



Early Intervention Clearinghouse

<http://eiclearinghouse.org>

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Incorporating Early Intervention into Your Summer Break

Summer can be a fun time for a family with young children. It can provide some respite from your daily routine. Summer may include family vacations or having older siblings home from school. You may be wondering how you can still use early intervention strategies over the summer given these changes. We have a few suggestions!

Incorporating Early Intervention While Traveling

- Share new vocabulary with your child when traveling. This may be a great time to introduce your child to new words and to connect those words to real experiences. For example, if you are traveling by plane, you can introduce words such as *airplane*, *airport*, *sky*, and *clouds* into your child's vocabulary. By connecting words to actual experiences, your child is more likely to understand and use their new vocabulary.
- Explore new environments while working on motor skills. When traveling to a new place, you may seek out different settings. This may include a new park with different equipment than the park near your home. It may include brand new set-

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tings such as the ocean. You may still work on motor skills with your child with different equipment (e.g., new swings at the park) and diverse settings (e.g., riding the waves in the ocean).

Involving Older Siblings in Early Intervention

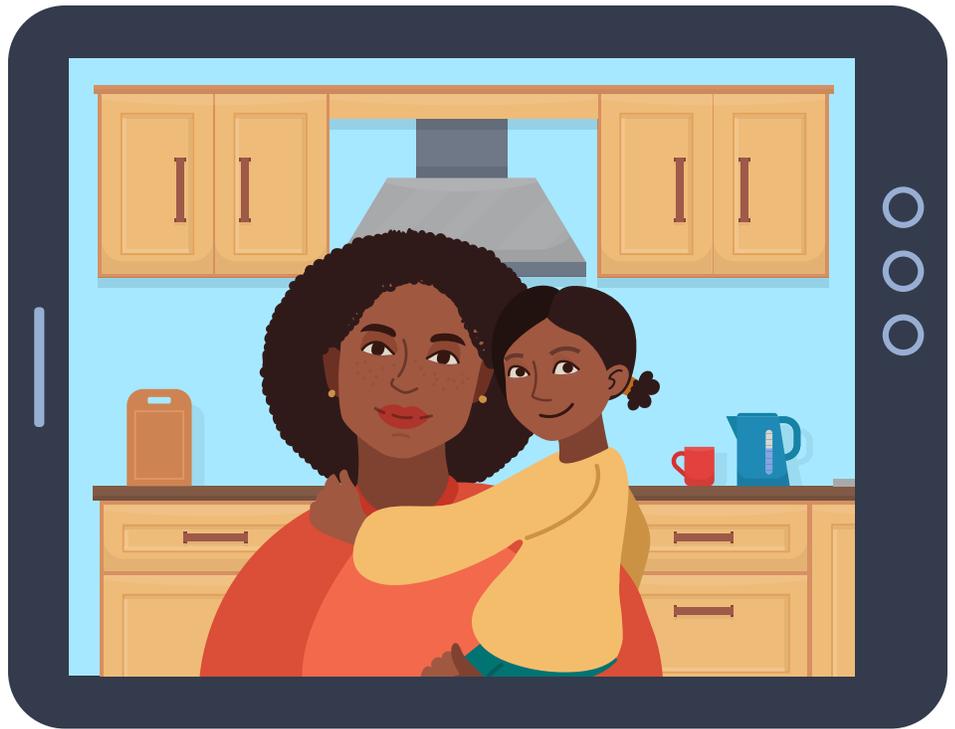
- Teach your older child how to work with your young child. Your older child may be interested to learn how to help their younger sibling. You may engage the older child in creating picture symbols to help the younger sibling communicate. You may also ask the older child to create an obstacle course to help the younger child's motor skills. Your older child may enjoy playing such an active role with their younger sibling.

- Conduct early intervention activities with sibling groups. Older siblings may enjoy modeling for their younger sibling how to do an activity. This may include gliding on a swing, walking heel to toe on a sidewalk crack, singing songs, and playing a turn-taking game. By engaging the sibling group, everyone may enjoy activity while still using early intervention strategies with the young child.

