

WINTER 2019

LEAPS

Resource Newsletter

A QUARTERLY NEWSLETTER CONTAINING INFORMATION, RESOURCES AND PROGRAMS IN THE COMMUNITY THAT MAY BE BENEFICIAL FOR FAMILIES OF LEAPS PRESCHOOL STUDENTS.

EMOTIONAL LITERACY

Emotional literacy is a crucial skill to develop during preschool age. Emotional literacy means having the ability to identify, understand, and respond to emotions in oneself and others in a healthy manner. Children with high emotional literacy skills have greater academic achievement and are better equipped to focus, control emotions, tolerate frustration, and form friendships. Children require ongoing instruction in order to learn and practice these skills, both at home and at school.

HOW TO PRACTICE AT HOME:

1. Help by giving your child's feelings names and encouraging them to talk about their feelings. For example, "You left school and said you didn't want to leave, you are feeling sad."
2. Give your child opportunities to identify their feelings and the feelings of others. For example, "Your little sister wasn't able to get the toy she wanted, how do you think she feels?"
3. Model appropriate emotional literacy. For example, "Wow, mommy is feeling really frustrated after spilling all of the soup on the floor."
4. Read stories or watch videos about feelings. Help your child predict or label the feelings of the characters based on the situation or facial expressions and body language.

NAME AND ACKNOWLEDGE CHILDREN'S FEELINGS:

"Learning to put on a jacket can be really frustrating."

"Are you a little nervous about starting school?"

"You look a little disappointed that you weren't the first one to make it on the playground."

"You are feeling mad that your little brother broke your toy."

"You are sad, you wanted to play with your friend longer."

NEW!

LEAPS PARENT SUPPORT GROUP

The LEAPS parent support group is a place to gain support, share ideas, and learn from other parents who may be experiencing similar issues. The parent support group will be hosted by our social worker, Kristin Acton. Groups will take place on the last Tuesday of the month, from 6-7pm at LEAPS preschool. Our first meeting is January 22nd. The second meeting will be held February 22 from 6-7pm and will feature a representative from Connecting For Kids. Come to learn about: camp options, community resources, and their upcoming Lorain County Resource Fair!

For more information, please email: Kristin.acton@avonlakecityschools.org.



COMMUNITY RESOURCES

Parenting Resources & Support

Cornerstone Pregnancy Support

364 Griswold Road, Elyria, OH 44035
440-284-1010

Maternity and children's clothing, parenting classes, support groups, diapers, etc.

www.cornerstonepregnancy.org

Lorain County Public Health

9880 S. Murray Ridge Rd., Elyria, OH
44035
440-322-6367

Services include: Bureau for Children with Medical Handicaps Program, Immunization clinics, Food Vouchers, Nutrition Education.

www.loraincountyhealth.com

OhioGuidestone

Parenting Groups
2173 North Ridge Road, Suite E, Lorain,
OH 44055
440-260-6109

Parenting education and support programs available for families with children under age 12. Individualized and group format.

Mental Health Services

440-260-6100

OhioGuidestone also provides early childhood mental health services including office and home based counseling as well as psychiatry.

<https://ohioguidestone.org/>

Child Care Resource Center

440-960-7187 or 800-526-5268

Provides information on finding reputable childcare.

www.ccrinc.org

Milestones Autism Resources

Information and resources for those with children on the autism spectrum. Free phone consultations.

216-464-7600

<http://milestones.org/>

Ohio Coalition for the Education of Children with Disabilities

Information and resources for parents of special needs students.

<https://www.ocecd.org/>

Women, Infants, and Children (WIC) Program

Provides nutrition education; breastfeeding education and support; nutritious foods; referral services to eligible families.

614-644-8006

<https://odh.ohio.gov/>

Food Stamps/Ohio Direction Card

Provides food assistance.

614-466-4815

Jfs.ohio.gov/ofam/foodstamps.stm

Legal Assistance

Ohio Legal Services

1-866-529-6446

Ohiolegalservices.org



RESOURCE
SPOTLIGHT



Connecting for Kids

Connecting for Kids' mission is to educate and support families with questions or concerns about their child's development. Whether your child has a formal diagnosis or if you are just questioning whether his or her development is typical compared to same-aged peers, Connecting for Kids can help.

Call, text or email:

Phone: 1-440-570-5908
info@connectingforkids.org
connectingforkids.org

If you would like assistance connecting to these services, or don't see what you are looking for, please contact:
Kristin Acton, District Social Worker, 440-933-6290 ext 1500 or Kristin.acton@avonlakecityschools.org
Assistance will always be provided in a respectful and confidential manner.