

STEPPING STONES

A newsletter from Help Me Grow Carver County

Issue 128

April/May 2011

IN YOUR COMMUNITY

PACER

PACER Center is a parent center for families of children with physical, mental, learning or emotional disabilities. It is based on a parents helping parents philosophy.

PACER Center provides workshops, publications and other resources to help families make decisions about education and other services for their child.

Some of the many programs offered by PACER include:

- Health and Information Advocacy Center-provides information about the health care systems, resources and advocacy to families.
- Computer Resource Center-introduces children with special needs and their parents and teachers to education Software and special equipment. Also includes a software lending library.
- Early Childhood Intervention-services and support for families of young children with special needs.
- Parents Helping Parents-workshops, one-on-one training and information on special education, communication skills and other issues.
- Grandparents Program-information and support services for grandparents of children with special needs.

You can reach PACER Center at
952-838-9000.
8161 Normandale Blvd.
Bloomington, MN 55437
www.pacer.org

What is Arc Greater Twin Cities

Arc Greater Twin Cities is a member and volunteer-driven nonprofit organization that has been working for more than 55 years to secure opportunities for individuals with developmental disabilities and their families to live, learn, work, and play as they choose.

Arc Greater Twin Cities programs and services span all stages of life, from birth to the senior years. Arc's approach to its work is family-based. When a person has special needs, it affects everyone in his or her family. Arc helps parents and siblings deal with their issues, as well as working with and for people who have disabilities.

In addition to providing individual advocacy and support, Arc works to shape public policy and community systems to improve the lives of people with developmental disabilities and their families.

Arc's core programs and services are:

- Advocacy and family support
- Information and referral
- ArcShops and town meetings
- Leisure advocacy and community inclusion
- Sibling programs
- Self-advocacy support
- Early intervention and parent support
- Public policy advocacy
- FAS prevention
- Resource library

For more information please call Arc Greater Twin Cities at 952-920-0855.

Location of Arc Greater Twin Cities:
2446 University Ave. W., Suite 110
St. Paul, MN 55114

What is the Minnesota Disability Law Center

The Minnesota Disability Law Center addresses the unique legal needs of persons with disabilities. MDLC is designated as the state's protection and advocacy system for persons with disabilities in Minnesota, and receives federal funds for that purpose. Services are provided at no cost to the individual. There are no income guidelines.

MDLC Services

MDLC provides free civil legal assistance to individuals with disabilities on legal issues related to their disabilities. MDLC staff help clients address issues such as:

- Abuse and neglect in all settings
- Rights violations regarding treatment
 - Breach of confidentiality
 - Institutional conditions
 - Discrimination
- Habilitation services
- Special Education
- Access to public services
- Public Accommodations
- Case Management
- Vocational Rehabilitation Services
- Assistive Technology

MDLC also provides community education workshops on legal issues related to disability, and publishes legal education fact sheets on a wide range of issues such as: Special education, the Americans with Disabilities Act, Rehabilitation Services, and Assistive Technology.

Main Office:

Minnesota Disability Law Center
430 First Avenue North, Suite 300
Minneapolis, MN 55401-1780
612-334-5970: (TDD) 332-4668
Toll-free (800)292-4150
www.mylegalaid.org/mdlc



DID YOU KNOW?

Check out Pacer.org for many publications for families about early childhood topics. Most are free for families with children who have special needs.

DID YOU KNOW?

Check out a helpful website for when you are out of work and looking for resources: Minnesotaunemployed.com



DID YOU KNOW?

Check out the family stories from several of the communities in Carver County at helpmegrowcarvercounty.org

UPCOMING EVENTS

March/April *7-9 P.M.*

Skillshops-Minnesota Autism Society.

March 30 Everyday Conversation Skill
 April 6 Complementary Medicine: What You
 Need to Know

April 13 Proactive Behavior Management & the
 Anxiety Curve

April 20 Applied Behavior Analysis
 April 27 Awesome Club: Social Skills Group
 \$25-\$50, St. Paul. For more information call
 651-647-1083. www.ausm.org

March 31 *6:30-8 P.M.*

Caring Communication for Nurturing Behavior.

Free, Waconia. For more information call
 952-442-0613.



April 14 *6-10 P.M.*

Infant & Child CPR. \$50, Waconia. For more
 information call 952-442-0610.

April 5 *1:30-3 P.M.*

**ASD: An Overview of Tools & Strategies for
 Success.** \$30/person, \$50/couple. Fraser Child &
 Family Center, Minneapolis. For more information
 call 612-798-8331.