Altogether, you may want to capitalize on summer weather and activities. For example, with your child's early intervention nutritionist, you may consider new recipes that offer cold treats to your child during the hot summer months.

You may also work with your therapists to identify activities that can be done outside in the heat with your child. Identify summer activities that your child enjoys (e.g., going to the pool, writing with chalk) and work with your EI team to embed EI strategies in the preferred activities.

Summer can be a great time to change up your routine and setting as well as to introduce more people to early intervention strategies.



Borrow an iPad, Hotspot for Live Video Visits

Many EI families are receiving services by live video visits. To help families with technology needs, the EI Clearinghouse has added several technology devices to the lending library:

- iPads with a cellular data plan (device and Internet access)
- iPads without a cellular data plan (device)
- Hotspot with cellular data plan (Internet access)

To request a device, please complete our [Device Loan Request Form](#) (also available in [Spanish](#)).

For more information about live video visits, see our tip sheet [Introduction to Early Intervention \(EI\) Live Video Visits: Frequently Asked Questions](#) (also available in [Spanish](#)).

What Families Have Said After Getting iPads

“Thanks so much for the lend! It has been working perfectly!! Thank you.”

“Thank you, you guys for helping my child. God Bless you all for this program!!!”

“The iPad is working well!! Is there any way I can get an extension? We still use it for PT and vision therapy. I appreciate this program.”

“The iPad has helped a lot. There are sensory applications that speech has me using. PT will play music or a video while she's doing her exercises (as she's more likely to do them like that).”

“Hi yes it's amazing. Thank you so much. It's been great help. I have Zoom 3 times a week. It's a great help.”

Everyday Early Intervention: At the Park

Local parks are full of opportunities for young children to play, explore, and learn. Make sure you're prepared with snacks, play clothes and sturdy shoes, wipes, bandages, sunscreen and bug spray, and other necessities. Here are some ideas for making the most of your time at the park.

Safety first

- Supervise your children at all times.
- Be aware of choking hazards and broken objects.
- Choose age-appropriate playground equipment.

Have a scavenger hunt

- Look for birds, puddles, squirrels, flowers, pine cones, butterflies, picnic tables, a climber, garbage cans, sticks, a bridge, an animal footprint, and more.
- Talk about the colors and textures of what you see.

Listen for different sounds

- Keep an ear out for chirping birds, honking horns, croaking frogs, playing kids, ringing chimes, blowing wind, squeaking swings, splashing or rushing water, crackling leaves, snapping twigs, and more.
- Talk about the animal or object making those sounds.
- Try to make the same sounds. Have your child repeat the sounds.

