

Children's Care Connection (C3) North Coastal HDS Newsletter

WELCOME TO C3'S FIRST NEWSLETTER!

Children's Care Connection (C3) / Healthy Development Services (HDS) provides no cost, high quality developmental and behavioral services for children ages 0-5 who have not yet entered kindergarten in San Diego County, and behavioral classes for families, including prenatal caregivers.

Our Quarterly Newsletter will bring you regular updates of our classes and services, and will allow us to share wonderful resources our team finds beneficial to support children and their family. **Please feel free to share with any partners or colleagues who might be interested in learning more about C3/HDS.**

If at any time you prefer not to receive emails from us, you may unsubscribe by replying back to us.

We thank our community partners for helping us support children and families in San Diego!

This Quarter with C3:

- Upcoming Classes
- Did You Know:
Yoga for Youngsters
Tips for Toilet Training
- Current C3 Service Wait Time
- Upcoming Community Events



Upcoming Classes

**Behavior Workshop: Positive Discipline (English)
October 19th, 2022, 9:30-11:00AM**

Discipline teaches children self-control and family values. Parents will learn how to foster both as children grow. Strategies include setting limits, using appropriate consequences, consistent routines, house rules, positive family communication, and allowing their child to have some control over their world.

We offer a variety of parenting classes & Baby Steps that accommodate families' busy schedules. Please call our intake line (858)966-8235 to ask about dates available.

Did You Know?



YOGA FOR YOUNGSTERS

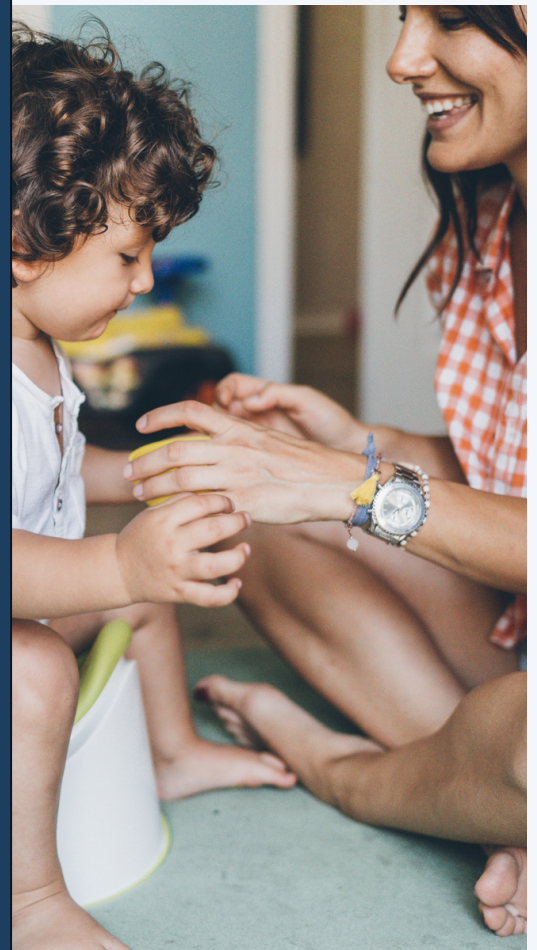
C3 Physical Therapist, Danielle Lindsey is now offering an onsite "Yoga for Youngsters" class for children 3 to 5 years old. It is Danielle's goal for each child to learn about the joy and value of practicing movement and to learn breathing techniques to help them regulate and become more in touch with their bodies and feelings!

There are 5 classes in the series, and each class has a fun, interactive theme, that incorporates yoga poses, breathing techniques and song!

TIPS FOR TOILET TRAINING

BY MAGGIE KERSHAW, BEHAVIOR SPECIALIST-NORTH COASTAL REGION

1. Determine readiness- two big signs are when your child is hiding to poop (showing they would like privacy), and when they tell you consistently that they need a diaper change (showing they are finding a dirty diaper uncomfortable). Some children are "ready" around 2 years old, others not until 3 years old- if you push too much too soon, it can set toilet training back.
 2. Start at a relatively stress-free time for you and your child.
 3. Introduce toilet breaks- you can add these breaks to your daily routine. Sometimes asking children to "try" too often will cause frustration and they may not want to participate. If you can make it a step in your routine/something the whole family does, they will be more encouraged.
 4. Buy/make a play toilet for your child's dolls/stuffed animals to use.
 5. Invite your child to the bathroom with you. Talk about what you are doing, how your body feels, etc.
 6. It can take time to be fully toilet trained, not always over a weekend.
- *C3 is available to support with toilet training through our STEPS class or Individual Behavior Consultation, if families want to learn more!*





CURRENT C3 SERVICE WAIT TIME

Intake & Registration **10-14 days**

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

Kids Free October

Oct 1st - 31st

<https://www.sandiego.org/promotions/kids-free.aspx>

Pumpkin Patch

October 1st - 31st

Various locations throughout San Diego

<https://www.sandiego.org/campaigns/fall-in-san-diego/halloween/pumpkin-patches.aspx>

Ice Skating Rinks

November 12th - Feb 1st

Various locations throughout San Diego

<https://www.famdiego.com/iceskating>



For more information about
C3/Healthy Development Services:

www.rchsd.org/hds