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September & October
2011 News



**Friends of Infant
Toddler Services of
Johnson County
(FITS)**

Upcoming Events:

NIGHT WITH SANTA
**PLEASE NOTE- DATE HAS BEEN
CHANGED!**

**Wednesday,
December 7
5:30-7:30**

**Matt Ross Community Center-
Hearth Room**

SAVE THE DATE

ITS BITS

Infant Toddler Services of Johnson County Newsletter

From The Director's Chair...



There have been several events in the last month where I have been able to meet many of the families that are or have benefitted from our services. It has been great to hear all the wonderful things they have to say about the support we have given them.

This month we have received additional training in early intervention practices. We took 2 days to learn the latest advances in the field and what we can do to improve our services even more. I would like to thank Friends of Infant Toddler Services for funding the conference for all our staff and providers.

As the winter months approach, I hope that you will take advantage of our community based play groups that we sponsor. This is a wonderful opportunity for your children.

Sincerely,
Amy Owens
Executive Director

**10TH ANNUAL STEPPING
STONES GALA
Saturday, April 21, 2011
Overland Park Marriott**

Friends of Infant Toddler Services is funded solely on private donations and fundraising events. The need far exceeds the means. Donate today and help us continue these important programs and services.

Visit our website to make your tax-deductible contribution:

www.itsic.org

**YOU'RE INVITED
TO...**

**FRIENDS OF INFANT
TODDLER SERVICES
2011 NIGHT WITH
SANTA**



**'Tis The Season
To Be Jolly!**

**Wednesday, December
7th
5:30-7:30pm
Matt Ross Community
Center- Hearth Room
8101 Marty Street
Overland Park, KS
66204**

***Come join us as we
celebrate the holiday
season with Santa!***

**~2nd Annual Helping Toddlers Make The Turn~
Golf Tournament!**

Thank you to all of our amazing sponsors, volunteers and golfers who participated in the 2011 Helping Toddlers Make The Turn Golf Tournament on Friday, October 7th at Creekmoor Golf Course!

What a beautiful day it was to play golf! We want to extend a heartfelt thank you to our 2011 Event Sponsors for their support and generosity:

Tournament Sponsor

[Neurosurgery of South Kansas City](#)



Neurosurgery of South Kansas City

Lunch Sponsor

[Dodge City Distillery](#)



Awards Reception Sponsor & Hole In One Sponsor

[Marathon Solutions, Inc](#)



Hole In One Sponsor

[Pickle Footwear](#)



Beverage Sponsor

[Structurflex](#)

***Avoid the crowded malls
and holiday rush this year!
Parents, don't forget your
cameras for this photo
opportunity.***

***Cookies and punch will be
provided.***

**Please RSVP by emailing us at
fits@itsjc.org or call us at 913-432-
2900 x 124.**

AROUND TOWN!

Enchanted Forest- Lenexa
October 26th
5-9pm
Sar-Ko-Par Trails Park
87th & Greenway
Lenexa, KS
\$1/person

Wear your costume and watch
as the jogging trails transform
into a forest full of friendly
mascot characters, singers,
bonfires, etc.

Jazz Storytelling
October 28th
10am-11am
American Jazz Museum
1600 E 18th St
Kansas City, MO
Introduces children to new
music & cultures while
enhancing social skills

Night of the Living Farm
October 28th & 29th
6pm-9pm
\$7.00/person
Deanna Rose Farmstead
13800 Switzer
OP, KS

Mommy & Me Bowling
October 30th
1:30-4pm
\$13 (2 games)
Mission Bowl-Olathe
1020 S Weaver
Olathe, KS



Hole Sponsors

Midwest Ear, Nose & Throat, PA
DocuMart
Reliable Medical Supply
KC Web Specialists, LLC
10-20-30 Go!
Govea Insurance Agency
Don & Nancy Taylor
Two West Capital Advisors

