



August 2021 Newsletter

In this Newsletter we hope that you will find valuable information that you can use with your little one as well as for yourself. We are always looking for resources to help us along the way. Saying that, this is the time of year where public schools start up again and several little ones will transition over to the school system. It is a bittersweet moment not only for the family but for your EI as well. Whether your family has been with our program for several years or even just for a few months, we have watched your little one blossom.

TEIS:

You were just notified that your child qualifies for extra services known as Tennessee Early Intervention, now what? While some of you have been in the program for some time now and others of you may be just starting out, either way we all have questions from time to time and at times might feel a little overwhelmed with all the new information. Your TEIS Service Coordinator is here to help you with services such as [speech](#), [physical](#), [occupational](#) and developmental therapies.

Family Guided Practices:

Now that you have TEIS going, now what happens. Your family will be assigned a developmental therapist (DT) also know as an Early Interventionist (EI).

Your EI is there to help coach you, to help with your child. They will help you choose a routine/activity that is meaningful, interesting and that occurs frequently to give your child many opportunities to practice in their everyday environment.

Developmental Milestones:

Not sure what your child should be doing at what age or questioning yourself because your friends' little girl is doing something but your little one isn't or vice versa? It can be worrisome at times. Here is a quick check list to see what your child should be doing. You can also ask you EI, they are trained to help you understand a little better about what your child should be doing.

Developmental activities for your little ones. Click on each link for some fun at home activities.

[Fine Motor](#), [Gross Motor](#), [Cognitive](#), [Communication](#), [Social](#) and [Adaptive](#).



Here are a few books that might help your little one to transition. Also don't forget to sign your child up for the [Dolly Parton Imagination Library](#). You will get a free book every month. They also have in Spanish and in Braille, upon request.

Transitioning:

The primary purpose of a transition meeting is to develop a plan for transitioning your child from early intervention services to the school system or other services your child might receive. This meeting is initiated by your TEIS Service Coordinator and should be held 3 to 9 months before your child's third birthday. Click on the underlined topic for a wealth of information about the whole process.



Family Support

There is nothing wrong with asking for a little more support when it comes to your little one. Medical supplies, special nutrition and even travel can be a little more than one can handle. At the CDC, we have a program that will help your family. Mrs. Christy is amazing and will try to help out in any way that she can.

Or if in our other counties please check out [Buffalo River Services](#).

Day-Care list

While the CDC serves multiple counties. It is difficult to list all of the day cares in your area. Click the link for the state list. Then click the county that you live in for a list of daycare services.

Early Head Start

Serves families birth to age 3. The program is free for low-income families.

Strawberry Fruit Leather:

Looking for an easy snack to carry along. Check out this cool snack.



Events:

August 28th: [Food Giveaway @ First Baptist Church in Shelbyville](#) 10-1pm Appointment only!

Resources:

<https://babynavigator.com/16-gestures-by-16-months/>

<https://teachmetotalk.com/category/podcast/>

<http://fgrbi.com/resources-for-families/>

<https://cdctn.org/early-intervention>