



# Harford County Infants & Toddlers Family Resource Newsletter ~ 2020

## Virtual Get Together: Behavior

Tuesday, November 17th at 7 PM

Our next Virtual Get Together will focus on behavior. Joining us will be school psychologists Ilene O'Donnell and Larissa Morgan Borkowski. Both of them work with caregivers and staff members in the Birth-Five program. They provide behavioral consultation, assessments and support. Larissa also works with the STRIVE Program for students with Autism spectrum disorder and other disabilities who benefit from Applied Behavior Analysis.

Behavior has been a much requested topic, however it is a huge theme. To help focus the discussion, we'd like your questions. What are the struggles? Are you looking for suggestions to help your child improve his or her behavior? Maybe you want proactive strategies and some overall suggestions. What are you curious about? We want to know so that we can focus the discussion to better support your needs and concerns.

If you would like to join us, please send an email to [Carie.Sadowski@hcps.org](mailto:Carie.Sadowski@hcps.org). Be sure to include any questions you have about your child's behavior. RSVPs will be accepted up to the meeting time, however it would be helpful to Ilene and Larissa to have questions before Monday.



**SAVE THE DATE**

## Virtual Holiday Party

We may not be able to gather in person, but we can still celebrate the holidays together. A Virtual Holiday Party is in the works for Thursday, December 10th at 6 PM. More details to follow. We hope you will be able to join us.

## Reminder: MSDE Parent Survey

If you have not filled out your MSDE Parent Survey, there is still time. The deadline has been extended to November 30th. To access the survey, visit <https://mdparentsurvey.com/> or click on the survey image. You do not need a code to take the survey. ➡



Welcome to the Division of Early Intervention and Special Education Services Family Survey for the Maryland Infants and Toddlers Program (MITP). Family members of infants and toddlers who were receiving early intervention services through an Individualized Family Service Plan (IFSP) as of June 30, 2020, are invited to complete the survey. Your responses will help guide efforts to improve services and results for Maryland's children and families.

You may skip any item that you feel does not apply to your family.

### Make Your Voice Heard!

- ▶ Please take 5 minutes to complete the Division of Early Intervention and Special Education Services Family Survey.
- ▶ Please complete this Survey in one sitting. If you leave this page before submitting the Survey, you will have to start over.
- ▶ Remember the Survey must be completed by **November 13, 2020**.

Maryland State Department of Education Parent Survey

## What's Happening @ The Arc Northern Chesapeake Region

Our friends at the Arc are offering a variety of programs. Parent Chat is on the 2nd and 4th Thursday of each month from 7:30-8:30 PM. It is a free opportunity for parents to gather. You can bring concerns about your children, schooling, or anything of interest to you. Parent Chat is a safe, supportive, "adults only" gathering, where parents can laugh, cry, share, vent or just connect with others. There's no need to RSVP; just follow the link below to join in the meeting:

Zoom Meeting link: <https://us02web.zoom.us/j/5565288866?pwd=Vnk4Y2VRVXhxWXZlQWw3RmNDSXJlVQ09>

Meeting ID: 556 528 8866

Passcode: 462011

Will your family be transitioning from an IFSP to an IEP within the next few months? You might want to consider The Arc's Virtual IEP Breakdown. It is a 6-session class designed to help parents understand the IEP process and how to advocate for your child. The program will be offered in January 2021.

For more information about programs at The ARC or to register for the Virtual IEP Breakdown, reach out to the Family Support Services team (Sue, Flossie & Phil) at [FSS@arcncr.org](mailto:FSS@arcncr.org).

## Parent Academy: *Bedtime in a Box*

Did you miss the *Bedtime in a Box* program on November 10th? The program was recorded and will be made available on the Parent Academy website for future viewing. Check their webpage, [www.hcps.org/parents/ParentAcademy](http://www.hcps.org/parents/ParentAcademy), within a few days of the program to see it posted.

### Bedtime in a Box

What are the benefits from a bedtime routine? Good early childhood sleep routines are associated with several positive developmental outcomes and can increase oral language development, supporting our little ones' healthy minds and bodies.

## Partners for Success presents: Mental Health Tips

Join Caroline Bond of Partners for Success for a discussion on mental health challenges as the weather changes and daylight savings time ends. Christina Alton, a mental health specialist, and Kelly Wilson, a HCPS social worker, will be sharing tips and information. The virtual meeting is on November 18th, 7-8 PM. Register by e-mailing [partners.success@hcps.org](mailto:partners.success@hcps.org).

If you have any questions about the newsletter (or anything else!), please contact Carie at [Carie.Sadowski@hcps.org](mailto:Carie.Sadowski@hcps.org).