Food & Beverage Sponsors

Dodge City Distillery
Cosentino's Price Chopper
Mi Ranchito
Clear 10 Vodka
Rosati's Pizza- 103rd & Wornall
Mr. Goodcents Subs & Pasta- 133rd & State Line Road
Panera Bread
Pieroguis Pierogies
Moe's Southwest Grill

*Check out some of the photos below. A very special thank
you to Rebecca Knechtel with Catch Light Photography for
donating her time and talent to help capture these images!*



Pop 'n Play
November 9th
9am
\$1/child
Johnson County Museum
Activities designed for 9 mos-3
years

An Active Play Activity (24-36 months)

Sticker Olympics!

Taken from Thrifty Nifty Stuff for
Little Kids
Developmental Play Using Home
Resources

by
Dee A. Blose, M.Ed., & Laura L.
Smith, OTR/L

Place stickers or pieces of masking
tape on the floor a few inches
apart. Encourage your child to
jump from one sticker to the next
or jumping on one foot and then
the other.

Variations:

Long Jump- Put the stickers on the
floor in a line and have the child
long jump over them. Measure the
distance in the number of stickers
the child jumped over. (Look! You
jumped 2 stickers! Let's try for 3!)

Back Step- Have your child walk
backwards on a short tape line!

Letters From Our Families...



Meet Max!

At 11 months old Max is a
happy, adventurous and
delightful baby. He is
constantly putting anything
within reach in his mouth,
which might explain why he
has yet to turn down a



How to Use Halloween to Get Kids to Eat Better, Not Worse!

Enjoy this article by Beth Bader, co-author of *The Cleaner
Plate Club: More than 100 Recipes for Real Food Your Kids will
Love*, Storey Publishing.

<http://www.cleanerplateclub.com>

meal! He loves to play with all of his toys and has the most fun loving disposition - he even likes baths. Having been born 12 weeks early all of this makes his parents very grateful. Max has been with ITSJC since he came home from the hospital in the beginning of 2011. ITSJCs monthly visits have helped to make sure his development is on track as well as to reassure Mom and Dad they are doing the right things for their son. Every visit is left with exciting new challenges and also a sense of accomplishment.

[Join Our Mailing List!](#)

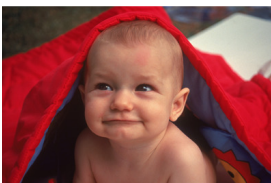
A Language Play Activity (3-6 months)

Face Me!

Taken from Thrifty Nifty Stuff for
Little Kids
Developmental Play Using Home
Resources

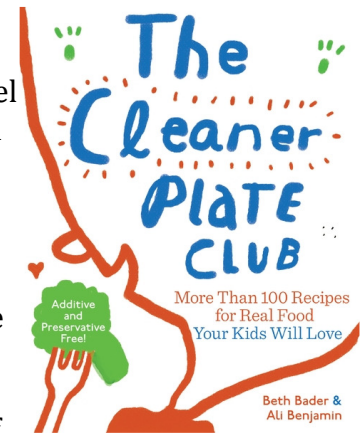
by

Dee A. Blöse, M.Ed., & Laura L.
Smith, OTR/L



Put a sticker on one of the parts of your face or head. As your child reaches to touch the sticker, say the name of the part. Label it with one word (for example, nose, mouth, ear). Don't elaborate with more words. Move the sticker to another part of your face and repeat the process. If

Frightened of Halloween sugar rush? The desperate struggle to peel your little ghosts and goblins (and superheroes) off the ceiling Halloween night and wrangle the sugar-crazed monsters to bed? Yeah, us too. This year we've got some good ideas on how to handle that scary moment.



Feed them a good dinner ahead of time. Keys to balancing that blood sugar spike are protein and fiber. You also want to minimize the amount of any added sugars in that meal - the kids will be getting enough. Avoid carb-heavy foods like pasta and pizza.

