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March 2005



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Library Services

The Early Childhood Intervention library collection contains a wealth of information on all aspects of early childhood intervention. It includes videos, books, assessment instruments, audio tapes, and journals concerning children who have disabilities or developmental delays. These materials are available on a free loan basis to residents of the state of Texas for up to 10 business days. Mailing time is automatically added to the two-week loan period. Borrowers pay the costs of return shipping.

The collection is located at the Department of State Health Services Audiovisual Library at 1111 North Loop Blvd. in Austin as part of an inter-agency contract for library services with the Department of Assistive and Rehabilitative Services. The Library is open Monday through Friday from 7:30 a.m. to 5:00 p.m. Visitors are welcome or you may contact us by phone or e-mail and we will send materials to you.

In addition to resources on early childhood issues, the collection also includes information on other health and rehabilitation topics. A searchable online catalog is available at the following web site: <http://glas.tdh.state.tx.us/glasopac/>.

March is National Nutrition Month. In honor of this, we are featuring selected books, videos, and websites on the topics of nutrition or feeding.

Nutrition Resources

Nutrition and Feeding – Books

Childhood Feeding Disorders - Biobehavioral Assessment and Intervention. Jurgen Kedesdy and Karen Budd, 1998. (247 K237).

This book offers clinical guidelines for comprehensive assessment and treatment of feeding problems. Detailed case studies illustrate individualized assessments, causal analyses, interventions, and outcomes for a range of childhood feeding disorders, including selective eating, food refusal, developmental feeding disorders, failure to thrive, pica, and pediatric obesity.

Clinical Management of Feeding Disorders. Florence Yossem, 1998. (247Y65 1998).

This book presents a detailed, day-by-day exploration of functional treatment of patients of all ages who have feeding and swallowing problems. The author's successful methods are shared through case studies.

Nutrition Resources (continued)

Dysphagia and the Child with Developmental Disabilities - Medical, Clinical and Family Interventions.

Susan R. Rosenthal and Justine J. Sheppard, 1995. (247R727).

Provides professionals with information on caring for children with developmental disabilities and dysphagia. Introduces the reader to the range of etiologies of pediatric disability and the pathophysiology of dysphagia seen in each of the various categories, and covers the clinical evaluation of dysphagia, therapeutic strategies, practical management of nutritional issues, nutritional problems associated with AIDS, behavior aspects of feeding disorders, gastrointestinal problems, dental treatment, the family perspective, and ethical issues.

Early Childhood Nutrition Resource Guide. M. Clark, Katrina Holt and Denise Sofka, 1998. (247.4 E12 1998 ECI).

This publication provides an overview of resource materials for nutrition service providers working with children two to six years of age and their families.

The Educator's Guide to Feeding Children with Disabilities. Dianne K. Lowman and Suzanne M. Murphy, 1999. (247.3 L918e 1999).

Comprehensive and team-tested, this book provides educators with the information they need to design and implement effective feeding plans for students with disabilities. The chapters explore such issues as: proper positioning for feeding, sensory aspects and how they affect feeding, adapted equipment for feeding, and communication and behavioral aspects of feeding.

Evaluation and Treatment of Swallowing Disorders. Jeri A. Logeman, 1998. (247L829).

The vast majority of this book is devoted to evaluation and treatment of oral and pharyngeal swallowing disorders. Some information on esophageal disorders is provided in order for the swallowing therapist to be able to identify signs and symptoms of those abnormalities.

Failure to Thrive and Pediatric Undernutrition - A Transdisciplinary Approach. Daniel B. Kessler and Peter Dawson, 1999. (247.8 K42f 1999).

This book, brimming with assessment and intervention techniques, discusses the medical and developmental consequences of pediatric undernutrition. It stresses the importance of interdisciplinary teamwork and service coordination in dealing with a range of nutrition and feeding issues, from medical care and child development to community planning and advocacy.

Feeding and Nutrition for the Child with Special Needs - Handouts for Parents. Marsha D. Klein, 1994. (247.4 K672).

