

Summer 2023

Pass it On

Information to use and share with families and professionals caring for children with special healthcare and education needs from birth to 26



ACCESSIBLE SUMMER ACTIVITIES • PREVENTING LEARNING LOSS • EVENTS AND MORE!

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Meet Ansley Peacock The New Transitions Initiative Coordinator for NHFV and PIC

What will your role be at NHFV and PIC?

As the Transitions Initiative Coordinator, I will support the YEAH Council to grow and fulfill its potential. That will include vision planning, leadership development, and many other things. I look forward to (and I hope they do too) helping members of YEAH become even stronger advocates so they can support other young people across NH who have disabilities and specific healthcare needs. I'll also work to make education and healthcare systems more of a softer landing for youth with whatever they've got going on by collaborating with providers and delivering training and workshops for those who work with teens and young adults. I'll be doing lots to further the mission, goals, and values of NH Family Voices and PIC!



What are you most excited about in this new role?

As a disabled woman, I want to make it easier for teens like me growing up. Adolescence can feel vulnerable and disempowering when you know in your gut what professionals are saying is wrong, but you don't have the skills to fight back, and the system isn't set up to hear you even if you did. It's unfair to ask youth to be fantastic self-advocates if we aren't ready to hear them. So we must work on both ends – with the professionals and the young people they serve.

What does a really good day at work look and feel like for you?

Good question! When I understand my goals and objectives, I have the skills to meet them, and I'm part of a team working towards that shared vision. I love seeing those lightbulbs go off in the people I work with. For example, when a young person discovers how to use their voice in a style that feels empowering or having a provider say, "I never thought about that before." Helping create change. It doesn't happen overnight. It's the little moments.

Why did you want to do this kind of work?

Because I want to help kids like me, that's my goal. Not to parent them, to work with them, and the educators and providers who support kids like me.

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Volunteering opens the door to many possibilities for youth



If you have a teen or young adult thinking about getting a job soon, volunteering could be an excellent way to expand their network, learn about their strengths and interests, and explore employment possibilities. According to a recent federal study by the Corporation for National and Community Service (CNCS), the federal agency that oversees AmeriCorps and Senior Corps volunteering is a gateway to jobs;

- Volunteers have a 27% higher likelihood of finding a job after being out of work than non-volunteers.
- Volunteers without a high school diploma have a 51% higher likelihood of finding employment.
- Volunteers living in rural areas have a 55% higher likelihood of finding employment.

Free Tutoring for Grades 6-12

Through NHED's partnership with Tutor.com, every NH middle and high school student has unlimited access to 24/7, 1-to-1 online tutoring and drop-off review services. The service is free of charge and available for public and private school students, Education Freedom Account students, and homeschool students.

Once students log in, they can access:

- 1-to-1 English and Spanish instruction in a wide variety of subjects (math, English, science, AP®, and more)
- Quick connection to an expert tutor (typically about 1 minute)
- Drop-off writing review (expert feedback given within 1 day)
- SAT® and ACT® Essentials self-paced courses from The Princeton Review®
- Practice quizzes, worksheets, and other learning resources

Tutors are rigorously vetted subject-matter experts and are committed to helping students learn concepts and figure out how to solve problems themselves. For more information, visit www.tutor.com/nhed#parentsAndStudents



Accessible Summer Activities

By Joanne Grobecker, Intake Specialist, Parent Information Center



I recently caught up with Jack and Tyler at their baseball practice to watch them play and hear about their summer plans. Jack is an energetic 9-year-old living with Lesch-Nyhan syndrome who relies on a wheelchair to get around. His friend and teammate Tyler Mortimer is a fun-loving 13-year-old teen living with cerebral palsy who uses a power

chair for mobility. Tyler and Jack play on Bedford, NH’s Little League Challenger team. When they aren’t playing baseball, Jack and Tyler love spending time outside with their friends and families. They are both looking forward to fun summer adventures. Tyler’s mom, Karin, and Jack’s mom, Katie, were excited to give me their favorite summer places in hopes that other Granite State families could enjoy the same experiences.