Use the Halloween Fun to Make it Healthy! Here's an easy, healthy orange menu for the little ghosts and goblins:

Monster Mash! (Healthful Shepherd's Pie from page 208 of our book) uses sweet potatoes for added healthy benefits and a fantastic orange color. Extra veggies are in the meat filling, too, which can help offset some of the less nutritious treats later on. Sweet potatoes have a lower glycemic index than white potatoes. Extra bonus? A complete, easy and fast one-dish meal (you can make it ahead!) so you have more time to get the kids ready! Recipe is courtesy of The Cleaner Plate Club by Beth Bader and Ali Benjamin, Storey Publishing.

Monster Mash

This revision of an easy, classic "meat and potatoes" recipe uses sweet potatoes and extra vegetables in the meat filling to add flavor and nutrition. Sweet potatoes have a lower glycemic index than white potatoes and offer more nutrients like beta-carotene.

1 tablespoon extra-virgin olive oil

1 onion, chopped

1 garlic clove, chopped

1 pound ground beef

{1/4} cup uncooked white rice

your child enjoys the game, place the sticker on his/her nose and say nose. Continue with other parts of your child's face. Don't let your child put the sticker in their mouth!



Make sure you join our group on Facebook!

Simply log into your Facebook account, search for "Friends of Infant Toddler Services of Johnson County" and click "Like."

We will be sending out lots of tips, tidbits, news and helpful information that you won't want to miss!

Thanks for joining us on Facebook and make sure to spread the word about our organization to your friends and family!



Holiday Gift-Giving is Right Around The Corner...

1 (28-ounce) can diced tomatoes

4 cups mixed frozen vegetables (about 2 packages)

Salt and freshly ground black pepper

2 pounds sweet potatoes (about 2 large), peeled and diced medium (in {1/2}-inch cubes)

{1/4} cup milk

2 tablespoons butter

{1/3} cup grated Monterey Jack cheese

1. Preheat the oven to 350 degrees F.
2. Heat the oil in a large skillet over medium-high heat. Sauté the onion and garlic until translucent, about three minutes. Add the ground beef and brown it, about 10-15 minutes until no longer pink. Add the rice, tomatoes, and frozen mixed vegetables. Bring to a boil, then reduce the heat and let simmer for 15 minutes. Season with salt and pepper to taste.
3. Meanwhile, steam the sweet potatoes until fork-tender, about 20 minutes. You can do this in an electric steamer. Alternatively, fill a large pot with a couple inches of water, set a steaming basket in it, and bring to a boil. Set the sweet potatoes in the basket, cover, and let steam.
4. Let the potatoes cool slightly, then mash them in a large bowl with the milk and butter.
5. Spread the meat mixture in the bottom of a 2-quart casserole dish. Top with the mashed sweet potatoes, and sprinkle the cheese on top. Bake until the cheese melts and the top begins to get golden, about 10-15 minutes.

Serves 8.

Submitted by:
Stacy L. Pate, MA, CCC-SLP,
IMH-E™ (II)
ITSJC Speech-Language
Pathologist

Are you wondering what to get your little one? The best toys are the ones that do the least - no lights, no bells, no batteries! The less the toy does, the more your child gets to do, and that is good news for learning and development. Keep in mind that different types of toys can help with different types of development. Here are some ideas:

Sensory Toys

Musical Instruments
 Water Table
 Bubbles
 Swing
 Sandbox
 Rice Tub
 Sit-n-Spin
 Play-Doh
 Finger Paints
 Exercise Balls

Large Motor Toys

Balls
 Bowling Set
 Pop Beads
 Big Trucks
 Big Cardboard Box
 Slide
 Push Toys
 Ride-Ons

Fine Motor Toys

Little Vehicles, Trains
 Blocks/Duplos
 Pop-Up Pals
 Stacking Cups
 Puzzles
 Mr. Potato Head
 Shape Sorter
 Train Tracks

Interactive Toys

Barn Set
 Little People
 Dinosaurs
 Action Figures
 Little Animals



Our Feature Kiddo - Lydia!
 Written by proud parents, Krista & Chad

As soon as I saw the looks between the doctor and the nurses I knew that something wasn't quite right. They showed us our beautiful new baby girl, who had surprised us all by coming five weeks early, and then they took her away. It seemed like hours before the doctors came to talk to us.

