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## Nutrition and Feeding

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

Check out the new additions to the collection on page 7!

## 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.

### **Disorders of Feeding and Swallowing in Infants and Children: Pathophysiology, Diagnosis, and Treatment.** David Tuchman, 1994. (247 T791 ECI).

This book is a reference text for clinicians working with pediatric patients who are swallowing impaired, written by a group of specialists who share their expertise regarding management of these disorders.

### **The Down Syndrome Nutrition Handbook: A Guide to Promoting Healthy Lifestyles.** Joan E.G. Medlen, 2002. (226.11 M491 2002 ECI).

This book presents information on nutrition and healthy living for children with Down syndrome. It encourages parents to start teaching healthy habits early in their child's life but also stresses that it is never too late to begin healthy habits.

---

## Nutrition and Feeding - Books (continued)

### **Dysphagia and the Child with Developmental Disabilities: Medical, Clinical and Family Interventions.**

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

This book provides professionals with information on caring for children with developmental disabilities and dysphagia. It introduces the reader to the range of etiologies of pediatric disability and the pathophysiology of dysphagia. It also covers the clinical evaluation of dysphagia, therapeutic strategies, practical management of nutritional issues, nutritional problems associated with AIDS, behavioral 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 edition contains 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 recipes for simple, delicious, kid-pleasing dishes.

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## Nutrition and Feeding - Books (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 of assessment and prevention for children of all ages.

**Special Diets for Special Kids: Understanding and Implementing Special Diets to Aid in the Treatment of Autism and Related Developmental Disorders.** Lisa Lewis, 1998. (203.6 L674s 1998 ECI).

This book describes the effects food intolerance can have on individuals with autism. Topics include detecting sensitivities, medical tests, research, and eliminating gluten and casein from the diet. Over 150 recipes are provided.

**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. (VT1637).

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.

**Baby's First Spoonful: Tips for Starting Solids.** 11 min. English; 12 min. Spanish. (VC7581).

This video explains when a baby is developmentally ready for solid food. It demonstrates the best way to start solids including which foods are best to start and how each new food can be introduced to optimize acceptance.

**Contemporary Nutrition.** 60 minutes. (VT1625).

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. This video 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. (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. (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.

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## Nutrition and Feeding - Videos (continued)

**Effective Intervention for Self-Feeding Success.** 40 minutes. (VT1641).

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.

**NEW! Feed Me: Kids and Nutrition.** 26 min. (DV0226).

This program contains suggestions on how parents and caregivers can make sure that children are provided with a healthy diet. Information about the food guide pyramid is included.

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

**The Development of Early Skills.** 15 minutes. (VT1632). 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. (VT1630). 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. (VT1633). This video addresses medically-related issues of gastroesophageal reflux and aspiration.

**Identifying and Managing Oral Hypersensitivity.** 8 minutes. (VT1628). 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. (VT1627). 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. (VT1631). 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. (VT1629). 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. (VT2100).

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). (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). (VC7442).

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

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## Nutrition and Feeding - Videos (continued)

**First Foods: Lily Feeds her Baby.** 14 minutes (English); 14 minutes (Spanish). (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.

**NEW! Fit Families.** 24 minutes (English); 27 minutes (Spanish). (DV0007)

This DVD covers portion awareness, smart snacking, effortless exercise and grocery shopping.

**NEW! Food and Fitness Matter.** 24 minutes. (DD0042).

This program is presented by Julia Louis Dreyfus. The aim of this program is to help reverse the trend of childhood obesity. It presents practical tips for parents to improve nutrition and fitness at home. It also profiles schools that serve healthy foods and provide physical activity.

**For the Breastfeeding Mother.** 48 minutes. (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. (VT1738).

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. (VT0226).

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. 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.** 10 minutes. (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. (VT0338).

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.

**NEW! My Pyramid: Steps to Healthy Living.** 15 minutes (English); 15 minutes (Spanish). (DV0039)

Viewers will learn how the USDA MyPyramid food guidelines can help every individual achieve the right balance of proper nutrition and exercise. They will explore the six basic food groups and see how families make sure they eat enough whole grains, fruits, and vegetables.

**Near Normal Feeding for Infants Born with Oral-Facial Anomalies.** 40 minutes. (VT1626).

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. (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. (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.

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## Nutrition and Feeding - Videos (continued)

**Nutrition for Infants and Toddlers with Special Needs.** 24 minutes. (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. (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.