This book, written for clinicians, provides handouts and reference materials for parents to supplement and complement individualized consultation or therapy treatment sessions and answer parents' questions.

Guide to Your Child's Nutrition - Making Peace at the Table and Building Healthy Eating Habits for Life.

William H. Dietz and Loraine Stern, 1999. (247D566g 1999).

This book presents all the information and strategies needed to meet the dietary needs of children from birth through adolescence, as well as the facts about standards of weight and height; eating disorders and special dietary needs; alternative diets and supplements; allergies; and concerns over food safety.

Handbook of Pediatric Nutrition. Patricia Q. Samour, Kathy K. Helm, and Carol E. Lang, 1999. (247.4 S191 1999).

This second edition has been updated with scientific knowledge about the optimal nutritional care for infants and children. It contains a detailed overview of normal growth and nutrition needs from birth to adolescence.

Meals that Heal for Babies, Toddlers, and Children. Eileen Behan, 1996. (247.4 B394).

In this book the author, a registered dietitian, professional nutritionist and mother, "explains the connection between food and common childhood illnesses from asthma to ear infections to headaches to vomiting, and gives you recipes for simple, delicious, kid-pleasing dishes that will actually help your child feel better faster."

Nutrition Resources (continued)

Pediatric Nutrition Handbook. Ronald E. Kleinman, 1998. (247.4 K64 1998).

This edition is intended to be used as a ready reference for practicing clinicians on the requirements and metabolism of specific nutrients, methods of assessing nutritional status, and the nutrition support of healthy infants and children, as well as children with acute and chronic illness.

Pediatric Nutrition in Chronic Diseases and Developmental Disorders. Shirley Ekvall, 1993. (247.4 Ek86).

This book, which links nutrition research and its practical application to children with chronic diseases and developmental disorders, helps translate research into clinical practice and provides information on treatment and techniques on assessment and prevention for children of all ages.

Super Baby Food - Absolutely Everything You Should Know About Feeding Your Baby Solid Foods During the First Three Years! Ruth Yaron, 1996. (247.4 Y28 1996).

This book, which contains everything new parents need to know about feeding their baby solid food made from the fresh food the family eats, describes the Super Baby Food System of preparing your own baby food—not what comes from the commercial baby food companies.

Nutrition and Feeding – Videos

Alimentando a su Bebe. 17 minutes, 1998. (247.4 A411 1998).

This video in Spanish demonstrates the importance of breastfeeding, preparations the mother needs to make before and after breastfeeding, and ways to stock up on mother's milk. This guide for the nursing mother shows her what to do, how to do it and demonstrates how to prepare bottles of formula milk.

Come See About Nutrition and Exercise. 30 minutes, 1996. (VC7191).

This video explains the Food Guide Pyramid and how vegetarians can get enough dietary protein. It discusses metabolism and the importance of exercise to a healthy body. It shows how reading food labels can lead to healthful food choices and demonstrates why starving is not the best approach to weight loss.

Contemporary Nutrition. 60 minutes, 2000. (247F487 2000).

This video presents the drastic changes in the eating habits of Americans from an organized sit-down meal prepared at home and served to the entire family to the rush, eat on the go, fast food consumption of the current day. Food is followed through the digestive system and shows how the body uses its nutrients. Separate parts discuss the effects of too much cholesterol, misinformation on sugar and fat in the body and obesity, how food affects cancer, and eating disorders from both the female and male perspective.

The Developing Child - Nutrition. 28 minutes, 1995. (VT0180).

This video, which presents information about the nutritional needs of children from conception to adolescence, discusses the nutrients needed for healthy growth by identifying the nutrient's value, why it is needed, and in which food it is found.

Development of Self-Feeding in the Normal Child. 25 minutes, 1995. (VT0172).

This video presents the prerequisites for self-feeding during the first year of life, the developmental sequences of independent feeding behaviors during the second year, and emphasizes the transition from finger feeding to utensil use. Major topics include drinking (from bottle to cup to straw), finger feeding, spoon and fork use, and mealtime social skills.

Effective Intervention for Self-Feeding Success. 40 minutes, 1993. (247.4 N331).

