



CHILDREN'S CARE CONNECTION (C3)/ HEALTHY DEVELOPMENT SERVICES (HDS) NORTH CENTRAL NEWSLETTER



ABOUT HDS

At HDS, our mission is to provide no-cost, comprehensive support for the developmental, behavioral, and care coordination needs of prenatal caregivers and children age 0-5. Through our services, which encompass education, prevention, and care coordination support for obtaining diagnoses, we strive to ensure the optimal development of our clients and the well-being of their family during these crucial early years.

CELEBRATING THE HOLIDAYS (EARLY)!

Happy Holidays! Yes, we are celebrating early this year and want you to join us! We hope you find this newsletter full of warmth and cheer, just like we are able to find in the holiday season. We understand holidays may continually look and feel differently these years as we emerge from the COVID-19 pandemic, learn more about each other, celebrate our diversity and consistently think more intentionally about creating that warmth and cheer we have historically felt. You will find information about supporting families through the holiday season, information about all types of holidays celebrated, ideas about how to support children to build acceptance of others belief systems, and community resources in the area. We wanted to get this to you a little early so there is time to share this information amongst your colleagues and with your families. As always, we wish you the very best this season!

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SUPPORTING SELECTIVE EATING DURING THE HOLIDAYS

N. Coastal Occupational Therapist, Alison Kullback, offers guidance on managing selective eating for families to create a more serene and enjoyable holiday experience.



Selective eaters may find holiday foods daunting. To make the holiday dining experience more enjoyable, consider these tips:

Introduce "Holiday" Foods Early

Serve holiday dishes throughout the year to familiarize your child with these unique flavors

Cook Together

Involve your child in meal preparation to let them explore new foods without pressure.

No Food Force

Avoid forcing your child to try new foods or finish their dinner.

Preferred Food Availability

Always ensure familiar and preferred food choices are available.

Encourage Exploration

Let your child experiment and explore new or non-preferred foods.

Limit Snacking

Reduce grazing or snacking throughout the day to enhance your child's appetite during mealtimes.

Roles in Mealtime Responsibility

Parent's Responsibility:

- Decide what is being served (while always having preferred foods available).
- Determine when mealtimes occur (offer food every 2-3 hours).

Child's Responsibility:

- Choose what and how much to eat from the options provided at meal and snack times.

Consider Standing

If sitting is challenging, allow your child to stand next to the table.

SENSORY STRATEGIES FOR THE HOLIDAYS

N. Coastal Occupational Therapist, Alison Kullback, offers guidance on managing holiday routine changes for families to create a more serene and enjoyable holiday experience.



The holiday season can be a stressful time and this is especially true for children who need sensory support. Many children thrive on routine and predictability. The holidays are often a time when a child's everyday routine is altered: there is a break from school, family members may be visiting, mom or dad may be home from work, or the family may be traveling. All of these situations may cause added stress. Try these strategies to help ease anxiety and stress during this period of time.

Make the “Unpredictable” More Predictable

The unknown can be scary for a child. **Make things more predictable** by letting your child know what is going to happen over the holiday period:

Make a large calendar and write in each day's events, make a list or picture schedule of each day.

Create a social story for new or infrequent events. Before going to a friend or family member's house for a holiday function, **prepare your child** by telling them who is going to be there and **set the expectations for behavior**. For example, tell your child he or she can high five or wave but do not have to hug everyone. Bring along a few comfort items such as a favorite toy or stuffed animal.

Routine and Structure

As much as possible, try and **keep your child's general routine** as normal as possible. Try and keep bed time, nap time, and meal times around the same time they usually occur. If you have established sensory strategies you use throughout the day, continue to incorporate them.

Create a “Safe Place”

When going to a friend or family member's house, **find a room or quiet space** as a “safe place” your child can **take a break** in if needed. This may be a small room or even a pop up tent. Have a few calming items available within this space such as a pillow, fidgets, games, or book.

Comfort is Key

For children who are sensitive to textures or clothing, the thought of putting on lace dresses or tight sweaters may make their skin crawl. While it may be important for your family to wear specific clothing items at holiday gatherings and events, be aware of your child's sensory preferences and **choose clothing items accordingly**. Allow your child a choice of clothing items and involve him or her in trying the outfit on to ensure sure it “feels right.” Consider **packing an extra change of clothes** and allow your child to change if he or she becomes uncomfortable in the chosen outfit.