Amusement Parks

Jack and Tyler both enjoy amusement park rides. Karin says that Canobie Lake Park was a lot of fun! Accessible passes are for all disabilities that make waiting in lines a barrier to families to enjoying the park. Storyland was just as accommodating, and the staff at both parks were great about giving the kids extra time to transfer on and off the rides. Amusement parks can be stimulating, but Storyland has an area with air conditioning where children can take a break from the noise and excitement. Karin is excited about an upcoming Disney World trip where they can experience the magic and enjoy the park using their disability access pass. Jack had a blast last summer at Santa’s Village and got to experience the thrill of the rides he enjoys. These park accommodations make it possible for Jack and Tyler to access the parks with their families and have a fun day.

Nature Trails

Getting outside in nature is a priority for Jack and Tyler. They both like Mine Falls in Nashua, NH, which has some paved trails making it easy for Tyler to use his power chair and be independent. The Cedar Swamp All Persons Trail in Manchester, NH, is on Katie and Karin’s list of places to



visit this summer because it is accessible for wheelchair users. Tyler loves the Crotched Mountain Accessible Trails because he can access the trail using his power chair and isn’t limited to specific paths. Check out <https://www.alltrails.com/lists/nh-trails--2>

Mini Golf

Jack and Tyler both love mini-golfing. Their moms say that Max’s Country Golf in Tyngsboro, MA is their favorite place because the staff is so friendly and accommodating. If you ask at the desk, they will unlock the accessibility gate around the third hole to let you in with a wheelchair or stander. It provides an opportunity to use a mini golf course with all the features and see the animals on the course. After, there is ice cream and a chance to try your arm in the batting cage, which Tyler enjoyed last summer. Chucksters Mini Golf in Hooksett, NH, has two mini golf courses, and one is entirely accessible. Karin said Tyler enjoyed it, and Katie looks forward to trying it out this summer.

Beaches

The beach is becoming easier to access with the addition of free beach wheelchairs and wheelchair mats offered by NH State Parks. Karin said the beach wheelchair and wheelchair mat to get to the ocean was a game changer in making the beach accessible to their family. NH State Parks offer free lifetime passes for people with

disabilities. The entire process was easy for Karin to bring her family to Hampton State Park, pick up the wheelchair, and transport Tyler to the beach and the water. They can now enjoy a day in the sun and build memories at the beach.

Boston

Like any Red Sox fan, Tyler loves heading to Boston. The city has prioritized making entertainment more accessible in recent years. The Duck Boat Tour was a favorite for Tyler. He could bring his power chair on the boat or transfer to a regular seat with his family. It was a great day for everyone, and they’re looking forward to another trip to Bean Town soon.

Be Brave and Take the Trip

Karin advises families who might be nervous about taking the risk on a summer adventure:

“You have to try it and fail sometimes because then you get it right.” Those wins make all the failures worth it. Karin encourages families “don’t be afraid to fail.”

Karin acknowledged that the biggest hurdle to summer fun isn’t accessibility but the concern that things won’t go well after all the planning to take a trip. Katie agreed that it takes courage to try a new activity when you don’t know if it will be a positive experience. Parenting a child with a disability takes bravery and grit. Karin advises families who might be nervous about taking the risk on a summer adventure: “You have to try it and fail sometimes because then you get it right.” Those wins make all the failures worth it. Karin encourages families “don’t be afraid to fail.” She looks around at the kids playing baseball and cheering on each other happily and says, “We wouldn’t have found this if we quit.” Katie agrees with Karin that you must take those risks saying, “The more you do it, the easier it gets.” So, their advice to parents is to take the trip. Even if you’re nervous, the memories they have made with their families have made it worth it!





Summer and Sensory Processing Issues

How to help kids stay comfortable in what can be overstimulating outdoor activities

Written by Rae Jacobson and reprinted with permission from the [Child Mind Institute](#)

For many kids, summer vacation holds the promise of months of school-free fun. But for children with sensory processing issues, summer can be a challenging time.

From the sand on the beach to the fireworks on the Fourth of July, the season is full of exciting but potentially difficult experiences. An unfamiliar playground, a visit to an amusement park, a messy ice cream cone: all involve sensory surprises that can be overwhelming or upsetting if a child is unusually sensitive to light, noise, and tactile sensations. But with some preparation and planning parents can help kids with sensory issues get the most out of summertime.

Study your child's specific needs

The first step to helping a child with sensory processing issues enjoy summertime is having a strong understanding her specific needs. Sensory processing issues come in many shapes and sizes, and no two kids are exactly the same. An activity like going to the beach might

be a huge treat for one child and miserable for another, depending on their individual sensitivities.

