



Jeffco F.I.T. Coalition

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Promoting Language Development through Songs and Nursery Rhymes

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Old McDonald, The Wheels on the Bus, Humpty Dumpty... Do these childhood songs and nursery rhymes ring a bell? Consistent exposure to predictable songs and rhymes can help provide entertainment, decrease restlessness in car rides, and promote language development in toddlers. While being exposed to childhood songs and rhymes, toddlers learn to listen, pay attention to words and actions and concentrate. These skills then allow the child to anticipate what comes next and to follow directions in a repeated manner. Motor movements in songs, such as *Wheels on the Bus*, help the child associate the words that correlate with the next motor movement. Being able to predict the next sequence in a song or rhyme helps build the foundation for understanding and predicting sequences in stories when the child is listening, reading and understanding stories at a later age. Some researchers have found that children's early knowledge of nursery rhymes is related to their development of emergent reading abilities, specifically phonemic awareness skills (i.e. the awareness of sounds and their association with letters within words). Here are some ideas for exposing your child to songs and rhymes.

Upcoming Event:

- The next Jeffco F.I.T. Coalition Meeting will be held on August 8, 2006 from 2:30-4:30 p.m. in the Buffalo Bill Room at the Jefferson County Court and Administration Building, 100 Jefferson County Parkway, Golden, CO.

Become a Member!

Please call
Cynthia Farkas,
303-239-7074

First introduce your child to new songs and rhymes by singing/speaking them repeatedly throughout the day so that they become familiar with them.

Next, help your child learn the motor movements within songs by holding their hands and doing the movements with them.

Once your child is familiar with the actions, encourage them to imitate your actions independently.

Next, place a pause within your song before each motor movement to build the anticipation and encourage your child to do the movement independently. *When children are allowed pauses within interactions and they feel that the adult is waiting with anticipation for them to take a turn, they feel that their participation is expected and valued, they recognize when it is their turn, and they will be more likely to try to communicate and take an active part.*

When your child has the skills to use words, you can use the above technique within songs and rhymes.

Remember- that repetition is key to children learning language, that we may need to

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About Jeffco F.I.T. Coalition

Jeffco F.I.T. Coalition meets twice a year and publishes this newsletter biannually. Thank you for your interest and support of organizations and agencies providing services to Jefferson County's children ages 0-3 years. If interested in becoming a member of Jeffco F.I.T. coalition, please contact Cynthia Farkas, chairperson at 303-239-7074.

Mission:

To enhance and promote supportive services to Jefferson County families with children, prenatal to age three. Jeffco F.I.T. achieves its mission through information sharing, coordination of services, and identification of gaps in services.

Goals and Objectives:

- ◆ To promote information sharing among service providers
- ◆ To increase awareness of available services
- ◆ To improve coordination and collaboration of services to families
- ◆ To promote the enhancement of continuum of services



"We find delight in the beauty and happiness of children that makes the heart too big for the body."

Ralph Waldo Emerson

Coalition Updates

Invest in Kids Providing Mental Health Support to NFP Sites through Nurse Consultant

Responding to the need for mental health support expressed by NFP sites around the state, Invest in Kids hired a nurse consultant with expertise in psychiatric/mental health nursing in the fall of 2003. Jan Lewis, a former NFP supervisor and nurse home visitor (Pueblo County, 2000-2005) provides support to NFP teams via on site workshops and email/phone consultation to nurses. Many nurses have commented the value of this support (IIK plans to conduct a formal survey on the impact of nurse consultation in the coming year). Jan Lewis can be reached by email at bjlewis@daeo.net or by cell phone at 719-251-8243.



Mommy Rocks . . . Rocking Chair Roundup a Success

Mommy Rocks found a welcoming home the first of the year at St Paul's Episcopal Church at 10th and Garrison in Lakewood. Opening arms welcomed us giving us space to store rocking chairs as well as have a great place for moms to come and pick out their own rocking chair. We held our 2nd rocking chair roundup on Mother's Day this year at Mile Hi Church and had a wonderful turnout. Please keep in mind we are always happy to accept gently used wooden rocking chairs, diapers and new baby items. For more information about Mommy Rocks, contact Deb Sanders at 303-601-8421 or e-mail Deb at: information@mommyrocks.org

(please use Mommy Rocks on subject line). Visit our web site at www.mommyrocks.org

Jefferson County Human Services Systems of Care

The mission of Systems of Care is to promote the welfare of children and families through the development of sustainable partnerships that provide integrated, quality services that are individualized, strength-based, family centered and culturally sensitive. Jefferson County Department of Human Services received a 5-year Federal grant in the fall of 2003 titled, "Improving Child Welfare through Systems of Care." Systems of Care has been in the Mental Health field for over 10 years and in 2003 was awarded to nine Child Welfare sites across the United States due to the success it has had in the Mental Health field with children and families. Systems of Care is more of a philosophy of how we, as child and family serving agencies work with each other and our clients to achieve successful outcomes. This grant focuses on five key principles: Family Participation ; Interagency and Community Collaboration; Individualized, Strength-based Care Practice; Cultural Competence; Accountability. For more information, contact Ashleigh Sedbrook at asedbroo@jeffco.us .