Our daughter Lydia was born in October, despite the fact that we had a scheduled c-section right before Thanksgiving. It was all going to go so easily. Everything had gone as expected throughout the pregnancy until the end. When the doctors came to see us that morning, they started throwing out words like dwarfism and asking all kinds of questions about our family history and my pregnancy. Lydia's stomach was distended and they were concerned. They ran loads of tests and we barely had the chance to hold our little girl for the first two days.

Mirror**Early Literacy Toys****Puzzles****Books****Magnet Letters/Fridge Phonics****Magna-Doodle****Crayons/Markers****Homemade Photo Books****Representational Toys****Dress-Up****Kitchen Set****Tool Box****Baby Dolls/Nurture Set****Tea Set****Shopping Cart****Doctor Kit****Housecleaning Set****Toy Phone**

**Friends of Infant
Toddler Services of
Johnson County
COMMUNITY BASED
PLAYGROUPS**

**Our monthly playgroup
sessions are up and
running!**

**Check out our schedule
below and make sure to
print the Fall, Winter &
Spring schedules.**

**Sunday, October 30th
2:30-3:30**

By the third day when her stomach hadn't shrunk and they couldn't find an explanation for it, Lydia was transported to the NICU where she spent two more weeks. More tests, more questions, very few answers. The day before she was to be discharged we met with the neonatologist to get the summation of their tests. We learned that Lydia has a chromosomal condition that is unique to her - a deletion, a duplication and a translocation. She had a brain bleed in utero and the MRI showed neurological damage. She is also missing her corpus callosum, the connective tissue between the two halves of the brain.

They asked if we had any questions, and my husband said, "So what does this mean for her?" The doctor answered by saying, "She may not be able to walk, talk or feed herself. She probably will have a shortened life span and will be prone to respiratory problems like pneumonia."

What do you even do at that point! We did what we could do - took our baby girl home and started loving on her as much as we were able. On her two month birthday we ended up in the hospital again, this time with RSV. Lydia spent 13 days on a ventilator and made it home just in time for her 3 month birthday. Through this process we learned that she was having swallowing problems during feedings and needed thickeners in her formula.

Lydia is now nearly 10 months old and we love to say, "Now check her out!" She is rolling over and nearly sitting up independently. She is starting to find her little voice and is full of laughs for her older brother. Our Infant-Toddler worker Carrie has been amazing at helping us meet Lydia's needs. She even met us at Walmart to figure out how to get little Liddy to sit up in the front of the cart. Her progress has been amazing and we are so grateful for the services we have been able to receive for her from the very beginning. Lydia is a beautiful baby girl and will always be the treasure of our family.

In all the information we received those early days in the hospital, hope is what we had. There are things that can be done, help that can be provided, therapy and support to make progress towards benchmarks. Because beyond all the testing, diagnoses and opinions there is one fact that remains. Lydia is our daughter and her story remains to be written. What an amazing girl

Debbie Howard's Gym
 655 N Somerset Terr
 Olathe, KS 66062

Wednesday, November 2nd
 9:00-10:30
 Little Monkey Bizness
 12210 Shawnee Mission Parkway
 Shawnee, KS 66216

Thursday, November 17th
 1:00-2:00
 My Gym
 8532 W 133rd St
 Overland Park, KS 66213

Sunday, November 20th
 2:30-3:30
 Debbie Howard's Gym
 655 N Somerset Terr
 Olathe, KS 66062

**No need to RSVP, just
 come & play with us!**

[Fall Schedule](#)

[Winter Schedule](#)

[Spring Schedule](#)

*These playgroups are free for
 any child and their siblings who
 are currently receiving services
 from ITSJC.*

we have been blessed with and what amazing support
 we've had to help her develop.