April 6, 20, May 4 *1:30-3 P.M.*

Children & Challenging Behavior Series.

April 6-Session 1: Common Reasons for
 Challenging Behavior
 April 20-Session 2: Behavior Guidance Strategies
 that Promote Success
 May 4-Session 3: Behavior Guidance-Building
 a Plan that Works
 \$25/session or \$60 for all 3, Fraser, Richfield. For
 more information call 612-798-8331.

April 7 *6-9 P.M.*

Infant & Child CPR. \$45/2 attendees,
 St. Francis, Shakopee. allina.com



April 11, May 9 *6:30-8:30 P.M.*

Sibshops I & II. In collaboration with
 Minnetonka Parent Group of Children with Down
 Syndrome. Member free/non-member \$10. Arc
 Greater Twin Cities, Hopkins. For more
 information call 952-920-0855.

April 12 *9:30-10:30 A.M.*

Look and Learn-Visual Strategies Workshop.
 \$30 person/\$50 couple, Fraser, Minneapolis. For
 more information call 612-798-8331.



April 12, May 10 *5:30-7 P.M.*

Sibshop I & II. Free member/\$10 nonmember.
 Waconia, sponsored by Arc Greater Twin Cities.
 For more information call 952-920-0855.

April 12 *6:30-9 P.M.*

If I Knew Then What I Know Now. Free,
 PACER, Bloomington. For more information call
 952-838-9000.

April 13 *5:30-9:30 P.M.*

Child/Infant CPR. \$50-\$60, Chaska Community
 Center. For more information call 952-448-5633.

April 14 *6:30-8:30 P.M.*

**Communicating Strengths & Needs with Early
 Childhood Professionals.** Free, PACER,
 Bloomington. For more information call
 952-838-9000.

April 14, May 12 *11 A.M.-1 P.M.*

Families Advocating for Change in Education.
 Waconia. For more information call
 952-920-0855.



April 15 *1-3 P.M.*

**Dual Diagnosis (Developmental Disability/
 Mental Illness) Across a Life Span.** \$15,
 Bloomington. For more information call
 952-681-6122.

April 16 *9-11 A.M.*


**Everything You Need to Know Before Your
 Child Turns Three.** Free, PACER,
 Bloomington. For more information call
 952-838-9000.

April 19 *6-8 P.M.*

Car Seat Safety. \$20/family,
 St. Francis, Shakopee. allina.com




UPCOMING EVENTS (Continued)

April-May 12 *9:00-10:30 A.M.*
Thursday Book Club: Connected Families.
 \$20. For more information call
 952-44-0613. 

April 21 *6-9 P.M.*
Infant & Child CPR Refresher. \$45, Waconia.
 For more information call 952-442-0610.

April 25 *5:30-9:30 P.M.*
Child/Infant CPR Review. \$40-\$50, Chaska
 Community Center. For more information call
 952-448-5633.

April 26 *6:30-9 P.M.*
Anxiety & Elementary-Aged Children. Free,
 PACER, Bloomington. For more informa-
 tion call 952-838-9000. 


April 28 *6:30-8:30 P.M.*
Classroom Discipline in the Home. Waconia.
 For more information call 952-442-0613.

April 28
Parenting a Child on the Autism Spectrum.
 St. Davids, Minnetonka. For more information call
 952-939-0396. Stdavids.net

May 4-7
2011 Minnesota Autism Conference. St. Louis
 Park. www.ausm.org


May 6, 13, 20 *Evening*
**Parents Forever: Divorce Education
 Workshop.** \$65/person, Chaska. For more
 information call 952-466-5300.









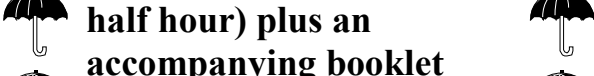
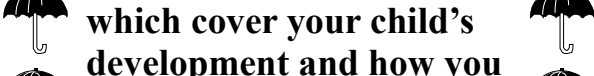
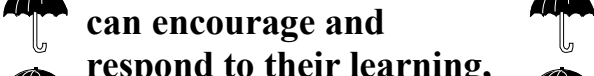


May 7 *6-8 P.M.*
Car Seat Safety. \$20/family, St. Francis,
 Shakopee. allina.com 


May 9 *5:30-9:30 P.M.*
**Adult/Child/Infant CPR & AED
 Review.** \$40-\$50, Chaska
 Community Center. For more
 information call 952-448-5633. 

May 10, 17, 24, 31 *6:30-9:30 P.M.*
Discovery Series: Autism/PDD-NOS. \$50-\$75/
 family, Minnesota Autism Society, St. Paul. For
 more information call 651-647-1083.