"For children with tactile hypersensitivity something like going to the beach can be a nightmare," says Lindsey Biel, an occupational therapist and author of *Sensory Processing Challenges: Effective Clinical Work with Kids & Teens*. "They can't stand the way the sun feels on their skin, or the sand on their feet."

The best way to avoid a meltdown at the beach is to tune into what your child's behavior tells you. Did she refuse to go in the water at the waterpark last summer? Does she have trouble with sticky food like cotton candy? Does she run away when you try to put sunscreen on her? Looking back at what kinds of activities your child has enjoyed and which have lead to meltdowns is a great way to get a sense of what she'll enjoy in the future, and what tools you can use to help potentially difficult activities become less stressful.

Make a schedule—and stick to it

When the school year ends, saying goodbye to homework is often cause for celebration, but for kids with sensory issues the loss of an orderly schedule can spell disaster.

"One of the difficult things that happens during summer is the loss of structure," says Biel. "Kids with sensory issues thrive when there's a predictable schedule and they can more or less tell what's going to happen each day. When that's gone the day becomes more stressful, not less."

Unexpected events are jarring and disruptive for kids with sensory issues who are more sensitive to changes in environment or activity. Routine helps them feel comfortable and better prepared to handle what's coming their way.

- Consider enrolling kids in activities that help them maintain a schedule. Swimming,

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Avoiding the Summer Slide

Fun and Easy Ways to Build Literacy Skills

Summer is full of exciting trips and family memories. It's also an opportunity for families to maintain and grow their child's literacy skills without the structure of school. Lisa Khalafi, owner of Literacy Links NH, is a certified dyslexia practitioner specializing in multisensory, systematic reading instruction for students with disabilities like dyslexia. She says the key to supporting your child in reading over the summer is to keep it fun. "People think learning to read is extravagant, but it can be simple." Lisa has great ideas for ways families can support all children, from toddlers to confident readers.

Lisa's favorite place for families is the public library. "Going to the library is the easiest and most effective way to get students excited about reading." Libraries have robust summer programs that are motivating for emergent readers and rewarding for confident readers. "Creating positive relationships between books and kids happens in the library and at home." Reading out loud to your children builds a positive relationship between the child and books. Lisa encourages parents to still read to their confident readers at home. That bonding time fosters a love of literacy.

Lisa's Favorite Summer Literacy Activities:

1. Emergent readers can trace letters with sidewalk chalk while parents say the sound, and confident readers can read and erase messages with a sponge.
2. Graphic Novels are a fun way to make reading feel less like "school".
3. Close your eyes and trace letters or words in the sky, or look for letters in the clouds.
4. Get Messy! Form letters with paint, shaving cream, and Play-Doh—or trace letters in the mud with a stick.
5. Say a word for your child to repeat or a math fact to solve, and they can yell it out when they jump in the pool!
6. Words games are fun, especially with friends. Try some of the apps out there!
7. Write words or letters in the sand and watch them disappear at the beach.
8. Rhyming activities or jumping out sounds in words benefit all kids, especially English Language Learners. Get out your jump rope!
9. Stay in touch with friends and family over the summer by sending each other post cards in the mail.
10. Audiobooks are a great way to enjoy a book together on a road trip or rainy day.

Literacy Resources



At [Bookshare.org](#), people with dyslexia, blindness, cerebral palsy, and other reading barriers can customize their experience to suit their learning style and find virtually any book they need.



Public Library reading programs are a great way to build literacy skills while having fun and earning prizes.



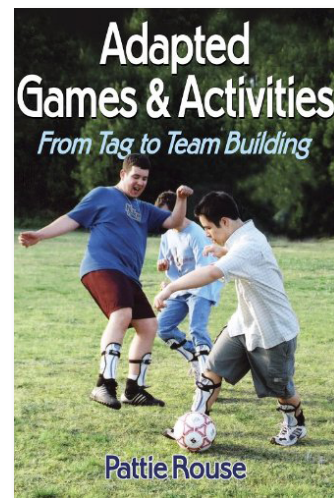
The [Camp Book It](#) program at Pizza Hut is a fun activity to read books to earn pizza rewards.



Earn two free tickets if you read five books through the [Fisher Cats Reading Challenge!](#)



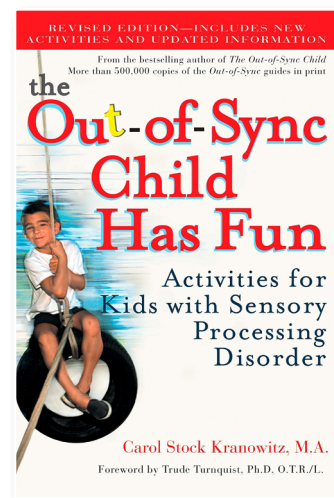
Check out these summer reads from NHFV Resource Specialist, Sam Collyar!