The ability to take food to the mouth is far more than a physical skill; it represents a social independence. In this video, a child development specialist offers specific steps for assisting a child with a disability to attain independence in feeding.

Nutrition Resources (continued)

Feeding a Toddler: Lily Gets Her Money's Worth. 15 minutes (English); 15 minutes (Spanish), 1991. (VC5238).

This video presents a variety of food options which maintain a high level of nutrition and yet are affordable for those on even the strictest budgets. It covers food preparation, smart grocery shopping, meal planning, preventing tooth decay, and getting toddlers to use eating utensils.

Feeding and Swallowing Series, 1991:

The Development of Early Skills. 15 minutes. (247N279f). This video describes the stages of normal feeding development and illustrates some of the difficulties encountered when these normal stages are not achieved.

Direct Therapy Strategies for Feeding and Swallowing Problems. 13 minutes. (247N279d). This video focuses on direct therapy, or improving the function of oral structures through exercise, and it illustrates therapeutic strategies for jaw control, the lips, bite reflex, and for the tongue and chewing.

The Identification of Medically Related Issues. 17 minutes. (247N279g). This video addresses medically-related issues of gastroesophageal reflux and aspiration.

Identifying and Managing Oral Hypersensitivity. 8 minutes. (247N279b). This video presents simple suggestions to help you and your child work toward more relaxed and productive feedings.

The Impact of Proper Positioning and Handling on Feeding. 8 minutes. (247N279a). This video discusses some of the basic principles and suggests guidelines for establishing good positioning and handling during meal times.

Indirect Management Strategies for Feeding and Swallowing Problems. 11 minutes. (247N279e). This video addresses various issues in feeding and swallowing and demonstrates strategies involving indirect management of the mealtime environment and/or feeding procedure.

Using Behavioral Approaches to Feeding Your Child. 8 minutes. (247N279c). This video discusses behavioral principles and procedures that can help promote better feeding and swallowing.

Feeding with Love and Good Sense: the Infant. 16 minutes, 1994. (515Sa84).

This video, which is centered on feeding activities, is about child development and the importance of parental involvement during feeding. The child knows when she needs to eat and how much, and the parents' interaction during feeding will show the infant that she is communicating.

Feeding Your Baby: 8-12 months. 15 minutes (English); 15 minutes (Spanish), 1998. (VC7441).

Parents and grandparents from four families talk about the cues infants show when they are ready to eat solid foods and drink from a cup. A dietician advises on food choices.

Feeding your child: 1-3 years. 15 minutes (English); 15 minutes (Spanish), 2000. (VC7442).

Parents from three families talk about selecting healthy foods and the importance of being together at mealtimes. A dietician advises on food choices.

First Foods: Lily Feeds Her Baby. 14 minutes (English); 14 minutes (Spanish), 1990. (VC5237).

This video explains the dietary needs of infants and how these needs change within a baby's first year. Topics discussed include what foods should be introduced and when, how to prepare infants' foods, watching for allergic reactions, and dealing with a baby's emotional reactions towards eating.

Nutrition Resources (continued)

For the Breastfeeding Mother. 48 minutes, 1991. (271.5 B123).

This video is geared toward first-time parents, and offers insights into newborn behavior. It gives tips and techniques to ensure a successful breastfeeding experience.

For the Formula-Feeding Mother. 49 minutes, 1991. (271.5 B120).

This video is geared toward first-time parents, and gives tips and techniques on formula feeding your baby and some simple precautions to take to make your car safe for your baby.

I Love Somebody - Feeding My Baby. 10 minutes, 1990. (271.2 C17c).

This video tape and discussion leader's guide are designed to be used by early intervention specialists or others working with families in which the parents have intellectual limitations or special needs/mental retardation. Using the video and guide in the context of counseling can help parents increase their knowledge of feeding and nutrition for their children.

Infant Cues - A Feeding Guide (open captions). 10 minutes, 1997. (VC6608).

