

# CHILDREN'S CARE CONNECTION (C3) NORTH CENTRAL HDS NEWSLETTER

C3 is excited to share our Spring newsletter with our community partners and families. We couldn't think of a better topic to share than READING! March is National Reading month and, in this newsletter, we have partnered with some local libraries to provide some resources to you. We have also connected with our C3 North Central Speech and Language Pathologist, Natasha Maxwell, to learn more about how reading intersects with speech and language. She has provided some beautiful books and great techniques we hope you enjoy!

Reading has a special place in my (Holly's) heart as it helps me regulate, find a sense of wonder and joy, and also a sense of connection with others who enjoy reading. I recall vividly sitting on my grandmother's lap while she read to me out of a chapter book before I could read the words myself. I wonder if you recall the first time you were read to, what it felt like to have a child in your lap reading to them or the excitement on their face as they turned the pages and babbled out their made-up words to narrate the book?

Reading supports social and emotional development in so many different ways. Through books we can learn how to identify and label emotion, how to solve problems, how to behave and how to connect with others. Stories give us the opportunity to imagine what's possible and to process what we've experienced. In the last decade we have seen an explosion of children's literature designed to help support typical developmental milestones and unexpected or unique life experiences. You can find so many special topics to support children's experiences of family, community, culture, identity and trauma. Books can be an opening to talk about and process things that society thought was best left unsaid.

Happy Reading!

Holly and Shanna (C3 Leadership Team)

## This Quarter with C3:

- Upcoming Classes
- Did You Know:  
Using Books to Promote Language  
Diversity, Equity and Inclusion Books  
We are Reading  
A Peek inside Kinder Camp Classroom
- Current C3 Service Wait Time
- Upcoming Community Events




## UPCOMING CLASSES

**Steps to Understanding Your Child's Behavior (for children ages 1-5 years old) and Baby Steps (for non-mobile infants) are offered during the day and in the evening, and are available in English and Spanish. Please call our intake line (858) 966-7510 for further class details.**

# USING BOOKS TO PROMOTE LANGUAGE




In celebration of National Reading Month, North Central Region's Speech-Language Pathologist, Natasha Maxwell, shares strategies and resources for enhancing early literacy skills through book-reading with toddlers and preschoolers.




**Follow their lead** -let them choose the book and look at it in their own way. For example, if they want to only look at one page, just talk about that page. This will make sure they are interested and ready to listen.

Take a familiar book and **act it out**, using props and actions. This is especially fun for older toddlers and preschoolers.

For books with **repetitive phrases**, once your child has heard the phrases over and over, pause in the middle of a phrase and see if they can “fill in the blank”. For example, with “Going on a Bear Hunt”, you can try, “We’re going to catch a...(big one!)”. Or for “Brown Bear Brown Bear, What Do You See?” you can say, “I see a yellow...(duck!)”.




**Balance questions with statements and descriptions.** You can ask toddlers yes/no questions (“Is that a bear?”) or simple “what” questions (“What is it?”). For preschoolers, you can ask what characters are doing, where characters are, or what they think will happen next. If they are not able to answer, just model the answer for them to hear. Also take time to describe what you see and think will happen -this takes the pressure away from answering a lot of questions and gives a nice model of language for children to follow.



Sit **face to face** as you read, especially with toddlers. This allows each of you to see each other’s expressions and interest.

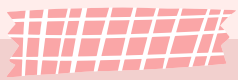
Just **talking about the pictures** can be fun too! Name objects, animals, actions. Talk about things that are big/little, fast/slow, etc.





Feel free to **change or add words** as you read to make it more interesting, repetitive, or to simplify. Books that have flaps to open are good opportunities to have children ask to “open” with each one. As they see characters on the pages, have them say, “hi” and “bye” to them.

Have them **hold the book** and flip the pages.

**Pause** during the story and see if they have anything to add.



When your child has different **emotions**, it is important to acknowledge and name them. By reading books that discuss emotions, you can reinforce these words and refer back to the books when your child experiences big feelings.



# USING BOOKS TO PROMOTE LANGUAGE



In celebration of National Reading Month, North Central Region's Speech-Language Pathologist, Natasha Maxwell, shares lists of books for caregivers and providers to enhance early literacy skills with toddlers and preschoolers.