TEACHING CHILDREN HOLIDAY ACCEPTANCE AND DIVERSITY

C3 Lead Developmental Specialist, Jen Goins, offers insights for caregivers and providers to foster children's acceptance of diverse holiday traditions.

As fall and winter holidays draw near, caregivers may wonder how to instill in their children the importance of accepting others who may have different beliefs or traditions. Even within families of similar belief systems, variations in holiday observance can lead to questions and occasional hurt feelings among young children. Here are some practical ways caregivers can foster acceptance and empathy in children:

Modeling Respect

Children are highly influenced by what they hear at home. Adults who discuss others' beliefs or traditions in a respectful manner can encourage acceptance and empathy in children. Caregivers who use accepting and welcoming language toward individuals with differing beliefs are more likely to raise children who are understanding and respectful of diverse ideas and traditions. Modeling curiosity about concepts adults don't understand can also encourage children to be open to exploring the ideas of those around them.



Exposure to Diversity

To promote understanding and acceptance of others, expose children to how different families and cultures celebrate holidays. People often find it challenging to understand things they haven't experienced. Take children to cultural events outside of their usual traditions, watch accurate representations of holiday celebrations in movies or on TV, and read books that explore various cultures and holidays. Encourage questions and curiosity about other traditions, and help children find accurate and respectful answers. This approach can help them appreciate other perspectives as well as their own.

Creating and Sharing Traditions

Cultures are deeply rooted in tradition. Families can help their children relate to others by creating new traditions and celebrating old ones. Whether for major holidays or minor family milestones, these traditions hold special meaning for each family. Children who partake in these traditions are more likely to understand the significance of different traditions to other children. When possible, invite friends over and share your own beliefs and traditions with other children. This not only reinforces your family's values but also promotes the recognition of diversity in your community.



EXPANDING HORIZONS: DIVERSE HOLIDAY CHILDREN'S BOOKS

The C3 team offers curated book lists to empower caregivers and providers in fostering children's appreciation and acceptance of diverse holiday experiences

2023 Winter Holidays

September

29th – Mid-Autumn Festival

28th – Chuseok

October

31st – Halloween

November

1st – Dia de los Muertos

12th – Diwali

23rd – Thanksgiving

December

7th – 15th – Hanukkah

16th – 24th – Las Posadas

21st – Winter Solstice/ Yule

24th – Christmas Eve/Nochebuena

25th – Christmas

26th – Boxing Day

26th – 1st – Kwanzaa

January

1st – New Years Day

February

10th – 14th Lunar New Year

Diverse and Inclusive Winter Holiday Books for Children

Mid-Autumn Festival / Chuseok

- "[Moon Festival Wishes: Moon Cake and Mid-Autumn Festival Celebration](#)" by Jillian Lin
- "[Our Moon Festival: Celebrating the Moon Festival in Asian Communities](#)" by Yobe Qiu
- "[Moon Messenger](#)" by Jie Wei

Halloween

- "[One Good Night 'Til Halloween](#)" by Frank J. Berrios III
- "[A Costume for Charly](#)" by C.K. Malone

Dia De Los Muertos

- "[La Catrina: Emotions - Emociones](#)" by Patty Rodriguez

Diwali

- "[Shubh Diwali!](#)" by Chitra Soundar
- "[Binny's Diwali](#)" by Thrity Umrigar

Thanksgiving

- "[Duck for Turkey Day](#)" by Jacqueline Jules
- "[My Food, Your Food, Our Food \(How Are We Alike and Different?\)](#)" by Emma Carlson Berne
- "[Better Together!](#)" by Robach & Shue

December Holidays

- "[The Ninth Night of Hanukkah](#)" – by Erica Perl
- "[Lights of Winter](#)" by Heather Conrad
- "[A World of Cookies for Santa](#)" by M.E. Furman
- "[A Piñata in a Pine Tree](#)" by Pat Mora
- "[Uno, Dos, Tres, Posada!](#)" by Virginia Kroll
- "[Between Us and Abuela: A Family Story from the Border](#)" by Mitali Perkins
- "['Twas Nochebuena](#)" by Roseanne Greenfield Thong
- "[Miracle on 133rd Street](#)" by Sonia Manzano
- "[The Truth About Mrs. Claus](#)" by Meena Harris
- "[Seven Spools of Thread: A Kwanzaa Story](#)," by Angela Shelf Medearis