Non-narrated, open captioned in English and Spanish with music background. Topics included and demonstrated with several infants and mothers are: proper positioning of the infant for breastfeeding; waiting for the wide mouth; correct attachment; nursing; coming off; and signs of satiety.

The Missing Link - Including Nutrition Services in Early Intervention Programs. 18 minutes, 1996. (325 St45).

This video highlights three major issues: (1) The impact nutrition concerns can have on child and family well-being; (2) the benefit of nutrition services to child and family; and (3) how nutrition services can be accessed and integrated into the Individualized Family Service Plan.

Near Normal Feeding for Infants Born with Oral-Facial Anomalies. 40 minutes, 1994. (247H334).

This video, which presents a feeding system for infants born with cleft lip and palate, may also apply to infants with other kinds of facial anomalies. This system can be tailored for bottle feeding, breast feeding, or cup feeding.

Nutrition and Feeding Problems of Children with Developmental Disabilities. 30 minutes, 1989. (VT0174).

This video presents major nutrition and feeding problems of children with developmental disabilities; major factors that complicate nutritional and feeding assessment; major factors that alter energy and nutrient needs; neuromotor and behavioral factors that alter nutrition and feeding; conditions within the oral cavity that affect food acceptance and eating ability; and factors within the environment and family that affect food availability and acceptance.

Nutrition for Infants and Children Under Six. 30 minutes, 1994. (VT0178).

This video and manual provide nutritional information to help the viewer make the best decisions regarding the diet of infants and children under the age of six.

Nutrition for Infants and Toddlers with Special Needs. 24 minutes, 1990. (VT0179).

This video, which begins with a basic overview of nutrition and its components— protein, vitamins, minerals, carbohydrates, and fats, explains the obstacles some children face in getting adequate nutrition and what can be done to enhance their nutrition.

Our Overweight Kids. 28 minutes, 1997. (VC6641).

This video helps parents learn how to plan a healthy diet for their kids. It shows healthy but fun food choices available from the supermarket. A nutritionist and a pediatrician offer important strategies for promoting a healthy diet.

Your Healthy Baby. 26 minutes. (230R224).

In this video hosted by Phylcia Rashad, in the "I Am Your Child" series, children's health and nutrition is the focus with discussions on children's changing health needs as they grow. It provides useful information on prenatal care, breastfeeding, visiting the pediatrician, and children's nutritional needs and exercise.

Nutrition Resources (continued)

Su Bebe Saludable. 28 minutes. (230S243).

This video hosted by Cristina Saralegui, which is in the "I Am Your Child" series, is the Spanish version of *Your Healthy Baby*.

Selected Nutrition Websites

Disclaimer: External links to other sites are intended to be informational and do not have the endorsement of the Texas Department of State Health Services. These sites may also not be accessible to persons with disabilities.

Children's Nutrition Research Center: <http://www.bcm.tmc.edu/cnrc/index.htm>

The Children's Nutrition Research Center (CNRC) is one of six federally funded human nutrition research centers in the nation and conducts scientific investigations into the role of maternal, infant and child nutrition in optimal health, development, and growth.

Dole's 5 A Day: <http://www.dole5aday.com/>

This website, aimed at children, contains many fun activities designed to encourage children to eat more fruits and vegetables every day and to be more physically active.

Food and Nutrition Information Center: <http://www.nal.usda.gov/fnic/>

This website, by the National Agricultural Library, contains links to the food guide pyramid, dietary guidelines, bibliographies, reports on nutrition, food composition data, and more.

National Dairy Council: <http://www.nutritionexplorations.org>

This website is sponsored by the National Dairy Council and has resources for parents, educators and school foodservice personnel. It features games and recipes to make learning about healthy eating more fun.

Nutrition Education and Training Library: <http://snplibrary.dhs.state.tx.us/snp/>

This library's collection features nutrition information and includes: children's materials; teaching materials for parents and teachers; training materials for food service personnel in schools and child care settings; general nutrition information for adults; and cookbooks explaining healthy cooking and eating habits. Texas residents may borrow materials for two weeks.