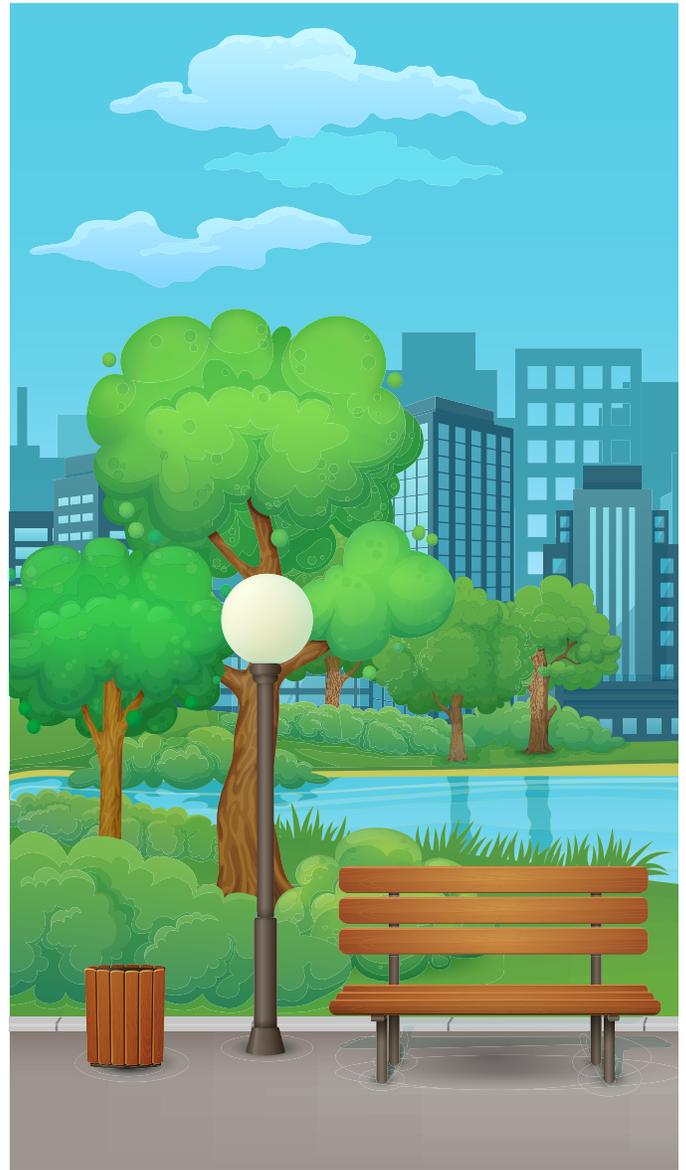
Smell and touch your surroundings

- Touch the leaves, grass, rocks, tree bark, and more. Is it cold? Smooth? Wet? Soft?
- Ask what else they feel. Do you feel the breeze on your skin? Your hair blowing in the wind?
- Smell the air, leaves, flowers, pinecones, sticks. Do you like the smell?

Use those muscles

- Fly like a bird, jump like a frog, slither like a snake, roll a ball, crawl in the grass.
- Have your toddler practice walking on soft surfaces such as grass and sandboxes.
- Challenge them. Can you fly backwards? Jump over a stick? Roll the ball down the hill?

 For more information, visit the Illinois Early Intervention Clearinghouse at <https://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.



Resource Guide: Parent Education

Where can you find free or low-cost classes or courses on child development, parenting, discipline, and more topics? The organizations or groups listed below can be a source of important information for families.

Statewide Resources



Look What I Can Do

Early Intervention For Young Children With Developmental Delays

Illinois Child Find Project — The Child Find Project offers information and resources about identifying young children who may benefit from early intervention and special education services.

The **Child Find YouTube Channel** includes videos about the transition process from early intervention to early childhood special education services.



STARNET — Illinois STARNET provides a variety of educational opportunities for families of young children, ages birth through 8, with an emphasis on children with special needs. Each of the five STARNET regions provides events for families.



Early CHOICES — The Early CHOICES inclusion initiative promotes increasing high-quality inclusive early care and education for children birth to age 5. Visit the **Family Perspectives** page for videos and other tools to help families understand transitions and inclusion.



Family Matters Parent Training and Information Center — Family Matters provides disability-related information, referrals, telephone consultation, parent trainings, a lending library, and more for families of students and adults with disabilities. Live and online conferences, workshops, and other events are available. Family Matters serves all Illinois counties except Cook, DuPage, Grundy, Kane, Kendall, Lake, McHenry, and Will.

Family Resource Center on Disabilities — The Family Resource Center on Disabilities (FRCD) provides parents of children with disabilities with information, training, and assistance through workshops, phone trainings, and community outreach. FRCD serves Cook, DuPage, Grundy, Kane, Kendal, Lake, McHenry, and Will counties in Illinois.

Community Resources

- **Public libraries** often host events, playgroups, or parent groups on a variety of topics.
- **Parent groups:** Community bulletin boards in libraries, post offices, etc., often have parent group information.
- **Community colleges** offer low-cost classes or courses on a variety of topics. You can find the community college serving your local area on the **Finding a College** page.
- **Early Head Start and Head Start** programs support parents in their role as primary caregivers. Find a center near you [here](#).
- **Home visiting programs:** Many community organizations offer parent education through a home visiting program. Find a home visiting program near you [here](#).

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