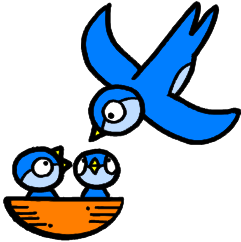


# Parent Power



Spring 2007

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"Spring is when you feel like whistling even with a shoe full of slush."

Doug Larson

Parent Power  
is now online!

[www.co.franklin.pa.us](http://www.co.franklin.pa.us)

Join thousands of parents, teachers, pediatricians and other families in celebrating...

## Turn Off the TV Week

April 23-29, 2007

### Why Turn Off the TV?

Television cuts into family time, harms our children's ability to read and succeed in school, and contributes to unhealthy lifestyles and obesity.

So, mark all of your household calendars for TV-Turnoff Week, April 23-29. Talk to your family about the week. Decide as a family or tell them of your decision, and ask for their help. Tell them that you want it to be fun. Together, identify times that you and your family watch television. Ask them to help brainstorm activities you can plan for the times that any of you are most likely to miss watching TV. Plan other interesting activities to occupy that time, too. For instance:

- ~have a pajama party
- ~put puzzles together
- ~browse through family photos
- ~dance with your child
- ~cook dinner together
- ~go to the playground



**Turn  
Off the  
TV!**

### Some TV facts:



Average time per week that the American child ages 2-17 spends watching television: 19 hours, 40 minutes.

Time per day that TV is on in an average US home: 7 hours, 40 minutes

Number of TV commercials viewed by American children a year: 40,000

Percentage of children polled who said they felt "upset" or "scared" by violence on television: 91

Hours per year the average American youth watches television: 1,023

For more information go to  
[www.tvturnoff.org](http://www.tvturnoff.org)





A child's hearing can be tested, at any age - even newborns in the nursery.

A baby is never too young to have a hearing test.

## How Is Your Child's Hearing?

Your child's world is full of sounds!

A baby can hear at birth and his hearing continues to develop over the first two years of life. However, hearing problems can happen at any age and a baby can't tell you if he can't hear.

It's important for parents to recognize hearing problems early and take action as soon as possible.

If a child has hearing loss, many important learning experiences will be missed—such as difficulty learning to speak. Even a small degree of hearing loss can affect speech/language development so the earlier it is recognized

the earlier your child can receive help. Parents should be alert to any sign of hearing loss and can refer to the Hearing Milestones article (which can be found on the next page) in order to monitor the child's development.

If you suspect that your baby is not hearing normally, talk to your baby's doctor and ask that your baby receive a thorough hearing test. It is never too early to test your baby's hearing.

Locally, hearing tests for infants and children are offered at Easter Seals (264-7578 or 762-5315).

## Support Services For Children Age Three and Older

Most parents wonder, from time to time, if their child is developing and growing as he or she should. When questions become persistent, and your child has reached age three or older, a local resource is the Lincoln Intermediate Unit.

Services often begin with an evaluation in the preschool diagnostic clinic where a 25% delay in one or more areas of development can lead to free therapies, according to PA state guidelines.

The preschool diagnostic team is made up of a school psychologist, a speech clinician, an occupational therapist and an audiologist. Clinicians from other disciplines are added to the team as needed. A service coordinator will conduct an interview regarding the child's birth history and address your concerns. After each area of development is examined, the clinicians will again meet with you to discuss recommendations for service. A full-scale evaluation, including conference, takes about two hours to complete.

Children who are receiving services through the Infant-Toddler program are evaluated on or near their third birthday to see if continued early intervention, paid for by the Department of Special Education, is warranted.

A wide variety of special supports may be recommended including speech therapy, physical or occupational therapy, vision or hearing itinerant services, or educational consultation. Some services can be delivered on a walk-in basis at a local elementary school or at the Franklin Learning Center. A specialized preschool program is available for children needing more intensive services. Currently, there are seven classrooms in Franklin County for preschool children with special needs. All services are free and paid for with tax dollars.

Contact the LIU at 263-1732 about concerns or questions you may have regarding your child's development and what the LIU can offer.

