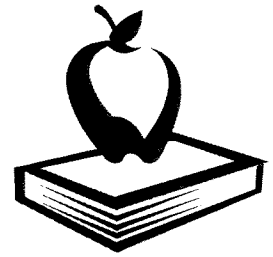


HELP ME GROW

THE FAMILY ADVOCATE



Ease the Stress of Parenting

Fall 2008

Parenting may be the most rewarding job we ever have. It also may very well be the most stressful. Infant toddler development can be confusing. If you ever notice, a toddler is like a sponge, soaking in everything we say or do. That includes those moments we all have that aren't the most positive. The brain grows rapidly during the first three years of life. Help Me Grow offers relief to parents struggling to

understand their child's behavior and development. Every Friday morning from 9:30-11, parents are invited to Help Me Grow to learn and have fun.

September 12th will be our next scrapbooking session. Bring a few of your favorite family photos and we will provide the rest. Renee will provide child care in the playroom and Angie will give you ideas to make your family memories

into a real brag book. Please call 295-7334 to reserve a spot.

September 19th & 26th we will have open table. We will have discussion about the family issues that all parents are facing today. This gives parents the friendship & support of others, dealing with similar situations, and the opportunity to vent frustrations in a positive environment. *Cont. on pg 4 ...*

SPECIAL POINTS OF INTEREST:

- Sept 12th at 9:30 am Scrapbooking
- Sept 26th-Oct 2nd County Fair
- Oct 3rd at 9:30 am The Nurturing Parent Class starts
- Oct 9th at 12:30pm Parent Sub-Committee Meeting
- Oct 13th Help Me Grow Closed for Holiday
- Oct 22nd 3-6pm Free Car Seat Check at Kid's America under the tent
- Oct 30th during playgroup, Costume Parade

Free Car Seat Check-up Event

Have you ever wondered if your child's car seat is installed properly? 4 out of 5 car seats are used incorrectly. Make sure your child is riding safely by coming to **Kid's America on Wednesday, October**

22nd from 3-6pm. Certified Technicians from the National Child Passenger Safety Program will be on hand to check all types of car seats for proper fit & installation & to help educate caregivers about how to make

sure kids ride safe every time. This event is free & open to the public. No appointment is needed, but please allow approximately 30 minutes for the check. Call Renee at 295-7334 or Chris at 295-7320 for questions

INSIDE THIS ISSUE:

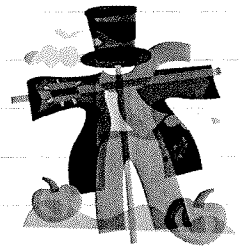
Meet the Staff	2
Group on the Go	2
Family Visions	2
October Events	3
November Events	3

Meet the Staff of Help Me Grow: Angie Speicher

After graduating from Mount Vernon Nazarene University with a degree in Education, Angie Speicher and her husband moved to a small rural home in Coshocton. After growing up in the big city of Cincinnati, it was culture shock to look out the kitchen window and see livestock grazing across the road. "0-3 was a really hard time for me as a mother. I was overwhelmed, exhausted and felt alone." Like most families starting out, the family only

had one car leaving Angie at home with two daughters 16 months apart while her husband worked. "I stayed at home with the girls until they started pre-school. When the job for Help Me Grow was advertised, it wasn't something I had thought of doing before but after much thought & prayer, I realized the hardships I faced had given me a special place in my heart for young mothers struggling to raise their children with friends and family so far away." Angie was

hired as a Service Coordinator in 2000. In this role, Angie can help families develop family goals, locate resources within the community to reach these goals and help families understand how to help their child reach important milestones. "I feel like I am making a difference & if I can help one parent feel empowered to not give up, then all of the hard times are well worth it."



Come to a playgroup near you

Help Me Grow recognizes with the rising cost of gasoline families need to reconsider the amount of places they travel. So we are hitting the road and bringing activities closer to home so nobody misses the fun. At *The Meadows Apartments*, families can

meet in *The Learning Center on the 2nd & 4th Wednesday from 11am-Noon*. At *Heritage Apartments*, families are invited to *The Learning Center on the 2nd & 4th Wednesday from 1-2pm*. Weather permitting, we will be at *Chestnut Crossing (Chatham)* on the 2nd & 4th

Tuesday from 11am-Noon. Look for us under the tent. Parents & their toddlers are invited to all groups, regardless of residency.

"MY DAUGHTER LOVES COMING TO DO THE ACTIVITY & I LOVE HAVING THE CHANCE TO TALK WITH OTHER PARENTS."

How do I get where I want to be?