May 12, 24 *7-9 P.M.*
Life Planning for Persons with Disabilities.
 Free, PACER, Bloomington. For more
 information call 952-838-9000.

May 23 *5:30-9:30 P.M.*
Adult/Child/Infant CPR & AED. \$50
 -\$60, Chaska Community Center. For
 more information call 952-448-5633. 



BOOKS
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Life with Baby and
Life with Toddler DVDs

**Life with Baby and Life
 with Toddler are short
 DVDs (approximately one
 half hour) plus an
 accompanying booklet
 which cover your child's
 development and how you
 can encourage and
 respond to their learning,
 feeling and thinking..**

FUN EVENTS

April Weekend

Weekend Family Fun: Squish of Spring. Minnesota Landscape Arboretum. For more information call 952-443-1400.

April 4 *9:30-11:30 A.M.*

Eat, Play, Grow: Maple Madness. \$6, ages 2-5. Gale Woods Farm, Minnetrista. For more information call 763-559-6700.



April 4 *1-3 P.M.*

Kits n Cubs: Buds. \$7, ages 4-5. Lowry Nature Center, Victoria. For more information call 763-559-6700.

April 5 *9:30-11:30 A.M.*

Lil' Farmhands: Sap to Sugar. \$7, ages 4-5. Gale Woods Farm, Minnetrista. For more information call 763-559-6700.



April 6 *9:30 A.M.-2:30 P.M.*

Spring on the Farm. \$6, ages 5+. Gale Woods Farm, Minnetrista. For more information call 763-559-6700.

April 8, 13, 19 *9:30 A.M.-2:30 P.M.*

Farmyard Fun Days. \$5, ages 2-9. Gale Woods Farm, Minnetrista. For more information call 763-559-6700.



April 10 *1-2:30 P.M.*

Frogs & Toads of Minnesota. All ages, Lowry Nature Center, Victoria. For more information call 763-559-6700.

April 11 *10-11:30 A.M.*

Lowry Little Ones: Rascally Rabbits. \$5, ages 2-5. Lowry Nature Center, Victoria. For more information call 763-559-6700.

April 11 *1-3 P.M.*

Kits & Cubs: Hopping Rabbits. \$7, ages 4-5. Lowry Nature Center, Victoria. For more information call 763-559-6700.



April 12-June 12

Annie. Children's Theatre, Minneapolis. For more information call 612-874-0400.

April 12 *7 P.M.*

"Autistic License" (Docu-drama Play). Free, Chanhassen High School.



April 16 *10:30-11:30 A.M.*

Garden Tea Party. \$4 per person, Chaska Community Center. For more information call 952-448-5633.

April 16, 30 *10 A.M.-3 P.M.*

Spring Into Farming. \$5, all ages. Gale Woods Farm, Minnetrista. For more information call 763-559-6700.



April 18 *1-3 P.M.*

Kits & Cubs: Toads. \$7, ages 4-5. Lowry Nature Center, Victoria. For more information call 763-559-6700.

April 20 *9:30-10:30 A.M.*

Tot Time Adventures: Early Easter Party. \$5-\$6.50, ages 2-6. Chaska Community Center. For more information call 952-448-5633.

April 22 & 23 *Times vary*

Spring Eggstravaganza. \$5-\$6, all ages. Lowry Nature Center, Victoria. For more information call 763-559-6700.



April 23 *Times vary*

Victorian Easter Egg Roll. \$5, all ages. The Landing, Shakopee. For more information call 763-694-7784.



April 24 *1-3 P.M.*

Bunny Hike. All ages, Lowry Nature Center, Victoria. For more information call 763-559-6700.



April 24

Easter Bunny Brunch. Minnesota Landscape Arboretum. For more information call 612-626-3951.

FUN EVENTS

April 25 *10-11 A.M.*
Puppet Escapades: Pat's Outdoor Adventure. \$4, ages 2-6. Lowry Nature Center, Victoria. For more information call 763-559-6700.



April 25 *1-3 P.M.*
Kits & Cubs: Salamanders. \$7, ages 4-5. Lowry Nature Center, Victoria. For more information call 763-559-6700.



April 25 *10-11:30 A.M.*
Farm Beginnings: The Little Red Hen. \$6, ages 2-5. Gale Woods Farm, Minnetrista. For more information call 763-559-6700.

April 29-May 28
Pinkalicious. Stages Theatre Company, Hopkins. For more information call 952-979-1111.