New Years

- "[Shante Keys and the New Year's Peas](#)" by Gail Perna-Davenport
- "[Feliz New Year, Ava Gabriela!](#)" by Alexandra Alessandri

Lunar New Year

- "[A Sweet New Year for Ren](#)" by Michelle Sterling
- "[Tomorrow is New Year's Day](#)," by Aram Kim
- "[Tet Together](#)" by Alice Trinh
- "[The Great Race](#)" by Christopher Corr
- "[PoPo's Lucky Chinese New Year](#)" by Virginia Loh-Hagan

C3 IS BRINGING BACK



STEPS TO UNDERSTANDING YOUR CHILD'S BEHAVIOR HOLIDAY WORKSHOP



ABOUT THIS CLASS

Rady Children's Hospital's Healthy Development Services/Children's Care Connection (HDS/C3) presents Steps to Understanding your Child's Behavior: Holiday Edition.

With the holiday season just around the corner, we invite you to join us for a 90-minute online workshop to learn about your child's development and how that development relates to their behavior as well as the world around them. This workshop will give practical strategies and tips to support your child's behavior through seasonal activities, time with loved ones, and celebrated family traditions.



REGISTRATION

Available for caregivers of children birth through 5 years old.
Register with C3 at (858) 966-7510 or fill out our interest form to enroll!



*HDS Service Finder



Registration includes an intake call and a complimentary Developmental Screening



Tuesday, November 14th, 2023
Tuesday December 5th, 2023
Tuesday, December 12th, 2023
10:00-11:30AM, Via Zoom

(Sessions are available in English and Spanish; further details will be shared upon registration)

MORE UPCOMING C3 CLASSES

Classes can be made available in English and Spanish. Please call our intake line (858) 966-7510 for further details.

Young Toddler Time (13-17 mos)

English/In-Person: Tues, 10/24-12/5
2:00-3:00PM (skip 11/21)

Older Toddler Time (24-35 mos)

English/In-Person: Tues, 10/31-12/5
10:00-11:00AM

Winter Camp (36+ mos)

English/In Person: Mon-Fri, 12/11-12/15,
10:00-11:00AM

Steps to Understanding Your Child's Behavior

English/Virtual: Tuesdays, 9/5 - 12/19
12:00 - 1:30PM

Baby Steps

English/Virtual: Wed, 9/27-11/15
11:00-12:30PM
English/Virtual: Tues/Thurs, 11/28-12/14
11:00-12:30PM



CURRENT SERVICE WAIT TIMES

INTAKE & REGISTRATION

2 weeks

Upon receiving the referral, our team will contact family to complete registration and schedule client for a 90-minute developmental screening.

DEVELOPMENTAL SCREENING

1 week

During this appointment, a Developmental Specialist will utilize the Ages and Stages Questionnaire-3 and SE-2 to determine if there are any delays. M-CHAT (if applicable) and a Caregiver Well Being Checklist will also be administered. Recommendations for further assessments and/or community resources will be provided at the end of appointment.

IN THE COMMUNITY

Kids Free San Diego

Various Museums and Amusement Parks throughout San Diego
October 1, 2023 until October 31, 2023

View a list of participating locations and coupons [HERE](#)

Toys for Tots

Naval Marine Corps Reserve Center
9955 Pomerado Rd. San Diego, CA 92131
October 1, 2023 until December 26, 2023
Visit [San Diego County Toys for Tots](#) for more details

Mira Mesa Street Fair

On Camino Ruiz between Mira Mesa Blvd and New Salem St
October 7, 2023 from 10am - 5pm
<https://www.miramesatowncouncil.org/mira-mesa-street-fair/>

San Diego Family Fun Fest Halloween

The Salvation Army Kroc Center Corner Zone
6845 University Avenue San Diego, CA 92115
October 22, 2023 from 10am - 1pm
Must register on Event Brite event page, get your FREE tickets [HERE](#)

Father Joe's Village Thanksgiving Day 5k

Balboa Park
November 23, 2023 at 7:30am
Prices varies (\$30-50) or Free if able to fundraise \$250 by 12/1/23
Register for the family and dog friendly event [HERE](#)

December Nights

Balboa Park
December 1, 2023 - December 2, 2023 from 3pm - 11pm
Visit the [event website](#) for details regarding the free family friendly event



FOR MORE INFORMATION ABOUT
C3/HEALTHY DEVELOPMENT SERVICES:

WWW.RCHSD.ORG/HDS