



PARENT TRUST
FOR WASHINGTON CHILDREN



Strong Families Begin At Home

Child & Teen Services Newsletter

FALL 2010

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FAMILY HELP LINE
1-800-932-HOPE

Parent Trust's statewide, toll-free number provides callers with a greater understanding of development, guidance and resources.

If you have any comments, or suggestions for future articles, please contact:

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EARLY LEARNING AND DEVELOPMENTAL SCREENINGS

The Department of Early Learning recently released its new 10 year Early Learning Plan for Washington State. Part of plan's vision is to "...ensure that every child is healthy, capable and confident in school and in life."

There are many strategies discussed in this plan. The focus of this fall Child & Teen Services Newsletter is strategy #6: Ensure Developmental Screening. Parent Trust's Seattle office has been providing developmental screenings directly to children since January 2010 and recognizes and supports the efforts of DEL to make screenings universally available. Our Yakima office has been providing screenings through out home visiting programs since

Parent Trust's Child & Teen Services has adopted the ASQ-3™ (Ages & States Questionnaire™) as our developmental screening tool. The ASQ-3 is a set of easy to complete parent questionnaires that has been tested for reliability and validity. These questionnaires are designed to screen, monitor and assist in the early identification of children who may benefit from further assessment. Children ages 1 month-5 years can be screened with this tool.

The articles in this newsletter will focus on five developmental domains as identified by the ASQ-3™: communication, fine motor, gross motor, problem solving, and personal-social. Each article will give a basic definition of the domain and share an activity you can do with your children to support development of this domain. These activities would be appropriate both at home and in a group setting.

After reading this newsletter, if you are interested in learning more about the ASQ-3™, feel free to contact Marni Port, Child & Teen Services Manager at Parent Trust for Washington Children. We offer free screenings (appointment only) at our Seattle location, and we also provide training for professionals wanting to implement the ASQ-3™ (and/or ASQ-SE™) at their agency. Contact Child & Teen Services for a location, date and fee schedule for the trainings.

To Read DEL's Plan: <http://www.del.wa.gov/partnerships/elac/elp.aspx>

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EARLY LEARNING DOMAIN: Communication

The Communication Domain refers to language development- both expressive (what children can say) and receptive (what children understand). There is a focus on the dynamic nature of communication—the back and forth.

As in all domains, children's communication skills tend to develop in a predictable way at a predictable pace. The ASQ-3™ is designed in a way that is sensitive to individual variations and cultural differences, yet still screens for normative development. When introducing an activity to your children and/or families in a program, keep in mind that these activities are meant to support development-not force it.

A fun activity for young children with beginning language skills involves reciting rhymes and/or poems together. "Twinkle twinkle little star" is a great one to start with. After introducing the poem a number of times, start saying the first line of the poem and leaving out the last word. See if your child "fills it in". If not, you can say it. If they do say it, move onto the next line and leave off the last word. This is a terrific way to support receptive and expressive language development. With older children you can try more advanced communication games that allow for practice with receptive and expressive communication. "Simon Says" is fun game that gives players practice communicating clearly and following directions.



EARLY LEARNING DOMAIN: Fine Motor

The ASQ-3™ asks, "is the child developing age appropriately, or is further support, assessment and/or treatment indicated?"

Fine motor skills have to do with movement, strength, and coordination in the hands and fingers. In this domain, as in all, it's important to review how we teach skills and support skill development in a nurturing way. Teach one step at a time. Explain the activity. Demonstrate if appropriate. Practice together. Engage in silent supervision when possible. Remember that mistakes and unanticipated things happen-calm responses can create teaching moments. Praise both effort and mastery.

The use of crayons, scissors, pens and pencils all develop fine motor skills. So does knitting, braiding, beading and—laundry! Folding towels is a great starting activity, as is turning clothes right-side out.

EARLY LEARNING DOMAIN: Gross Motor



Gross motor skills refer to the control and coordination of large muscles—arms, legs, head, neck, for use in things like sitting, walking, jumping, etc. Endurance and balance play a part in this domain too.

Raking leaves is an activity that supports and helps develop gross motor skills. Rakes come in all sizes; let your child help you rake or if they are old enough they can rake on their own. Combine this activity with more gross motor development by raking leaves into piles, then running around

the piles, then jumping in the piles! Pick up leaves and place in bag for mulch or compost. Other activities that support gross motor development: hopscotch, jump rope, bike riding, throwing/catching/kicking balls, and for those babies—tummy time!

EARLY LEARNING DOMAIN: Problem Solving

Problem solving is a component of cognitive development. Cognitive development encapsulates many domains; with problem solving skills we are focused primarily on how children “figure stuff out”. How do children think, reason, and exert effort to work towards a goal. This can be as simple as an infant figuring out how to get a toy that is within sight but out of reach (roll over, point, etc.). Even a little baby shows problem solving skills when they figure out how to reach their toes and put them in their mouth to suck! Most problem solving skills are demonstrated by how children interact with toys. Playing is a primary method through which children develop problem solving skills.