Adapted Games & Activities: From Tag to Team Building
By: Pattie Rouse

This book is great for those who are looking for ways to be more inclusive in playtime for all children and young adults. In this book, you'll find a breakdown for over 80 games, activities, sports drills, etc., for student/athlete groups of all sizes and abilities. This book also provides easy-to-follow notes on how to change the activities for adaptations, where it's best played, skills that are being worked on, and the equipment you will need.

Adapted Games & Activities: From Tag to Team Building is best suited for physical educators, youth group leaders, parents, and coaches.



The Out-of-Sync Child Has Fun: Activities for Kids with Sensory Integration Disorder
By: Carol Stock Kranowitz

The out-of-sync child book series is a hit with parents and caregivers of kids with sensory processing disorders, and this edition is no different. Page after page, you'll find new and exciting activities to try with your child with easy-to-follow instructions. Each activity lists the appropriate developmental age, materials needed, variations to change the games up a bit, and what benefits the activity can provide your child.

We highly recommend grabbing this book to build a list for those rainy summer days or the days inside when it's just too hot to be out.



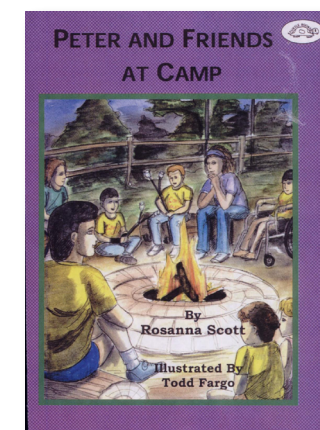
Gardening for Children with Autism Spectrum Disorders and Special Educational Needs
By: Natasha Etherington

A garden isn't just a place to grow yummy fruits and veggies; it's a place where kids can grow too! This book explores horticultural therapy for children with various needs, such as wheelchair use, ADHD, and Autism. Each chapter will give you the knowledge you need to help connect the child in your care to nature in a hands-on way.

Gardening for Children with Autism Spectrum Disorders and Special Educational Needs is excellent for caregivers and teachers with a basic understanding of gardening and special educational and developmental needs.

Peter and Friends at Camp By: Rosanna Scott

Peter is a young boy with juvenile rheumatoid arthritis who is headed off to camp for the first time. Dalton is a young boy with cerebral palsy. Both boys have some worries and fears about camp, but they learn to lean on each other for support in this short story about friendship and challenges. Follow along as they tackle obstacles and grow together in this book that would be great for kids headed off to camp for the first time this summer.



How Many Days Until Tomorrow? By: Caroline Janover



Josh is a 12-year-old boy who spends his summers in Maine on a remote island with his grandmother, grumpy grandfather (nicknamed Grumps), and older brother. Josh has dyslexia and never feels like he's as good as his brother, Simon, especially in the eyes of Grumps. Follow Josh as he discovers talents he didn't realize he had, even in the face of a life-or-death emergency. This chapter book has short, easy-read chapters that are great for younger readers looking to fulfill a summer reading list.

Hi! I'm Sam Collyar, a Resource Specialist at NH Family Voices.



Outside of work, I'm a wife, mom, and pet mom to 3 dogs, a cat, and 21 chickens. I keep busy in my garden and love books. My passion for books really kicked off when my then-eight-year-old was diagnosed with cancer, and we saw just how much hope could hide in the pages of a book. We turned to books for knowledge and stories from others in our shoes a lot, and I'm so excited to be in a position to connect people with books from our FREE Lending Library that could provide that same level of knowledge and comfort.

If you are looking for a specific book or resource on a particular topic, email me at snc@nhfv.org!

Borrowing from the NHFV Lending Library is Easy and FREE for NH Residents!



Call 603-271-4525 or go to nhfv.org/how-we-can-help/lending-library/



Search thousands of books by subject



Add the book(s) you like to your cart and fill out the delivery form



Books will be delivered to your home or office with a prepaid postage envelope for you to return them when you're finished!