Nutrition Source: Knowledge for Healthy Eating: <http://www.hsph.harvard.edu/nutritionsource/>

This website, sponsored by the Department of Nutrition at the Harvard School of Public Health, explores the latest science about healthy eating for adults, answers key questions about what a person should eat and why, and dispels nutrition myths.

Latest Arrivals - Books

Bringing Reggio Emilia Home : An Innovative Approach to Early Childhood Education. Louise Boyd Cadwell, 1997. (560 C126 1997 ECI).

There has been tremendous interest among early childhood educators and parents in the innovative approaches to teaching pioneered in the preschools of Reggio Emilia, Italy. This book describes the author's visit to schools in Italy. It then demonstrates how the concepts she learned can be applied to preschools here in the United States. It uses stories, samples of work and pictures to illustrate these concepts.

Class Meetings : Young Children Solving Problems Together. Emily Vance and Patricia Jimenez Weaver, 2002. (560 V222 2002 ECI).

This book brings the invaluable experience of two classroom teachers who guide children's successful discovery of how to work out differences. The children's meeting, talking, listening, considering, and devising acceptable solutions let classroom life go forward peacefully and children themselves learn to communicate with confidence.

David's Secret Soccer Goals. Caroline Levine, 2004. (805.1 L665 2004 ECI).

David is much like any other boy who loves playing soccer, but when the chance comes up to go and stay at camp, David has to face up to his biggest embarrassment, wetting the bed. The story delicately highlights the fears and worries that a child in this position has, while offering practical advice on how to deal positively with the situation.

Healthy Young Children : a Manual for Programs. Susan A. Aronson and Patricia M. Spahr, 2002. (320.11 A769 2002 ECI).

This book is written and reviewed by health and early childhood professionals. It is used by early childhood programs to promote the health and safety of children, staff and families. It includes chapters on preventing infections and injuries, promoting health with good nutrition, oral health, mental health and much more.

Introduction to Clinical Methods in Communication Disorders. Rhea Paul, 2002. (219.4 P324 2002 ECI).

Written for clinical methods courses in communication disorders curricula, this textbook provides speech-language pathologists with a strong foundation for clinical practice with clients of any age or disability.

The Power of Projects : Meeting Contemporary Challenges in Early Childhood Classrooms - Strategies and Solutions. Judy Harris Helm and Sallee Beneke, 2003. (560 H478p 2003 ECI).

This volume is aimed at teachers in the classroom with children ages 3-8. The authors show how good project work can provide solutions to challenges such as overcoming the ill effects of poverty, moving young children towards literacy, responding to children's special needs; helping children learn a second language and meeting standards effectively.

Raising a Child with Autism : a Guide to Applied Behavior Analysis for Parents. Shira Richman, 2001. (203.6 R532 2001 ECI).

Applied behavior analysis (ABA) is increasingly recognized as a highly effective way of helping children with autistic spectrum disorders. This book explains how parents can adapt the practical techniques used in ABA for use at home, providing tips and guidelines to increase play skills, improve communication and sibling interaction and increase independence.

Secure Relationships : Nurturing Infant/Toddler Attachment in Early Care Settings. Alice Sterling Honig, 2002. (271.5 H773 2002 ECI).

For healthy adjustment in childhood and later in life, infants and toddlers need secure attachments to the adults who care for them. Loving, responsive, and consistent care from primary caregivers is key to young children learning to form relationships. The author distills key points needed in understanding and building attachment.

Young Investigators : the Project Approach in the Early Years. Judy Harris Helm and Lilian Katz, 2001. (560 H478 2001 ECI).

This practical book is full of good ideas for teachers developing investigative projects with the youngest children. A powerful resource, it combines sound educational theory with many ways to support and document learning.

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Early Childhood Report - February 2005

Early CHILDHOOD Report

Children With Special Needs & Their Families

Volume 16, Issue 2 February 2005

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Exchange - January/February 2005

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The Early Childhood Leaders' Magazine Since 1978

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Infant Mental Health Journal - January/February 2005

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Journal of Early Intervention - Winter 2005

Journal of Early Intervention

Volume 27, Number 2

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