



# Early Intervention



## Crisis Nurseries in Illinois

The six Crisis Nurseries in Illinois provide 24-hour emergency care for children ages birth through 6. Family emergencies include illness, high stress or depression, homelessness, or domestic violence.

Illinois Crisis Nurseries are open 24 hours a day, 365 days a year. They are staffed by trained professionals and volunteers. Anyone can use their services, including parents, legal guardians, and grandparents raising grandchildren. There are no fees or income restrictions.

Each Crisis Nursery has a medical contact who comes to the nursery on a regular basis. “At our nursery,” says Karen Cox, the new executive director of the Mini O’Beirne Crisis Nursery in Springfield, “we have a visiting nurse who comes twice a week to do a basic check of the kids. She also weighs babies and checks how they are meeting developmental milestones.” Services are confidential. Sometimes basic care items are provided. These include diapers, wipes, formula, and clothing.

Crisis Nurseries also provide family support and parenting classes. Help is available for families dealing with many challenges, such as depression and teen parenting. Services include crisis counseling, home visits, parent-child groups, parenting classes, support groups, and referrals for resources and follow-ups.

“Most of the children we serve (about 75%) have one or more areas of developmental delay,” reports Cox. All of the nurseries work with children with developmental delays. “Developmental screenings are offered for every child who comes into the nursery here in Springfield,” according to Cox. The screenings can take place at the nursery or during home visits.

“As for children with disabilities, each nursery decides what disabilities its staff and volunteers are trained for or able to handle.” Most Crisis Nurseries have very small staffs and do not have the capabilities or training to serve medically complex infants and children. Says Cox, “At our place, we serve children with autism, a few hearing-impaired children, and other children with disabilities on a case-by-case basis.”

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## Crisis Nurseries in Illinois *(continued from page 1)*

Funding is the biggest challenge for the nurseries. It always includes state funding, community support, grants, and a lot of fundraising. Some nurseries are part of a larger agency and get some help from the larger agency. Cuts in state funding severely impact their ability to help and serve families. Karen Cox adds, “We are fortunate that the Springfield and surrounding communities support us in so many ways to help fill the gaps!” For more information and links to each nursery’s Web site, visit <http://www.cncoi.org/>.



## Revisions in Federal Regulations for Early Intervention

The U.S. Department of Education finalized regulations on September 28, 2011, for Part C of the Individuals with Disabilities Education Act (IDEA). In Illinois, we refer to Part C as the Illinois Early Intervention Program for Infants and Toddlers with Disabilities. Regulations help guide the State and your local Child and Family Connections office in providing early intervention (EI) services. Below are some of the changes and clarifications in the regulations that address families:

- Parent consent is required for all evaluations conducted during EI enrollment.
- Participation of infants and toddlers with disabilities and their families in the EI program is voluntary.
- EI services must be provided as soon as possible after the parent provides consent for services.
- Agencies participating in EI services must provide a copy of each evaluation of the child, family assess-

ment, and Individualized Family Service Plan (IFSP) as soon as possible after each IFSP meeting. There is no charge for the copy.

- EI services should be provided in natural environments (in places where the child typically spends time) to the maximum extent possible.
- Transition planning for children leaving the EI program at age 3 should identify the necessary steps and services to support smooth transitions.

The full text of the Part C regulations are available at <http://www.gpo.gov/fdsys/pkg/FR-2011-09-28/pdf/2011-22783.pdf>. More information about the changes can also be found on the National Early Childhood Technical Assistance Center (NECTAC) Web site at <http://www.nectac.org/partc/303regs.asp>.

### Video List Updated!

One of the goals of the Illinois Early Intervention Clearinghouse is to provide current information on infant and toddler development, specific disabilities, and interventions that are based on research evidence. Staff from the Clearinghouse and our partners at the Early Intervention Training Program recently completed a review of all video materials related to these topics. You can view the revised list at <http://eiclearinghouse.org/videos-approved.html>.

We invite you to look at the collection and check out items for your personal viewing. Your EI providers also use this collection to obtain continuing education unit (CEU) credits. Feel free to ask your provider for recommendations about videos on the list or call us toll-free at 877-275-3227.

All resources listed in the EI newsletters are also available for check out. You can request items online at <http://eiclearinghouse.org/library.html>. This is your library, we hope you use it!

# Fuss Management: Comforting Your Child

Babies and toddlers in movies or on television are usually sleeping or smiling. Real babies are sometimes fussy, and many toddlers have occasional temper tantrums. Sometimes a child's special needs can make it more challenging to comfort him. Here are some suggestions for parents on how to help their child when he's unhappy, crying, or screaming.



## Look for anything that might be making your child fuss.

- Is she tired, hungry, thirsty, hot, or cold? Does she have bunched up clothes or straps? Does she need a diaper change or a burp? Take care of these needs.
- Have his usual routines been upset? Try to avoid changing his times for sleep and meals. Plan time for play for both of you. Carry books and toys for use away from home.
- Is your child one who thrives on noise and attention, or do these frighten or overstimulate her? Provide some quiet time or a favorite blanket or toy to comfort your toddler.
- Does your baby have a regular fussy time most days? Try to comfort him, but know that it's okay to put him down and let him cry for a short time.