Summer and sensory processing issue continued from page 6

- art, or other sensory-friendly classes or day camps can mimic the structure of school in a fun way.
- Work with your child to make a calendar of upcoming events. Use stickers or fun doodles to represent activities. A dolphin sticker might represent a day at the beach or a picture of roller skates could mean a visit to the park.
 - Once you’ve made a schedule, try hard to stick with it. Disorder is very confusing for kids with sensory issues, so consistency is key.

Avoid surprises by thinking ahead

Summer is a great time to try new things but some experiences can be overwhelming for kids with sensory issues. When it comes to going out, careful planning can mean the difference between a happy summer day and a total meltdown. The more prepared they are the less likely they are to be overwhelmed, which means everyone will have a better time.

- Focus on transitions. “Kids with sensory processing issues often struggle with transitions,” says Matthew Rouse, PhD, a child psychologist. “So it’s very important to give them plenty of warning when transitioning from one activity to another.”
- Talk it out. “Prepare kids for potentially overwhelming activities by talking about what the experience will be like in advance,” says Dr. Rouse. “Knowing what’s going to happen takes a lot of the anxiety out of trying new things.”
- Break it down. “Take any situation that’s potentially



problematic and do a sensory analysis of it,” says Biel. If taking your kid to the park overwhelms him, think about what sensory triggers might be behind his reaction. Breaking the experience down to its sensory components—the light touch of long grass, the bugs, the noise—can help you and your child figure out how to manage the more difficult parts of the experience before you arrive.

- Try a test run. “Once you know your child’s sensory triggers you can begin working to help them manage their sensory arousal,” explains Dr. Rouse. A lot of popular summer activities, especially those that take place outside, are full of intense multi-sensory stimulation. Kids may need to back up and explore the sensory experiences in a less stimulating environment. A great way to do this is to ‘test’ different components of the sensory experience in a non-stressful setting. “Making a sensory bin for kids to play with at home lets them get used to the different sensory

experiences one at a time so they don’t get overloaded,” says Biel. “Turning desensitizing activities into play also helps kids associate difficult textures with fun.” Sensory bins are easy to make. For example, if you’re heading to the beach try filling a tray with sand and shells at home. This way he’ll have the chance to get used to the tactile experience long before you hit the shore. Another way to prepare for activities ahead of time is to ‘practice’ them at home. For example if you’re thinking of taking a hike, try doing a short test run in the park or the yard. This way, kids can get a preview of the sensations—how the grass brushes their legs, or how their backpack feels when they carry it for a long time, in a safe, comfortable space.

- Make a sensory go-kit. “Kids should have their own toolbox of things that help them to feel good,” says Biel. Put together a backpack of objects that provide sensory relief so kids can carry them even when parents aren’t

present. “Try including earmuffs, fidget toys, chewing gum or a weighted lap pad,” suggests Biel. “Anything that kids can use to keep themselves regulated during new or difficult activities.”

Summer tools to know

The right tools and clothes can reduce sensory overload and help kids have a good time.

- Sunglasses: “Make sure the child has really high quality sunglasses,” says Biel, “A lot of kids with sensory issues are very sensitive to bright light.” A neoprene strap to help them stay on can be helpful.
- Sun-protective hats: For kids who are very sensitive to sun try a soft, comfortable wide-brimmed hat.
- Good bug spray: When it comes to mosquitos and ticks, comfort and safety are important. Many bug sprays are very effective but kids might resist them because they feel sticky or are strong-smelling. Lightweight long pants and long sleeves can be equally effective. You can also try spraying his clothing and hair rather than applying it directly to bare skin.
- Sunscreen: If you’re spending time outside, sunscreen can be an essential. There are many different kinds, so investigate which works best for your child. Some are less greasy or come unscented or in spray versions. When applying sunscreen use massaging, even strokes. “Deep pressure is calming and organizing for kids,” says Biel. “Instead of using light touch to apply sunblock, use that as an opportunity for a massage. It can be a good way to help desensitize a child before going out.

- The right bathing suit: “There are different bathing suits that have different sensory qualities to them,” says Biel. “A lot of kids can’t stand an elastic waistband, or the light touch of ruffles.” Finding a sensory-friendly suit will make going to the pool and other swimming activities much more fun for kids.
- Ear protection: Bring noise-cancelling earmuffs. Reducing noise takes intensity out of multi-sensory experiences. This is especially helpful for kids who are very sensitive to sound, but can be a great way for any child to take a step back and regroup.
- Portable shelter: Beaches and parks can be fun but it’s important for kids to have a retreat. An umbrella or beach cabana provides protection from the sun and gives kids a safe space to take a break during outdoor activities.

