, stand, and even take a few steps. Your baby will also be able to point, hold a toy, and feed itself. Your baby needs lots of opportunities to play with you or family members, with food, and toys to help develop these important skills.

How to Help Your Baby Be Active

- Play with your baby. Find ways to rock, bounce, and sway gently. This will help baby learn to control it's head and body and build strength. Never shake your baby. Shaking your baby can cause very serious injury or death.
- Help baby play with toys. Give baby a rattle to shake, blocks to stack or topple, or a stuffed animal to grab. These games help your baby develop muscle control.
- Find games that encourage baby to move and be involved, rather than to sit and watch.

Watch Your Baby Learn to Crawl and Walk

- Your baby may begin to crawl between 7 and 10 months. Make the area safe, then encourage baby to explore. It will help strengthen his/her muscles.
- When your baby can stand and move around the room by holding onto furniture, it's almost ready to walk. Your baby will soon be walking without help.

Block Play Builds Social, Physical, Creative Skills

Playing With Blocks Enables Babies to Learn Certain Skills:

- **Social** – Blocks encourage children to make friends and cooperate and may encourage an older child to work with others in solving problems.
- **Physical** – When children reach for, pick up, stack or fit blocks together they build strength in their fingers and hands and increase eye-hand coordination.
- **Intellectual** – They develop vocabularies as they learn to describe sizes, shapes and positions and math skills by grouping, adding, and subtracting and eventually multiplying.
- **Creative** – Blocks offer children the chance to make their own designs and the satisfaction of creating structures that did not exist before. Children value their creations so rather than asking a child "What did you make?" say, "Tell me about what you made."

Warning Signs of a Toddler's Physical Delay

Children develop at different rates, but most follow a general timeline. If your toddler doesn't seem to be meeting milestones within several weeks of the recommendations, ask his/her pediatrician. As a general rule, trust your instincts about your child's development. If something seems odd or unusual to you about the way your toddler moves, ask about it.

AGE: WARNING SIGNS:

12-18 Months At **13 months** - has difficulty squatting to play, or climbing on and off a small chair

At **15 months** - has difficulty holding a crayon and scribbling spontaneously, rising independently from the floor and is unable to climb on a chair to reach things

At **18 months** - is unable to remove his/her socks or unable to hold a crayon and imitate a scribble, does not attempt to kick a large ball, has difficulty walking down stairs with one hand held

After several months of walking, does not walk with heel-to-toe steps. Consistently walk on toes.

19 to 24 Months At **21 months** - is unable to turn the pages of a book with thick pages; has difficulty walking up or down stairs holding the handrail; is unable to kick a large ball following a demonstration; can't hold a crayon and imitate a vertical line; does not attempt to stand on one foot; is unable to push a toy on wheels; cannot kick a large ball on request; is unable to use a spoon well; does not run well

25 to 30 Months At **30 months** - is unable to walk up steps alone, alternating feet; can't turn single pages in a book; is unable to pedal a tricycle; or stand on one foot

31 to 36 Months At **36 months** - is unable to walk down stairs alone alternating feet, can't manipulate scissors or will not attempt to cut with scissors, unable to stand on one foot for 2 seconds, cannot throw a ball overhand, and is unable to wash and dry hands

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Idaho Care Line

The Idaho Care Line is a free, statewide, bi-lingual telephone information and referral service. Hours of operation are 8 am to 6 pm MST, Monday through Friday.

The statewide service connects people to services such as: Prenatal care, Immunizations, Adolescent Pregnancy Prevention, Medicaid services, Adoption and Foster Care services, Child Development information, Nutrition and Supplemental Food programs, Emergency Housing/Food resources, Child Care referrals, Child Abuse Prevention, services for the Aged, and Diabetes treatment and prevention. To use Idaho Care Line, dial 2-1-1 or 1-800-926-2588.

For the hearing impaired, dial TDD 1-208-332-7205



Available services at Southwest District Health

Insight Optical



Vision Care
Medicaid Clients
Call 455-5433
Optometrist is available
Mondays and
Wednesdays
Caldwell

Dental Care



Dental care for 6 months
to teenagers and expectant
mothers
Call 455-5430
Tuesdays and Thursdays
Medicaid, insured, and paying
clients

New Vaccine called ProQuad

What is it? Centers for Disease Control announced the licensure of a new combination of measles, mumps, rubella and chickenpox vaccine. It is indicated for ages 12 months to 12 years. This is exciting as it will spare the one year old an extra injection. The Idaho Immunization Program is expected to have it available for the children in 2007.

Infant Toddler Program

The Infant Toddler Program helps children from birth to three who have a developmental delay. All babies need to learn an incredible amount in the first few months and years of life. Those with developmental delays require special assistance early in life so they can develop to their potential.

The Infant Toddler Program is available statewide and provides a variety of therapeutic, educational and supportive services to help both the child and the family. Services are provided as early as possible in the child's life. All services are free to families.

The program exists because of federal and state law. The Individuals with Disabilities Education Act (IDEA) Part C describes all requirements of the program. In 1991, the Idaho Legislature voted to develop the program in Idaho.

Early Intervention is early care and education that has a long lasting impact on how children develop, learn and regulate their emotions.

Child Find is a program to locate young children who may be at risk for developmental delay.

For more information
call Southwest District Health
455-5366

Infant Toddler Program Receives Referrals

Over the past year, **Child Find** referrals from other sources have increased. This is exciting because it means that the program is reaching more families. The Infant Toddler Program would like to thank the following individuals and agencies for their referrals:

- Gail Elliott, MD
- Richard Aguilar, MD
- Thomas Patterson, MD
- Jeanette Marvasti, MD
- John Trumbo, MD
- Lore B. Wooten, MD
- Helen Luce, MD
- Sandra Dunbraskey, MD
- Terry Reilly Health Services
- Early Head Start and Even Start
- Treasure Valley Pediatrics