## Try to deal with an unhappy child calmly.

- An upset parent will have a hard time calming a child. First, calm yourself. If you need to do so, put the baby in a safe place, such as her crib or in the care of a trusted adult. Walk away and take a few deep breaths. Never scream at, hit, or shake a baby or toddler.
- Leave a public place if possible. If you can't take your child home, try to find a quiet lounge or corner away from other people.
- Find out what your baby finds comforting. Swaddle a newborn, or try holding her, rocking her, rubbing her back, patting her gently, or singing to her. Play soft music or soothing sounds. Offer a pacifier or let her suck her thumb to make her feel better.

## Believe in yourself and your child.

- Your child doesn't enjoy fussing and doesn't do it to annoy you.
- You're not a bad parent because your baby cries sometimes or your toddler has an occasional tantrum.
- Talk to your child's health care provider if he seems fussier than usual or he cannot be comforted. He may be ill, teething, or in need of other help.
- Make the best decisions you can for your child and stick with them. Let your toddler know you understand his frustration when he can't have or do what he wants, but don't let a tantrum change your "no" to a "yes." He needs to know you are in control.

 For more information on comforting a fussy baby, see the Illinois Early Intervention Clearinghouse Web site at <http://eiclearinghouse.org>.

Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Illinois Department of Human Services, Bureau of Early Intervention.

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# Comforting Your Child

The following books, articles, and videos are available from the Early Intervention Clearinghouse. Request them through your local public library, email us through the Clearinghouse Web site at <http://eiclearinghouse.org>, or call us at 877-275-3227. Visit our Web site to find more resources on comforting fussy babies and toddlers.

## Books

*Calming Your Fussy Baby: The Brazelton Way: Advice from America's Favorite Pediatrician.* T. Berry Brazelton & Joshua Sparrow. Cambridge, MA: Perseus Publishing, 2003. (Call # WS 113 .B827c 2003).

Brazelton describes the ways that babies communicate through crying and discusses effective ways that parents can respond to different cries.

*The Happiest Toddler on the Block.* Harvey Karp. New York: Bantam Books, 2008. (Call # HQ 774.5 K18h 2008).

This book explains how toddler development leads to temper tantrums and how effective communication prevents tantrums.

*How to Say No to Your Toddler: Creating a Safe, Rational, and Effective Discipline Program for Your 9-Month-Old to 3-Year-Old.* William G. Wilkoff. New York: Broadway Books, 2003. (Call # HQ 774.5.W687 2003).

Wilkoff focuses on how to convey “no” to a toddler effectively in various circumstances.

## Videos

*Toddlers. Social and Emotional Development.* 28-minute DVD. Learning Seed Company. 2009. (Call # WS 105.S678 Vol.2)



This closed-caption DVD includes information on how toddlers come to understand how their actions, including tantrums, can affect others.

*The Most Important Baby in the World.* 50-minute DVD. My Baby U, Inc., 2000 (WS 105 .M915d-vd 2000)

This eight-part series follows eight infants

through the babies' first year of life. Topics include information on crying, calming the newborn, and individual development.

*Touchpoints.* 132-minute DVD. Pipher Films, Inc., 1991, 2006. (Call # WS 105 .T722d 2006)

This DVD provides information on the development of infants and toddlers, including appropriate management of excessive crying and temper tantrums.

## Article

*What to Do for a Fussy Baby: A Problem-solving Approach.* Janet Gonzalez-Mena. (2007). *Young Children*, 62(5), 20–24.

This article discusses Pikler's theory on the importance of freedom of movement for infants. Pikler suggests alternatives to the usual ways that adults try to soothe a fussy baby.

## Web Resources

### *Temper Tantrums*

This resource explains why children have temper tantrums and how to avoid them.

<http://kidshealth.org/parent/emotions/behavior/tantrums.html#cat146>

Spanish: [http://kidshealth.org/parent/en\\_espanol/emociones/tantrums\\_esp.html](http://kidshealth.org/parent/en_espanol/emociones/tantrums_esp.html)

### *Temper Tantrums: How to Keep the Peace*

This article from the Mayo Clinic explains how to respond to temper tantrums—and how to prevent future ones.

<http://www.mayoclinic.com/health/tantrum/HQ01622>

### *Fussy Baby Network*

Services available from the Network include parent groups, a “warmline,” and an infant specialist who will work with parents to find effective ways to care for their baby. All services are available in English and Spanish.

<http://www.fussybabynetwork.org/>

### *What Is the Best Way to Calm a Fussy or Colicky Baby?*

This resource includes ways to comfort a crying baby. It encourages parents to find out what works for their baby.

<http://www.healthychildren.org/English/ages-stages/baby/crying-colic/pages/Calming-A-Fussy-Baby.aspx>

## Illinois Early Intervention Clearinghouse

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## Illinois Calendar

**February 25, 2012**  
Chicago Heights

*Strong Children, Strong Communities Conference*  
Contact: Good Shepherd Center, <http://gscenter.org/>

**March 1, 2012**  
Charleston

*Transitioning from Early Intervention to Early Childhood Special Education*  
Contact: STARNET Regions I & III,  
<http://www.starnet.org/training/workshops/MAR01TC.php>

**March 2, 2012**  
Mt. Vernon

*Transitioning from Early Intervention to Early Childhood Special Education*  
Contact: STARNET Region IV,  
<http://roe.stclair.k12.il.us/starnet/content.php?q=mainpage>

**June 11-15, 2012**  
Jacksonville

*Institute for Parents of Preschool Children Who Are Deaf or Hard of Hearing*  
Contact: University of Illinois at Chicago, Division of Specialized Care for Children,  
800-322-3722

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