May Weekends
Weekend Family Fun: Blooming Baskets. Minnesota Landscape Arboretum. For more information call 952-443-1400.

May 2 *1-3 P.M.*
Kits & Cubs: Flowers. \$7, ages 4-5. Lowry Nature Center, Victoria. For more information call 763-559-6700.



May 7
Mother's Day Brunch. Minnesota Landscape Arboretum. For more information call 612-626-3951.



May 7, 14, 21, 28 *9-Noon*
Saturday Mornings on the Farm. \$4, all ages. Gale Woods Farm, Minnetrista. For more information call 763-559-6700.

May 8 *Times Vary*
Mother's Day Brunch. \$8-\$15, all ages. Lowry Nature Center, Victoria. For more information call 763-559-6700.



May 9 *10-11:30 A.M.*
Lowry Little Ones: Slithering Snakes. \$5, ages 2-5. Lowry Nature Center, Victoria. For more information call 763-559-6700.



May 9 *1-3 P.M.*
Kits & Cubs: Snakes. \$7, ages 4-5. Lowry Nature Center, Victoria. For more information call 763-559-6700.

May 9 *10-11:30 A.M.*
Farm Beginning: Here's a Little Seed. \$6, ages 2-5. Gale Woods Farm, Minnetrista. For more information call 763-559-6700.

May 10 *9:30-11:30 A.M.*
Lil' Farmhands: What's Growing in the Greenhouse. \$7, ages 4-5. Gale Woods Farm, Minnetrista. For more information call 763-559-6700.

May 10 *1-2:30 P.M.*
Early Explorers: Spring Flowers. \$5, ages 2-5. The Landing, Shakopee. For more information call 763-694-7784.



May 16 *1-3 P.M.*
Kits & Cubs: Butterflies. \$7, ages 4-5. Lowry Nature Center, Victoria. For more information call 763-559-6700.

May 17 *9 A.M.-Noon*
Mom's/Dad's Morning Break. \$15-\$20, ages 1-6. Chaska Community Center. For more information call 952-448-5633.



May 17 *9:30-11:30 A.M.*
Lil' Farmhands: Get the Garden Going. \$7, ages 4-5. Gale Woods Farm, Minnetrista. For more information call 763-559-6700.

May 20 *5:30-10 P.M.*
Parents Night Out. Fee varies, ages 1-10. Chaska Community Center. For more information call 952-448-5633.

FUN EVENTS (Continued)

May 23 10-11:30 A.M.
Farm Beginnings: Busy Bees and Blooming Tree. \$6, ages 2-5. Gale Woods Farm, Minnetrista.
 For more information call 763-559-6700.



May 23 1-3 P.M.
Puppet Escapades: As the Pond Turns. \$4, ages 2-6. Lowry Nature Center, Victoria. For more information call 763-559-6700.

May 23 1-3 P.M.
Kits & Cubs: Ponds. \$7, ages 4-5. Lowry Nature Center, Victoria. For more information call 763-559-6700.



May 24 9:30-11:30 A.M.
Lil' Farmhands: Spring has Sprung. \$7, ages 4-5. Gale Woods Farm, Minnetrista. For more information call 763-559-6700.

May 24 6-7:30 P.M.
Vehicle Fair. Carver County Fairgrounds, Waconia.



Questions? Comments? Concerns?

Call 952-368-0160



First Step/Help Me Grow
 East Creek Family Center
 303 East 6th Street



Chaska, MN 55318



Staff:

Chris Hansen
 Bonnie Schanzenbach



Donna Vig
 Jolene Stanke-Krause



Linda Robinson



helpmegrowcarvercounty.org



DID YOU KNOW?

Check out pacer.org to view videos about “understanding assistive technology” and “understanding assistive technology lending libraries”.

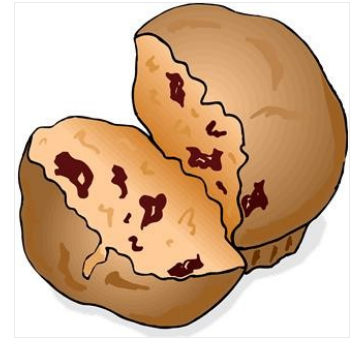




Mom's Breakfast in Bed (Let Dad and the kids "surprise" you with a delicious breakfast !)