Children can also learn problem solving skills through daily activities. Interaction with household objects helps children learn decision making skills and construct knowledge from experiment and discovery.

Activities that can help support this domain: sorting colors for laundry (or sorting out socks), jigsaw puzzles, pretend play with kitchen items (strainers in bathtub, empty and clean yogurt cartons for sorting, scooping and dumping items), flashlight play. Don’t underestimate the pleasure of a flashlight for a young child!



EARLY LEARNING DOMAIN: Personal/ Social

The Personal/Social Domain in the ASQ-3™ is a measurement of self help skills and interaction with others. This category in the screening looks at the basic components of social and emotional development.

Personal and social skill development can be supported in a variety of ways. Although there are specific activities that you can do with your child, one of the most basic ways of supporting and nurturing a child's personal/social development is by forming a strong positive connection between child and parents/primary caregivers. This relationship lays the foundation for future emotional and social development. Every time you share a positive connection with your child you are supporting their learning and growth in this area.

There are specific activities that families and your Circle of Parents groups can do to enhance the development of this domain. Setting the table is an activity that a child as young as 3 years old can help with. Remember when teaching social skills:

- One step at a time
- Explain patiently
- Demonstrate when appropriate
- Practice together
- Offer silent supervision
- Praise effort and mastery
- Remember that mistakes and unexpected things happen—stay calm and find teaching moments in the unanticipated events!



Creating a family or group photo album is another activity you can try. Print the pictures and place in a real photo album. Show your child the photos. Talk about who the people are. Tell stories. Ask your child, "Do you know who this is?" Older children can create labels and even captions for the photos.



**The ASQ-SE™ is a complementary screening tool that focuses on social and emotional development. For more information please contact Child & Teen Services.*

PARENT TRUST READS:**Madame Pamplemousse And Her Incredible Edibles**

By Rupert Kingfisher

Illustrated by Sue Hellard

Ages 8- 11 years old (would make a good read-aloud too)

How I wish this book had been around when I was an eight year old girl—it would have quickly become a favorite. Young Madeline is an excellent cook who is forced to work cleaning dishes in her mean Uncle Lard's awful restaurant. Monsieur Lard is the worst cook in Paris and refuses to let Madeline cook because she'd outshine him in the kitchen.

One day Madeline stumbles upon Madame Pamplemousse's shop full of rare and exotic delicacies. When Uncle Lard gets a taste of what's cooking there, he forces Madeline to steal recipes by working as an assistant (for free) at the shop. What follows changes Madeline's life for good.

Friendship, a villain, a heroine, exotic foods (blue rose petal jam), gross-out foods (pig's ear pizza), charming pen-and-ink illustrations, and a little pinch of magic make this a charming story.

ADDITIONAL RESOURCES

Washington State Department of Early Learning: <http://www.del.wa.gov/>
Information and resources for parents and teachers of young children.

Parent Trust's Family Help Line: 1.800.932. HOPE (4673)

Questions about child development, parenting, stress management or resources in your community? Speak with a parenting coach M-F, 9-5.

Zero To Three: <http://www.zerotothree.org/>

Includes articles for parents on: child development, early language, health, play, sleep, emotional development, and how parents can support baby's learning.

Tufts University Child and Family Web Guide: <http://www.cfw.tufts.edu/>

The WebGuide selects sites that have the highest quality child development research and that are parent friendly.

Parent Trust's Online Parenting Tips: www.parenttrust.org/parenting-tips

Tips on child development, early learning, stress management and much more!

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HOW TO RECEIVE A FREE DEVELOPMENTAL SCREENING:

- Are you a member of a Circle of Parents Group?
 - Do you have a child between the ages of 1 month—5 years old?
- If you meet these two criteria, Parent Trust would like to offer you a **free developmental screening**, using the ASQ-3™ Questionnaire.

You can participate in one of two ways:

- Complete a mail-home questionnaire
- Schedule a visit to our Center for Strong Families in Seattle for an in-person screening.

The first step: Complete and return a Demographic/Permission form to Parent Trust's Child & Teen Services. The form is located on our website. Visit www.parenttrust.org/asq or call Child & Teen Services at 206.233.0156 ext. 225 if you'd like us to mail you a form.

Next: You will be contacted to confirm receipt of your permission form. You will then either schedule an on-site screening or receive the questionnaire in the mail.

Upon completion of the questionnaire: If the screening takes place on site at Parent Trust, you will receive the results at your appointment. If you did a mail-in, you will receive your results in the mail. Your results will include suggested learning activities, and if necessary, referral information for additional screenings or assessment.

ASQ-3 PROFESSIONAL TRAINING INFORMATION

Starting in 2011, Parent Trust will offer on-site trainings at our Center for Strong Families. Our Child & Teen Services manager has been trained as a trainer by the publishers of the ASQ-3™. We are also able to offer private trainings off-site at a location of your choice. For dates and fee schedules, visit www.parenttrust.org/asq or contact Child & Teen Services: 206.233.0156 ext. 225



United Way of King
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Washington County

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