## For Toddlers

- **Pop-up/interactive books, with flaps or textures to touch or feel**
  - "Pop-Up-Peekaboo! Things That Go" by DK publishing
  - "Where's Spot" by Eric Hill
  - "Where is Baby's Belly Button?" by Karen Katz
- **Repetitive books**
  - "Brown Bear, Brown Bear, What Do You See?" by Martin/Carle
  - "Tip Tip Dig Dig" by Emma Garcia
  - "Sing With Me/Canta conmigo" by Jose-Luis Orozco
  - "Goodnight Moon" by Margaret Wise
- **First word books, with pictures within different categories (animals, toys, things that go)**
  - "First 101 Words" by A Highlights Hide-and-Seek Book with Flaps
  - "First 100 Words" by Priddy Baby
- **Books that address emotions**
  - "The Color Monster: A Story About Emotions" by Anna Llenas
  - "La Catrina: Emotions - Emociones" by Rodriguez/Stein

## For Preschoolers

- **Repetitive books**
  - "We're Going on a Bear Hunt" by Rosen/Oxenbury
  - "Brown Bear, Brown Bear, What Do You See?" by Martin/Carle
  - "Goodnight Moon" by Margaret Wise
- **Stories with a main character/event and a clear beginning, middle, and end**
  - "The Hungry Caterpillar" by Eric Carle
  - "If You Give a Mouse a Cookie" by Numeroff/Bond
  - "The Snowy Day" by Ezra Jack Keats
- **Non-fiction books about topics your child finds interesting**
  - "All About Weather: A First Weather Book for Kids" by Huda Harajli
  - "8 Little Planets" by Chris Ferrie and Lizzy Doyle
  - "I Am a Bee" by Rebecca and James McDonald
- **Books that address emotions**
  - "The Color Monster: A Story About Emotions" by Anna Llenas
  - "The Way I Feel" by Janan Cain





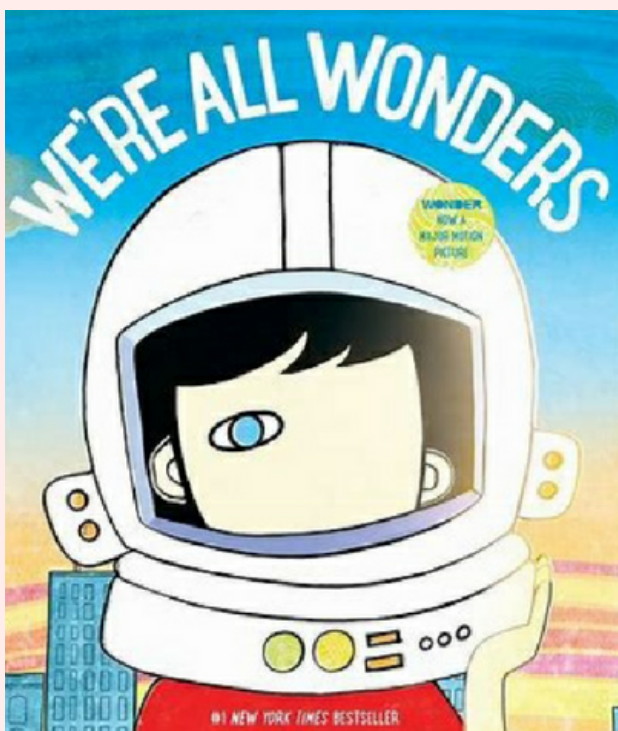
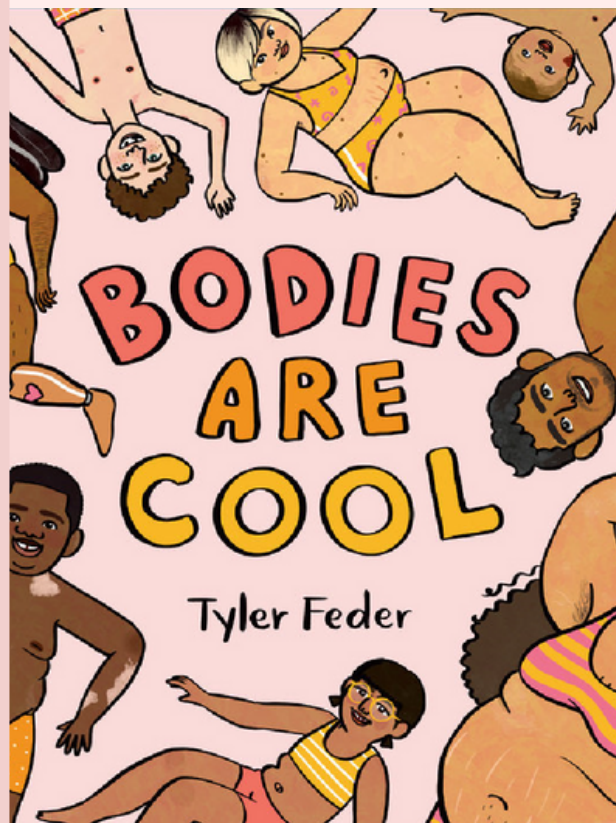
# DIVERSITY, EQUITY AND INCLUSION (DEI) BOOKS WE ARE READING

Discussing diversity and inclusion with children may seem overwhelming. C3's DEI workgroup recommends books to help children learn more about the importance of acceptance and inclusion.

