



The Parent Leadership Project's Parent E-Perspective

(877) 35-EI-PLP www.eiplt.org eiplt@live.com

"Change happens—Make it Count!"

August 2016

IN THIS ISSUE

RCP Event: Southwick Zoo

WRCP Event: Family Summer In-door Picnic

Transition Resources

Make Your Child's Shots Less Stressful, DPH Blog Reprint

Resources

Transition Resources

Transition is all around us. Seasons change, life keeps moving and transition...happens. With September and a new school year quickly approaching, we thought we'd share some helpful resources.

Did You Know...the EIPLP (Early Intervention Parent Leadership Project) has a comprehensive section on transitioning from Early Intervention to School? It can be found [at www.eiplt.org/transition-resources-2/](http://www.eiplt.org/transition-resources-2/). There are links to Countdown to Transition: 10 Tips by Parents for Parents; Continuing the Journey, a 16 page document that was created collaboratively by the Departments of Public Health, Early Education and Care, and Elementary and Secondary Education...that are available in English, Spanish, Portuguese and Chinese.

Additional resources that families may find useful are Turning Three Workshops that are hosted by many Early Intervention Programs. The Federation for Children with Special Needs (FCSN) also presents on Turning Three Essentials, as well as an IEP for My Child, and Basic Rights in Special Education. For a schedule of FCSN trainings, please visit www.fcsn.org/ptic/workshops/schedule.

What are RCPs? A small number of infants and toddlers enrolled in each of the Commonwealth's Early Intervention Programs demonstrate complex and extensive developmental and medical/health needs. Regional Consultation Programs (RCPs) provide enhanced services to these children and their families. RCPs in Massachusetts: Thom Boston RCP; RCP: Professional Center for Child Development; RCP: Criterion Child Enrichment; Thom Western RCP; RCP: South Shore Mental Health; RCP: Schwartz Center for Children. Links to regional resources can be found at www.eiplt.org/regional-consultation-programs/

RCP Event: Southwick Zoo Regional Consultation Programs (RCP) By Bhavina Hirapira, Vraj's Mom



It was a perfect day for a summer fun outing. On a nice cloudy Tuesday, we attended the RCP event at Southwick's zoo with our family. Vraj (my 4.9 year old special son) got the chance to take me, his grandparents and his nurse to the zoo. My parents came from India just about a week before this photo.

My parents were thrilled to see Vraj having so much fun at the petting zoo, watching animals specially tigers and enjoying kiddie rides. Vraj's favorite ride was the carousel. Woodland Express Train was a scenic ride that gave us a wonderful experience. It was everyone's favorite. We were so thankful to our RCP coordinators for having us there and it was wonderful to see the EIPLP (Early Intervention Parent Leadership Project) team. We had our family picture taken and a souvenir button made with it. Initially my parents were overwhelmed with Vraj's diagnosis and worried about him. But when we went to this event, they got to see other families with challenges and they experienced people being so supportive around us. My parents were amazed and content to see that there is a very good support system here for Vraj, and for us. We all were very happy to see Vraj having a lot of fun. It meant a lot to us. Thank you so much to our RCP team for helping us create such beautiful memories with our family.

WRCP Event: Family Summer In-door Picnic

Western Regional Consultation Programs (WRCP)
By Catherine Gibb, Rachael's Mom

Dancing, good food, family, friends, and FUN, that's what I think about when I think of the Log Cabin Party. My kids love this event. This year was no exception. They danced until the very last song. If the kids were not dancing, they were eating. The food is wonderful. Hot dogs, hamburgers, chicken, tons of sides, and a variety of desserts. Delicious!

I love this event because my whole family is able to come.

Continued



WRCP: Family Summer In-door Picnic

continued

As you can tell from the picture, we have a big family. Yes, we have seven kids! Rachel, our sixth child, was diagnosed with leukodystrophy at 6 months. She was our Ray of Sunshine! Sadly, Rachel passed away last March. We miss her so much; however, God was gracious to give us two more kids after Rachel.

Friends also helped us through this difficult time. Karen Cassidy was one of those friends. Although Rachel has passed, Karen still invites us to the party. Not to mention the countless other amazing things she has done for us. This was Karen's last event, she is retiring. We thank you, Karen, for all you have done! We love you!