What is your family's vision? The first time I heard that question, I didn't know how to respond. I knew as a parent what was important to my family, but I didn't know how to put that into words or how to go about making that vision a reality. At times, it seemed

easier to give up. Help Me Grow wants to help you identify what is important to your family & how we can help you achieve those goals. Join us on **Thursday, October 16th at 10:30** (in between playgroups) as we discuss how to make your family vision into a

real plan. It will help you learn to communicate with professionals better & stand up for your child's needs. Also, if you haven't checked out playgroup yet, plan to come early or stay late and see what it is like. Call Renee at 295-7334 with any questions or to register.



SEPTEMBER 2008

	MON	TUE	WED	THU	FRI	SAT
	1 <i>Help Me Grow Closed for Holiday</i>	2	3 Last Family Reading Night 5:30-6:30	4 ECCC Mtg. 8am	5 9:30-11 Family Matters Open Table Discussion	6
7	8	9 11-12 Parent/Child Playgroup at Chestnut Crossing Apartments	10 11-12 at Meadows Apartments 1-2 at Heritage Apart- ments	11 Pig Craft	12 9:30-11 Scrapbook Class. Call Renee at 295-7334 to register for childcare.	13
14	15	16	17 10:30 Car Seat Class at Am. Red Cross	18 Sheep Craft	19 9:30-11 Family Matters Open Table Discussion	20
21	22	23 11-12 Parent/Child Playgroup at Chestnut Crossing Apartments	24 11-12 at Meadows Apartments 1-2 at Heritage Apart- ments	25 Duck Craft	26 <i>County Fair Starts</i> 9:30-11 Family Matters Open Table Discussion	27 Come see us at the Co. Health Booth during the Fair.
28	29 NO SCHOOL Cosh/RW/RV Hopewell in session	30 NO SCHOOL Cosh/RW/RV Hopewell in session	<i>Playgroup Theme:</i>	<i>Down on</i>	<i>the Farm</i>	

OCTOBER 2008

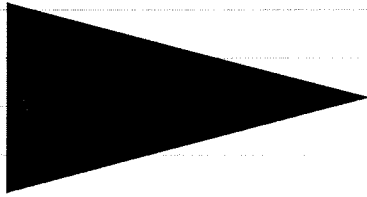
	SUN	MON	TUE	WED	THU	FRI	SAT
<i>Play- group Theme:</i>		<i>Fall into</i>	<i>Fun</i>	Wed Oct 22nd Free Car Seat Check at Kid's America 3-6 ↓	2 Toilet Paper Bats	3 The Nurturing Parent Program 9:30-11. Parent & Child Activities	4
5	6	7	8 11-12 Parent/Child Playgroup at Mead- ows Apartments 1-2 at Heritage Apts	9 Parent Sub- Committee Meeting 12:30-1:30 Handprint Spiders	10 The Nurturing Parent Program 9:30-11. Parent & Child Activities	11	
12	13 <i>Columbus Day Help Me Grow & Hopewell Closed</i>	14 11-12 Parent/Child Playgroup at Chestnut Crossing Apartments	15 10:30 Car Seat Class at Am. Red Cross	16 10:30 Parent Group Nature Walk Make a Fall Wreath	17 The Nurturing Parent Program 9:30-11. Parent & Child Activities	18	
19	20	21	22 11-12 Parent/Child Playgroup at Mead- ows Apartments 1-2 at Heritage Apts	23 Pumpkin Decorating Activity	24 The Nurturing Parent Program 9:30-11. Parent & Child Activities	25	
26	27	28 11-12 Parent/Child Playgroup at Chestnut Crossing Apartments	29	30 Infant Toddler Costume Parade during 9:30, 11:30 or 1:30 playgroup	31 9:30-11 Scrapbook Class. Call Renee at 295-7334 to register for childcare		



HELP ME GROW

724 South 7th Street
Room 135
Coshocton OH 43812

Phone: 740-622-3760
Fax: 740-291-8035
E-mail: reneefleming@
coshoctoncounty.net



Beginning on October 3rd, we will begin an informal workshop called *The Nurturing Parent*, for parents with children from birth to 4 years old. Angie Speicher will lead the group and help families learn to communicate, handle stress, & establish healthy routines & discipline techniques. While the adults are discussing the obstacles of parenting, children will go with Renee in the playroom for some fun learning activities of their own. If you have questions about *The Nurturing Parent* and how it might help your family, call Angie at 295-7321 or Renee at 295-7334.



You are invited to join us on *Thursday at 9:30, 11:30 or 1:30* for an hour long playgroup for infants and toddlers. **September** we will go *Down on the Farm* with activities and crafts. Animal sounds are good for toddlers with beginning speech and will help get them ready to see the real

thing at the fair. **October** we will *Fall into Fun* with activities to discuss the changing colors, smells & textures of the fall season. We will have our annual costume parade on October 30th during our playgroups. Playgroup is great for the whole family and gives children and parents a chance to meet other families while the children are learning valuable social skills like taking turns, sharing, and following simple directions. Talk to your Service Coordinator about how playgroup might benefit your family or call Renee at 295-7334.