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Coalition Updates *continued*

St. Anthony Central NFP

The new St. Anthony Nurse Family Partnership (NFP) serves Denver, Adams and Jefferson Counties. We anticipate reaching our caseload of 100 clients by June, 2006. We also have a new employee, Terry Godinez, RN who joined us in January after working for the Centura/Porter Hospice program for 14 years. Terry is thrilled to be with NFP and was amazed at the many similarities between families experiencing end of life issues and those going through beginning of life issues. Terry also speaks Spanish fluently and the majority of her caseload is monolingual Spanish speaking women. Terry is a very positive addition to our team!

Partners for Healthy Families

The JCDHE Partners for Healthy Families Program will hold its annual picnic on August 2, 2006. This is a celebration for graduates, active clients and their families. JCDHE is happy to announce they have now graduated over 100 clients.

Partners nurse Faith Eggleston recently had Rep. Diana DeGette's legislative aide follow her on a home visit as part of NFP's ongoing work to build support at federal and state levels. Also Partner's nurse, Marti Hernandez had Channel 4 follow on a home visit as part of our continuing efforts to educate the public about the importance of NFP.

State NFP Conference Highlight 2006

The May 10-11 conference highlight was a workshop on generational poverty facilitated by ahah!Process, Inc.'s Terie Dreussi-Smith. Smith also co-authored the book, Bridges out of Poverty. Ahah!Process, Inc.'s mission is to positively impact the education and lives of individuals in poverty around the world. The foundation for this work is the book, A Framework For Understanding Poverty by Ruby Payne. For more information contact www.ahaprocess.com

Promoting Language Development Through Songs and Rhymes

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slow our songs and words down for children to understand and participate, and that children might not know what to do on the second, third or fourth time but if we keep repeating and allowing chances for them to know what is expected they will take their turn when they are ready. Have fun singing, rhyming and laughing!

Itsy Bitsy Spider, Patty Cake, Jack and Jill, Humpty Dumpty, Baa Baa Black Sheep, Twinkle Twinkle Little Star

References:

Manolson, Ayala. It Takes Two To Talk, 1983
Adams, Marilyn Jager. Beginning to Read: Thinking and Learning about Print, 1990



Early Intervention Mental Health Services for Children 0-2

Jefferson Center for Mental Health (JCMH) has a comprehensive array of services and the services that specifically target the 0-2 years of age population.

Families Together is a home visitation program in which licensed clinicians visit the home, perform clinical assessments and provide treatment to the parents and child. Treatment is focused upon mental health needs, appropriate developmental stages, parenting support and education, infant massage, and brain development. Jefferson Center for Mental Health has two part-time parent educators that work with the family on a weekly basis around parenting issues and accessing community resources and supports. Consultation to day care facilities is also available. These clinicians primarily work with families with Medicaid or other payer sources.



The Nurturing Parent Program is an evidence-based 16-week program that meets once a week for 3 hours with concurrent groups for parents and children. The curriculum focuses on self-esteem development, brain development, routine and structure, discipline, developmental stages, empathy and understanding feelings. This is currently open to all parents. A fee structure will be set-up in the future.

There is limited in-home respite for children ages 0-2 years, and this is approved based on need and is available to families with Medicaid.

An Early Intervention Mental Health Specialist will be hired by July 1, 2006 to work with families with children ages 0-5 years that do not have Medicaid or another payer source. This clinician will also work with day care, preschools, and other community service providers to develop services and supports for families that are eligible for these services. JCMH does have psychiatric services available if needed.

Upcoming: Foothills Wellness Walk, June 11, 2006
7:30 am—11:30 am. Clement Park.

The money you raise will go toward local services for people with mental health disorders and mental health awareness activities.

Register Now online at: www.wellnesswalk.org





We're on the Web!

<http://health.jeffco.us>

F.I.T. Newsletter is a biannual electronic newsletter produced by JCDHE! Editions will be emailed to you. Please call or send us your email address and website url so that we can include a link on the web page:

Phone: 303-239-7074 >> Email: cfarkas@jeffco.us

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