This party is always fun. Located on Mt. Tom, you can see across the Pioneer Valley to another mountain top and the beautiful skyline behind. The view is incredible! For a moment, you feel like all is right with the world. How can you not have fun at a great place, eating and dancing with family and friends? It's an event I don't ever want to miss!

Make Your Child's Shots Less Stressful

Rebecca Vanucci, Immunization Outreach Coordinator
in the Bureau of Infectious Disease



Vaccines give parents the safe,
proven power to protect their children.



A HEALTHY START
begins with on-time vaccinations.

Vaccines help [protect babies and young children](#) against 14 serious diseases before their 2nd birthday. It is very important that babies receive all doses of each vaccine, as well as receive each vaccination on time.

After age 2, children are still recommended to receive a yearly flu vaccine. Children will also be due for additional doses of some vaccines between [4 and 6 years of age](#). Even though you are keeping them safe from diseases, it's hard to see your child cry when they get their shots. But you can [take some steps](#) before, during, and after a [vaccine visit](#) to ease the short-term pain and stress of getting shots.

There are many ways you can make your visit [less stressful](#). Read about the shots your child will get in advance from a trust-worthy source, like [Centers for Disease Control and Prevention \(CDC\)](#), [Children's Hospital of Philadelphia's Vaccine Education Center](#), [Every Child by Two](#), and Dr. Ari Brown's article "[Clear Answers and Smart Advice about Your Baby's Shots](#)." "CDC has a lot of useful information to help parents understand the importance of on-time vaccination," said Dr. Candice Robinson, a pediatrician at the Centers for Disease Control and Prevention (CDC). "You can review this information before your appointment, and then, you can ask your child's doctor any remaining questions you have about vaccines."

You may also want to bring your child's vaccine record to show the doctor, and pack a favorite toy, book, blanket, or other comfort item to keep your child occupied at the visit. For older children, shots can pinch or sting, but not for long. Remind them that shots help keep them healthy.

Distract your child with a toy, a story, a song, or something interesting in the room. Make eye contact with your child and smile, talk softly, or sing. [Hold your child](#) tightly on your lap, if you can. Take deep breaths with an older child to help "blow out" the pain.

After the shot, hug, cuddle, and praise your child. For babies, swaddling, breastfeeding, or offering a bottle may offer quick relief. Comfort and reassure older children if they cry.

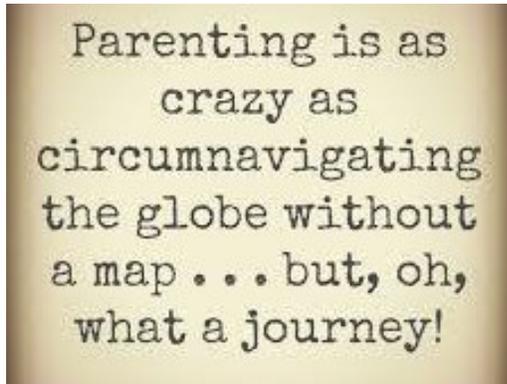
If you notice redness, soreness, or swelling from the shot, place a clean, cool washcloth on the area. These reactions are usually mild and resolve on their own without needing treatment. If your child runs a fever, try a cool sponge bath.

You can also use a non-aspirin pain reliever if your doctor says it's OK. Some children eat less, sleep more, or act fussy for a day after they get shots. Make sure your child gets plenty to drink. If you're worried about anything, call your doctor.

"Remember," added Dr. Robinson, "keeping your child up-to-date on vaccines is the best way to protect against vaccine-preventable diseases." Most parents choose the safe, proven coverage of vaccines and are vaccinating their children according to the recommended immunization schedule. This scientifically-based schedule is designed to protect children when they are most susceptible to vaccine-preventable diseases. The decision to vaccinate on time is one way parents can safeguard their child's health.