- Protective shoes: If walking on grass or sand is intensely uncomfortable, don’t push kids to go barefoot. Bring along a pair of aqua socks or other comfortable shoes that work well in outdoor conditions.
- Seek out sensory-friendly events: Many museums, movie theaters, and shows including circuses and major musicals offer summer events geared towards kids with sensory processing issues. To get a sense of what’s available, try doing an Internet search for sensory-friendly activities in your area.

Finally, remember that the goal is to help kids have a great summer. Focus on having fun, learning new skills, and doing what’s best for your kids and yourself.



November 16, 2023 SAVE THE DATE

17th Annual Transition Summit
Grappone Center, Concord

Different Paths: Each Journey is Unique

Nurturing all students
to help them flourish

- Featuring Keynote Speakers Gina Gallagher and Patricia Terrasi, authors of *Shut Up About Your Perfect Kid*
- Hear stories and see examples of unique approaches to transition planning.
- Earn professional development credits by attending morning sessions on student-focused planning.
- Join us in the afternoon for a transition fair and sessions for families.

TICKETS TO THIS EVENT MUST BE PURCHASED IN ADVANCE and will be available in early fall at nextsteps-nh.org or by visiting the New Hampshire Transition Community of Practice Facebook page.



Healthy Transitions App for Youth

Healthy Transitions is a mobile app designed to help adolescents and young adults build the skills needed to gain independence and successfully transition from the pediatric to the adult health care system.

The app features videos that explain how to handle real-life scenarios and an interactive game to reinforce the ideas presented in the videos.

Topics covered include managing medication, navigating insurance, speaking up at doctors' appointments, healthy relationships, and more.

Sometimes it takes trying a few different tools or resources to find what works best for each young person as they transition to adult care. This app is FREE and can be downloaded through iTunes or Google Play. So give it a try, and let us know what you think!

Important Family Resource Guides for NH Families

Now available in Spanish

Maneuvering Through the Maze is a comprehensive 144-page family resource guide produced by NH Family Voices. It is designed to take the reader from birth to early adulthood with listings of state health and human services agencies, educational resources, private associations, and organizations that serve people with physical, developmental, behavioral, and chronic health conditions and their families. We have also added organizations and services that all state residents can access, such as housing and child care. Now available in Spanish, please download and share a copy today at bit.ly/3qeXYC7

PIC's *Family Guide to Special Education* takes families through every step of the special education process, from requesting an evaluation to placement and monitoring. This guide gives families the knowledge and skills to participate more effectively in meetings and make better-informed decisions for their children. This guide is also now available in Spanish at bit.ly/43aEnS3



Up to \$750 Off Summer Camp For NH Students with IEPs and Disabilities



Summer camp is a way for students to continue working on their social skills, make friends, learn a new hobby, and continue a sport

or activity they enjoy. The New Hampshire Department of Education's Rekindling Curiosity program will pay up to \$750 in camp fees from June 1 through August 31 for students with disabilities at participating camps. You will need a copy of your student's IEP or a doctor's note to apply.

To apply or see participating camps visit RekindlingCuriosityEducation.nh.gov

Tell Us What You Think and Support Our FREE Services!



NH Family Voices has offered FREE services and resources like the Pass it On newsletter to

families and the professionals that support them for over 30 years. We can do this because of funding through state and federal grants.

Each year we are asked to report on our work and share feedback from readers of Pass It On. Please consider taking our annual survey so that we may continue to serve you in all the ways we do. Your responses and those of other parents and professionals allow us to identify shared experiences, continuing needs, and our impact across the state.

Participation is confidential, and we genuinely appreciate it! Take the survey now at <https://bit.ly/3oFO4sD>

(Meet Ansley Peacock continued from page 2)

What do you like to do in your spare time?

Spare time - what's that [laughing]? Actually, I do intentionally create space for spare time in my life. I think it's really important. Right now, I'm enjoying finding community, being social post-covid, going to the park and concerts, and spending time with my dog – Ishka. I'm also a gamer. I like playing Overwatch and used to play World of Warcraft. My next goal is to practice more artistic sketching.

What should I have asked you that I didn't?

You could have asked me what I'm afraid of with this new job. Or what's something that people wouldn't know about you?