## **Bodies Are Cool by Tyler Feder**

*Bodies are Cool* by Tyler Feder is a visibly inclusive children's book that celebrates all body types and normalizes the various aspects that make each body part unique. The colorful and bold illustrations showcase individuals of different weight, ages, race, gender, and abilities. Each page recognizes a variation of each body part and enforces the message that "all bodies are cool!" Our families and children can benefit from this literature by seeing representation across the board and promoting children's self-confidence. We invite caregivers to explore this wonderful book and start a conversation! Parents can use this book with preschoolers to strengthen expressive language skills by using adjectives to describe their own features and features of those in the book. Children can also match their own characteristics to images in the book and those around them, such as hair texture, height, and age.

**Read aloud: [Bodies are Cool - YouTube](#)**



## **We're All Wonders by R.J. Palacio**

The book follows a little boy named Auggie on his daily adventures and notices his place in the world and how he belongs. This book highlights acceptance and empathy towards others no matter their capabilities and physical appearance. This book is great for children ages 3-8 and could facilitate conversations about putting yourself in other people's shoes and compassion for others. *We're All Wonders* showcases a child's desire to be included and valued for their individuality.

**Read aloud: [We're All Wonders - YouTube](#)**

# A PEEK INSIDE KINDER CAMP CLASSROOM

Developmental Specialists, Diana Parmar and Devyn Ludwick shared about the upcoming Development Class that supports kindergarten readiness.

At HDS, providing developmental services to meet families' needs has always been a top priority. We offer a variety of development-focused classes, including Toddler Time and Preschool Time, which rotate throughout the year. However, we understand that older children who are in preschool or daycare settings may miss out on educational input during the summer. To address this, we have created the Summer Camp series - a week-long class that families can attend Monday through Friday. This format allows children to experience a more structured school setting, attending class every day.

For older children, we offer Kinder Prep Summer Camp, which focuses on academic readiness through activities such as **circle time, cognitive and fine motor skill development, and learning to separate from their parents**. This format has been beneficial in providing children with **a more realistic experience of what it feels like to attend preschool or kindergarten**. Children who would be exiting from C3 completely, as they are starting Kindergarten, attend this camp. **We use the HELP booklet as our guide in creating the curriculum and setting our goals for the week. Outside of camp, parents are encouraged to practice with their child until the start of Kindergarten.**

The Summer Camp formats are also supportive of families who have summer plans or are traveling. They can attend for one week with their children and provide them with educational enrichment during the summer months without committing to a six-week class. At HDS, we are dedicated to supporting families in meeting their developmental needs, and we are thrilled to offer these summer programs to help bridge the gap and ensure children continue to receive educational enrichment all year round.

## CAMP THEMES

### COGNITIVE: TO THE ZOO!



### GROSS MOTOR: LET'S GO CAMPING!



### SOCIAL EMOTIONAL: BEACH DAY



### SELF-HELP: PICNIC DAY



## GOALS

- Identifying name
- Writing first name
- Identifying capital and lower case letters
- Counting to 20
- Writing numbers 1-10
- Attending tasks for 10 mins
- Cutting out shapes
- Identifying basic shapes
- Identifying colors
- Follow routine and transitions
- Independently open and put away water/snacks/lunch
- Taking on and off shoes and jacket
- Independently toileting and wiping
- Remaining in designated play areas
- Practice appropriate safety precautions





## CURRENT C3 SERVICE WAIT TIME

### 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

**3 WEEKS**

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.

## UPCOMING COMMUNITY EVENTS

### 13th Annual Read & Romp Fundraiser

Kid Ventures-Liberty Station, 2865 Sims Rd., San Diego, CA 92106

April 22nd, 2023, 9AM-12PM

<https://rorsd.org/13th-annual-read-romp/>

### Monthly Storytimes

**(Plus Storytime in the Park, Lego Club, Pajama Storytime, Kamishibai and so much more!)**

Balboa Library, 4255 Mt. Abernathy Ave., San Diego, CA 92117

2nd Thursday of each month at 10:00AM (Please check flyer and "Upcoming Events" in link for schedules of other storytime events)

<https://www.sandiego.gov/public-library/locations/balboa-library>

### Weekly Storytime for Toddlers and Preschoolers

Mission Valley Library, 2123 Fenton Pkwy, San Diego, CA 92108

Every Thursday (except the 3rd Thurs.) at 10:30AM (Plus Storybox Storytime for Preschoolers on 3rd Thursday of each month at 10:30AM)

<https://www.sandiego.gov/public-library/locations/mission-valley-library>



For more information about  
C3/Healthy Development Services:

**WWW.RCHSD.ORG/HDS**