**"Like" Us on FaceBook
"Follow Us" on Twitter
A Sampling of our FaceBook & Twitter Posts**

#MotivationalMonday



#MotivationalMonday



"I didn't realize how much I would learn going into the conference. I learned how to engage our children more in reading, tips to decrease stress, and ways to manage difficult behavior. I was able to connect with other parents which help us feel less alone." – Desiree
[#ParentPerspectives](#) [#MEIC2016](#)

August 12 [#freefridayfun](#) [#seemoresummer](#)<http://www.highlandstreet.org/programs/free-fun-fridays>

- MIT Museum
- The Museum of the NCAA
- Concord Museum
- Garden in the Woods
- Mahaiwe Performing Arts Center
- Naumkeag, The Trustees
- Emily Dickinson Museum
- The Metropolitan Waterworks Museum

#MotivationalMonday



"The conference provided us with an opportunity to understand (and see) the challenges that some children are working on overcoming - it was truly eye opening for us. It's amazing how with the work of dedicated EI team, these children can reach milestones that may have felt impossible to reach." – Jennifer [#ParentPerspectives](#) [#MEIC2016](#)

Photos from the Regional Consultation Programs' Zoo Event
[Southwick Zoo 2016 Album](#)

Links, including...

GMA's [Deaf Girl Teaches Puppy Sign Language in Heart-warming Video Encouraging People to Embrace Being Different](#)

Photos from the Western Regional Consultation Program's Summer Family In-door Picnic [WRCP Summer Indoor Picnic 2016 Album](#)

#ReadWhereYouAre Day is today!
www2.ed.gov/readwhereyouare/index.html?utm_content&utm_medium=email&utm_name&utm_source=govdelivery&utm_term



RESOURCES

Welcome to the Web Page for the
PARENT LEADERSHIP PROJECT
*...your source for information about the
 Massachusetts Early Intervention System*

EIPLP.org
 1-877-35-EI-PLP
eiplp@state.ma.us

 **Autism E-News**
 Engaging families and researchers
 for best treatments and care for autism

FAMILY TIES
 of Massachusetts



 **FEDERATION FOR CHILDREN
 WITH SPECIAL NEEDS**
 Informing, Educating, Empowering Families


 Massachusetts Department of Public Health
**Children & Youth with
 Special Health Care Needs
 Program**

[MA Family-to-Family Health
 Information Center](#)

 **Wonder
 Baby.org**

 **Massachusetts Early Intervention
 Training Center**

 **EiFA** Early Intervention Family Alliance

 **SPED Child and Teen**
 Disability Camps, Workshops & Events in Greater Massachusetts

THE PARENT LEADERSHIP PROJECT

The EI Parent Leadership Project (EIPLP) strives to develop an informed parent constituency, promote leadership and lifelong advocacy skills for parents and family members, facilitate family participation to ensure that Early Intervention Services are family-centered and support EI programs to identify, train and mentor families to take on roles across the EI and Early Childhood system. The Project is a parent driven endeavor, which continually seeks family involvement and input regarding the needs of families enrolled in Early Intervention and is implemented by parents whose own children have received EI services. The Project staff consists of a Director, a Media Coordinator, a Statewide Monitoring Coordinator and a Statewide Training and Technical Assistance Coordinator. Please feel free to contact any of them with your thoughts, suggestions, and concerns.

EI Parent Leadership Project Team

Darla Gundler
 Director
 413-586-7525 Ext. 3157
darla.gundler@state.ma.us

Kris Martone-Levine
 Media Coordinator
 978-851-7261 Ext. 4057
kris.levine@state.ma.us



Contact Us:
 Toll-Free: 877-35-EI-PLP
 Email: eiplp@live.com
 On the web: www.eiplp.org

Faith Bombardier
 Statewide Onsite Monitoring
 Coordinator/EI Regional Specialist
 413-586-7525 Ext. 3119
faith.bombardier@state.ma.us

Liz Cox
 Statewide Training and Technical
 Assistance Coordinator
 413-586-7525 Ext. 3116
liz.cox@state.ma.us



**Receive up to the minute
 information and opportunities.**
 Receive this newsletter electronically!
 E-mail your name and e-mail address
 to: eiplp@live.com. Thanks!

To receive the *Parent Perspective Newsletter*, a free publication, published four times a year or the Parent E-Perspective published at least two times a year, by the Parent Leadership Project, call us toll-free at (877) 353-4757 and ask to be added to the PLP mailing list or email eiplp@live.com

NEXT DEADLINE: We welcome your input and suggestions for resources and articles. The next deadline is **September 15, 2016**. Please call our toll-free number (877) 353-4757 or email the newsletter editor at kris.levine@state.ma.us.

The ***Parent Perspective*** newsletter is published by the Early Intervention Parent Leadership Project, through funding from the Massachusetts Department of Public Health. If you would like to be removed from this mailing list, please contact eiplp@live.com