

# Bright Start September Parent Education & Support Groups

★ *Estos grupos se facilitan en inglés. Todos son bienvenidos a asistir, pero infórmele a su maestra antes de esa fecha para que podemos tener un intérprete disponible.*

## **OT Bites Corner**

**Friday, September 6**

**1:00-1:15 p.m.**

*Hi, and welcome to the OT Bites corner. My name is Nikita Garcia and I am an Occupational Therapist with TCOE's Bright Start Program. Every month I hope to impart a small piece of my knowledge to you here and through my monthly zoom presentations. If you can, please join me for the latter. My aim is to keep it nice and short because who isn't crazy busy when you have little ones running around!*

### **Did you know you need to teach babies how to chew?**

Yes, you heard that right. Babies are born knowing how to swallow but chewing is a whole other level. The most strategic time to learn how to chew is from the age of 6 to 8 months before certain reflexes fade away. A lot of babies pick up this skill by watching their parents and/or siblings at the dinner table but others need a bit more help to master this skill. This is why it is so important to have your babies join you during mealtimes even before they are ready for solids, either sitting on your lap or in a highchair. Watching you interact with food and understanding that mealtime can be fun and relaxing, can help set your baby up for success when the time comes for solids. If you are interested in knowing more, please join me on September 6<sup>th</sup> at 1pm over zoom!

Meeting ID: 894 5430 4919

Passcode: 4fTmpW



## **Fine Motor Skills**

**Thursday, September 12**

**10:00-11:00 a.m.**

*Fine motor skills involve the small muscles of the body, such as those in the wrist, hands, and fingers. We rely on these skills to do key tasks in school, at work, and in everyday life. Occupational Therapist Nikita Garcia will share information and what you can do at home to help improve fine motor skills.*

## **Habilidades motoras finas**

**Jueves, 12 de Septiembre**

**10:00-11:00 a.m.**

*Las habilidades motoras finas involucran los músculos pequeños del cuerpo, como los de la muñeca, las manos y los dedos. Confiamos en estas habilidades para realizar tareas clave en la escuela, en el trabajo y en la vida cotidiana. La terapeuta ocupacional Nikita García compartirá información y lo que puede hacer en casa para ayudar a mejorar las habilidades motoras finas.*

Meeting ID: 923 1355 7414

Passcode: 820361



## **IEP Training for Parents**

**Tuesday, September 17**

**10:00-11:15 a.m.**

Your child will be turning three soon! It is very important for you to learn the basics of the IEP process and how to be a part of the team that makes important educational decisions for your child. This training will focus on how to prepare for an IEP meeting, the special education process, and the parent role on the team.

Meeting ID: 931 4370 4179

Passcode: 659644



## **Speech Readiness**

**Thursday, September 19**

**10:00-11:00 a.m.**

*There are other skills that your child needs to develop before they begin speaking. Please join us to look at the prerequisite skills to work on with your child to prepare for verbal language.*

## **Preparación para el discurso**

**Jueves, 19 de Septiembre**

**10:00-11:00 a.m.**

*Hay otras habilidades que su hijo necesita desarrollar antes de comenzar a hablar. Únase a nosotros para ver las habilidades de requisito previo para trabajar con su hijo para prepararse para el lenguaje verbal.*

Stephanie Caldera is inviting you to a scheduled Zoom meeting.

Meeting ID: 953 5591 8857

Passcode: 317472



## **Bright Start- Grupo de Apoyo y Hispano Hablantes**

*Este grupo se facilita en Español*

## **Entrenamiento de IEP**

**Viernes, 20 de Septiembre**

**10:00-11:15 a.m.**

Su hijo pronto cumplirá tres años! Es muy importante que usted aprenda los conceptos básicos del proceso del IEP y cómo ser parte del equipo que toma decisiones educativas importantes para su hijo. Nos enfocaremos en cómo prepararnos para la reunión, el proceso de educación especial y el papel de los padres en el equipo.

Meeting ID: 954 7552 8411

Passcode: 140614