**WE HOPE YOU ENJOYED
 THE FRIENDS OF INFANT TODDLER SERVICES
 2011 FAMILY FUN DAY
 THANK YOU TO ALL THE FAMILIES WHO CAME AND
 ENJOYED THE MORNING AT THE FARMSTEAD!**



It was a cloudy day, but that didn't stop over 300 people from coming to the Friends of Infant Toddler Services 2011 Family Fun Day! We had so much fun seeing all of our friends at the Farmstead! A very big thank you to Chris Cakes for serving up some of their world-famous flapjacks, to the Board of Directors of Friends of Infant Toddlers Services for funding this FUN day and to all the past and current ITSJC families for all of the amazing work you do each and every day raising your amazing children!

Johnson County Area Indoor Open Gyms

Now that the "colder" weather is finally starting to arrive, we thought we would let you know about some Johnson County area open gyms! Make sure to call the location prior to going as these times and schedules are subject to change.

Blue Valley Recreation (south Overland Park- 151st in between Metcalf & Nall 685-6000)-Monday-Friday 12:00-1:00 & Monday-Thursday 3:00-4:00. For ages 5 & under. \$5/person

Emerald City Gymnastics (Overland Park 438-4444)-Monday thru Friday, 11am to 12pm (September-May) Tuesdays & Fridays, 11am to 12pm (June-August) \$5/person.

Matt Ross Community Center Child Play Area/Explorer Room (Overland Park 895-6390)-ages birth to 10, daily admission fee is \$7.

Lenexa Community Center Gym for Me (Lenexa 541-0209)- Mondays & Wednesdays, 9am to 11am, 5 yrs and under, \$1/child. They will occasionally cancel Gym for Me when room has been rented. Please call prior to going.

Irene B. French Community Center Preschool Open Gym (Merriam 322-5550)- Tuesdays and Thursdays, 9:30-11:30am, 4 years and under, \$2/child or you can purchase a punch card for 10 visits for \$1 each.

Sylvester Powell Community Center (Mission 722-8200)- Tuesdays through Fridays, 9:30am to 11:30 am, Ages 6 & under, \$2/child, 10 visit punch card available for \$18.

Shawnee Civic Centre Gym Tyme (Shawnee 631-5200)- Wednesdays, 10am to 12pm, recommended ages: 18 months-3.5 years; \$2/child.

Debbie Howard's Gymnastics (Olathe 829-3006)-2nd and 4th Fridays, 9am to noon, occasionally times vary- please call prior to confirm, ages 1 to 6, \$5/child (cash or check only)

Debbie Howard's Gymnastics Special Needs Open Gym (Olathe 829-3006)- October 30th & November 20th, 1-2:30, \$5/person.

Elite Gymnastics (Lenexa 469-5554)- Fridays, 10-11:15am, 6 and under, \$5/child.

Parkside Coffee House and Community Center (8839 Lackman Road Lenexa 393-3000)- Play gym open as the same time as the Parkside Coffee House inside Cedar Ridgeway Christian Church, Mondays-Thursday 8am-9pm, Fridays 8am-4pm, Saturdays & Sundays 8am-noon, 5 and under, free of charge.

Other indoor places to go:

Kidscape at Johnson County Museum (6305 Lackman Road Shawnee 715-2550) Monday-Saturdays 10:00-4:30, ages 3-9, free of charge.

Wonderscope (Shawnee 287-8888) Tuesdays-Fridays 10am-4pm, Saturdays 10am-5pm, Sundays noon-5pm, 1 & 2 year olds - \$4, ages 3+ - \$7

Johnson County Public Library- various locations, various programs, FREE, visit specific locations websites for more information:

<http://www.jocolibrary.org/default.aspx?id=2120&epslanguage=EN>

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