# Age-Appropriate Hearing Milestones

"The following are some age-related guidelines that may help to decide if your child is experiencing hearing problems. It is important to remember that not every child is the same, and children reach milestones at different ages. Consult your child's physician if you are suspicious that your child is not hearing appropriately. The National Institute on Deafness and Other Communication Disorders (NIDCD) and other experts list the following age-appropriate hearing milestones for babies and toddlers." source: [www.nidcd.nih.gov/index.asp](http://www.nidcd.nih.gov/index.asp)



## Birth - 3 months:

Infant reacts to loud sounds; is soothed by your voice; turns head to you when you speak; is awakened by loud voices and sounds; smiles when

spoken to; seems to know your voice and quiets down if crying.

**3 - 6 months:** Looks upward or turns toward a new sound; responds to "no" and changes in tone of voice; imitates his/her own voice; enjoys rattles and other toys that make sounds; begins to repeat sounds (such as ooh, aah, and ba-ba); becomes scared by a loud voice or noise.

**6 - 10 months:** Responds to his/her own name, telephone ringing, someone's voice, even when not loud; knows words for common things (cup, shoe) and sayings (bye-bye); makes babbling sounds, even when alone; starts to respond to requests such as "come here"; looks at things or pictures when someone talks about them.

**10 - 15 months:** Plays with own voice, enjoying the sound and feel of it; points to or looks at familiar objects or people when asked to do so; imitates simple

words and sounds; may use a few single words meaningfully; enjoys games like peek-a-boo and pat-a-cake.

**15 - 18 months:** Follows simple directions, such as "give me the ball" without being shown; uses words he/she has learned often; uses 2 to 3 word sentences to talk about and ask for things; knows 10 to 20 words; points to some body parts when asked.

**18 - 24 months:** Understands simple "yes-no" questions (Are you hungry?); understands simple phrases (in the cup; on the table); enjoys being read to; points to pictures when asked.

**24 - 36 months:** Understands "not now" and "no more"; chooses things by size (big, little); follows two step commands, such as "get your shoes and come here"; understands many actions words (run, jump).

If a parent notices that their child does not respond to sound or has poor voice quality at **any** age, it should not be ignored.



"Always kiss your children goodnight - even if they're already asleep." -H. Jackson Brown Jr.

# What's happening...



The following parenting classes are free, but registration is required. Free childcare is provided, but all children must be registered in advance. For more info or to register, call Manito/ESCAPE Center at 263-1760.

## For Parents of Children with BiPolar &/or Oppositional Defiant Disorder

March 12,13,19,20,26,27 6-8pm  
Cedar St. Mennonite Church, Chambersburg

## General Parenting Techniques

March 19,26, April 2,9,16,23 6-8pm  
Ft. Loudon, call for specific location.

## Peaceful Solutions for Parents of Teens

March 2,7,29, April 3,5,10,12 6-8pm  
Cedar St. Mennonite Church, Chambersburg

## For Parents of Children with ADHD

April 2,3,9,10,16,17 6-8pm  
Evangelical Lutheran Church, Waynesboro

## For Parents with Blended Families

April 24,26, May 1,3,8,10 6-8pm  
Cedar St. Mennonite Church, Chambersburg

## For Parents of Children Birth-5 Yrs.

May 1,8,15,22,29, June 5 6-8pm  
Cedar St. Mennonite Church, Chambersburg

## Peaceful Solutions for Parents of Teens

May 1,3,8,10,15,17 6-8pm  
Ft. Loudon, call for specific location

## For Spanish-Speaking Parents of Children Birth-5 Years

April 16,18,23,25,30, May 2 6-8pm  
Hispanic Center, Chambersburg.

## Parent Support Group for Spanish-Speaking Parents

meets from 5:45-7:45pm on the first Monday of each month at the Hispanic Center in Chambersburg. Call Areli at 261-0631 for more info.



## **Get Ready, Get Set, Learn! Children's Fair**

**Saturday, March 24  
10am—1pm**

Church of the Brethren  
260 S. Fourth St., Chambersburg  
Call 263-6549 for more info.

Sponsored by Franklin County Early  
Care & Education Community  
Engagement Program/CCIS



Franklin County Local Interagency  
Coordinating Council  
presents its

## **Spring Conference for parents and professionals**

**April 27, 2007  
9am-12pm**

4th Street Brethren Church, Chbg  
Various sessions on child-related topics.  
Limited childcare is available.  
For info or to register call Linda Butts 263-  
8019 by April 2.



## **YMCA Healthy Kids Days**

**Chambersburg Y**  
Sunday, April 15th  
570 E. McKinley St.  
263-8508 for info

**Waynesboro Y**  
Saturday, April 14th  
810 E. Main St.  
762-6012 for info

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