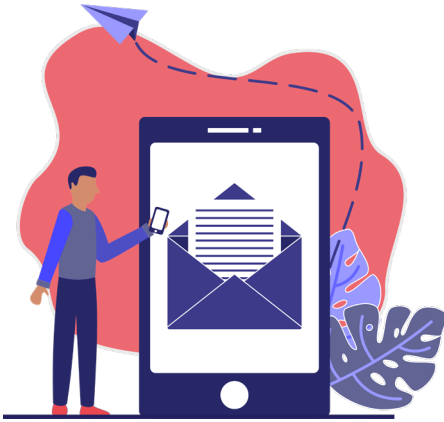
So which one do you want to answer?

It's important to acknowledge the fear. Trying to take on these hopes and dreams is pretty daunting, and that needs to be acknowledged. Changing these systems isn't easy!

Something you wouldn't know about me. I'm learning to enjoy the impish sense of humor that I had as a kid. It's more present now. I like to giggle over silly, funny things.

To connect with Ansley about the YEAH Council and other youth related issues, email ajp@nhfv.org.

Subscribe to the Pass it On newsletter



NH Family Voices and The Parent Information Center are committed to delivering valuable information and resources to families of children with disabilities and the professionals that work with them.

The *Pass It On* newsletter is among our most valued resources and appears in many doctors' offices, schools, and public libraries across New Hampshire. If you would like hard copies for your place of work or community space, please email rda@nhfv.org.

If you are interested in receiving the electronic version of our newsletter, follow these steps:

1. Go to www.nhfv.org and click on Membership.
2. Fill out the form as if you were a new member (please include address information).
3. Add nhfamilyvoices@nhfv.org and info@picnh.org to your email safe senders list, address book, or contact list so email newsletters are not blocked or filtered into your spam folder.

This FREE resource is intended for sharing, so please continue to “Pass It On” to friends, family, and professionals you think might find it helpful.

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Watch Me Grow at NHFV and Nashua's Smart Start Coalition Partner to Increase Access to Early Childhood Developmental Screenings



This Summer, Watch Me Grow at NH Family Voices, and the Smart Start Coalition of Greater Nashua will be teaming up to increase the availability of developmental screenings in Southern New Hampshire. Watch Me Grow is NH's Developmental Screening System, providing resources, trainings, and developmental screening tools to families and organizations around the state. Smart Start is a coalition of both parents and professionals working to provide positive opportunities for young children in the region. Through the collaboration of these two organizations, this initiative will focus on bringing the Ages and Stages Questionnaire (ASQ-3) into libraries and other community locations to improve access and awareness of developmental screening for young children. The ASQ-3 assesses children from birth to age 5.5 in areas such as communication, motor skills, problem-solving, and personal/social development.

The goal of this project is to reach families that currently do not have access to developmental tools such as the ASQ-3. While developmental screenings are often used in home visiting programs, and in some childcare settings, knowledge of and access to these resources are not always talked about with families. By connecting with public libraries and community organizations, families can have free, open access to the appropriate assessment for their child.

Meagan Galvin, a former preschool teacher, and current family support professional, will be the lead on this project and will largely focus on outreach and education at events that families are already familiar with, such as playgroups and storytimes, in the Greater Nashua area. She will also be developing a simple, family-friendly guide to resources and referral information for families to use if they have developmental concerns about their child. If you would like more information or would be interested in hosting an informational screening event this summer, please email smartstartnashua@gmail.com.

Want to learn more about developmental milestones and screening?

- Listen to the [NHFV Developmental Screening Podcast](#), where we sit down with staff Dr. Nina Sand-Loud, Developmental Behavioral Pediatrician at Children's Hospital at Dartmouth Hitchcock Medical Center, and have a conversation about developmental screening, tools and questionnaires used, the role of parents, and the benefits it provides to growing children.
- Browse the Watch Me Grow early childhood developmental resource catalog for families and providers at nhfv.org/watch-me-grow-resources/. From there, you can request materials, including FREE children's books that help families learn what developmental milestones to look for as their child grows.



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I am a ☐ Parent/Family member of a child/teen/adult (circle) with a: ☐ chronic health condition

☐ physical disability ☐ learning disability ☐ developmental disability ☐ behavioral challenges

☐ I am interested in materials relating to: _____

I am a Professional working in ☐ Education (circle one), EI, Head-Start, Pre-School, Elementary, Middle,
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Practitioner, Nurse. Human Services (explain) _____ Other: _____

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