Baked Blueberry Scones

- 1 1/4 cups all-purpose flour, plus extra for work surface
- 3/4 cup whole-wheat flour
- 1 Tbsp. Granulated sugar
- 2 tsp. baking powder
- 1/4 tsp. salt
- 1/2 cup low-fat milk, plus 2 tsp., divided
- 3 Tbsp. Canola oil
- 1 egg
- 3/4 cup fresh blueberries
- 1/2 cup powdered sugar



Mix up the dough. Heat oven to 400 degrees and spray a baking sheet with olive oil. Let your child mix flours, sugar, baking powder, and salt. Combine 1/2 cup milk, the oil, and egg, then pour liquid mixture into the dry mixture. Add blueberries. Pat it into a circle. Smear flour on a cutting board and turn the dough over on it, then pat into an 8-inch circle. Score dough into 8 wedges, cutting halfway. Bake 20 minutes; finish cutting wedges and place on a wire rack. Squirt on frosting. Once the scones are cool enough to touch mix powdered sugar and 2 tsp. milk. Pour it into a squeeze bottle or have your child drizzle it over scones with a spoon. Serve.

Ham & Egg Casserole

- 12 eggs
- 1 carton (15 oz) ricotta cheese or cottage cheese
- 1/2 cup all-purpose flour
- 1 tsp. baking powder
- 2 cups shredded Italian cheese blend (8 oz)
- 2 cups chopped cooked ham (8 oz)
- 1/4 cup minced green onions

Heat oven to 350 degrees. Beat eggs in medium bowl until blended. Add ricotta cheese, flour, baking powder, Italian cheese, ham and green onion. Pour in greased 13 x 9-inch glass baking dish.

Bake in 350 degree oven until puffed, golden and knife inserted near center comes out clean, 40 to 50 minutes.



We have had families contact us looking for information on how to talk to their young child about “good touch bad touch”. The following article and books were recommended by our behavior specialist to assist parents in teaching their children what is “appropriate”. These books are available for loan from our Parent Library. Please call 952-368-0160 for more information.

How Do I Approach Inappropriate Touching Between Children?

Determine whether or not the behavior is normal sexual exploration for the child’s developmental age.

Children up to age six or seven will engage in mutual games such as playing “house” or “doctor”. Both same sex and opposite sex experimentation are common at all ages. However, sometimes one child is unwilling or is being forced or tricked by another child who is taking advantage of some power he or she has (i.e. older, larger, in a position of authority). Some questions you can ask yourself to determine if one child is abusing the other include:

1. What is the age or size difference between the children?

If the children are not close in age, cognitive level, or size, it may be likely that the older or larger child is taking advantage of the younger or smaller one.

2. Is the activity normal for the age or developmental level of the children?

Children’s exploratory behavior typically involves exposing and touching each other’s private parts (I’ll show you mine if you show me yours!) and mimicking adult behaviors they may have observed at home or on TV such as lying on top of each other and kissing, intercourse attempted intercourse and oral sex are uncommon among young children.

3. Does one child seem particularly upset or unhappy about the interaction?

Take care to notice if there is any pressure, force, tricking, threats, secrecy, or other forms of coercion, particularly if one child is in a position of authority, ie. a babysitter. Ask the children, “Whose idea was this game?”

4. What is the response of each child to the contact?

Feelings of anger, fear, sadness or other strong negative emotions are unusual reactions to mutual sexual exploration.

Even if the children’s sexual behavior seems mutual and not “abusive”, you may wish to talk with the children about the appropriateness of their behaviors as they relate to your individual or family values and the respect for other’s privacy.

Think about the message you want to send to the children involved.

Try to remain calm as you stop the behavior and determine what happened. You don’t want to send the message that the children are “bad” or that they should feel ashamed of their bodies or sexuality, even as you let them know that their behavior is unacceptable.

Take advantage of this opportunity to teach the children about boundaries and privacy.

Talk to each child alone. Ask them if they know what “privacy” means. Remind them that everyone has the right to privacy at certain times, such as when they are in the bathroom. Teach them that their bodies have private parts as well. Tell them they need to respect others privacy, just as they have the right to say “no” to touches. This message is one that you should reinforce and repeat if necessary. You may wish to use books or videos to help teach the children.

Determine if the children involved need professional help.

Is the behavior continuing to be a problem? Is it severe? How is it affecting the victimized child? Both children may need assistance in dealing with their feelings and behaviors.

*Article taken from the Advocacy Center for Child Sexual Abuse

Book Recommendations

It’s My Body (Children’s Safety & Abuse Prevention) — *Lory Freeman*

Your Body Belongs to You — *Cornelia Maude Spelman*

I Said No! A Kid-to-Kid Guide to Keeping your Private Parts Private — *Kimberly King*

Some Parts are Not for Sharing — *Julie K. Federico*