**Su Bebe Saludable.** 28 minutes. (VT1548).

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

**Your Healthy Baby.** 26 minutes. (VT1547).

In this video hosted by Phylicia 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 and Feeding - Selected Websites

**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/>

The Kids section of this website contains many fun activities designed to encourage children to eat more fruits and vegetables every day and to be more physically active. There is also information aimed at parents under the Family section.

**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 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.

**Texas SNP Nutrition 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.



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## New Additions - Books

**The Pigeon Has Feelings Too: A Smidgeon of Pigeon.** Mo Willems, 2005. Book. (805.1 W699p 2005 ECI)  
Bus Driver tries to get Pigeon to make a happy face. Pigeon has other ideas. Feelings such as happy, sad, and angry stand out in bold colors.

**Otto: The Blind Otter.** Susan Purkapile and Barbara Ducommun, 2004. Book. (805.1 P985o 2004 ECI)  
Otto's brothers do not want to play with him because of his blindness. After Otto gets lost, his mother insists they all play together, and Oliver and Otis soon learn that Otto is special in more than one way.

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Early Childhood Report - February 2007

# Early CHILDHOOD Report

Children With Special Needs & Their Families

VOLUME 18, ISSUE 2

FEBRUARY 2007

## LEGAL SPOTLIGHT

### SUPREME COURT UPDATE

See why the High Court declined to review an order requiring a child to undergo evaluation; learn date set for argument in *pro se* case. **Page 2**

### WASHINGTON WATCH

OMB received the proposed Part C regs on Jan. 22, and has 90 days to review and comment on them; a report discusses autism staff shortages. **Page 3**

### JUDICIAL DECISIONS

Read why consideration of FBA results shows placement was not predetermined; learn how failure to reinsert trachea tube isn't "deliberate indifference" under ADA. **Page 10**

#### Decisions & Guidance

Learn why parent's lack of cooperation excuses districts' failure to develop program; how student's progress KO's challenge of teacher's qualifications; why repeated evaluations of 1st-grader's skills satisfy child find obligation; and why termination of PT, reduction of OT disregards 6-year-old's unique needs. **Pages 11-12**

## COVER STORY

### Consider impact of final IDEA Part B regs on preschoolers with special needs

While early childhood educators eagerly await the release of the proposed IDEA Part C regulations, which **OMB** is now reviewing, they should also consider the impact of Part B final regulations on their early childhood programs. Problems may arise based on the definition of what constitutes a "parent" and "parentally placed child" under Part B language. You also should examine your use of benchmarks and short-term objectives and reliance on peer-reviewed research on supplementary aids and services. **Full story, page 4.**

#### Parental rights

Before allowing a foster parent to make educational decisions, be sure to investigate whether the biological parent retains related rights. **See page 4.**

## HIGHLIGHTS

### Weigh the proper use of 'developmental delay'

Find out why the term "developmental delay" has become a source of contention among early childhood educators in parts B and C. **Page 5**

### Eye on Autism: Plan early for preschool transition

Discover when to start planning the transition of young children with autism from early intervention to preschool and how to involve all stakeholders during the process. Also see how to keep parents connected after transition. **Page 6**

### Find out hot topics for Head Start reauthorization

Learn what Head Start directors hope to see addressed in the upcoming reauthorization, including accountability, faith-based hiring, and teacher qualifications. Also find out why grantees want more parental input in policymaking. **Page 7**

### See why multiage classrooms may help all kids learn

Read how implementing inclusive early childhood classrooms based on developmental level may aid young children of varying abilities. **Page 8**

### Uncover appropriate accommodations for deaf children

See why you should involve audiology experts in developing IEPs for young children with hearing impairments to ensure you are considering their special needs. **Page 9**

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**Exceptional Parent - Annual Resource Guide January 2007**

**2007  
Annual  
RESOURCE  
GUIDE**

**TABLE OF CONTENTS**

JANUARY 2007 • VOLUME 37, ISSUE 1

**FEATURES**

8 A Manifesto	122 The Surgeon General's Call to Action
76 SpecialCare	162 Hippotherapy Highlight
82 The National Mobility Equipment Dealers Association	

**11 National Resources for Specific Disabilities**

An alphabetized list of disability-specific organizations and associations.

**55 State Assistive Technology Programs**

A list provided by RESNA of programs, funded by the National Institute on Disability and Rehabilitation Research that enable individuals with disabilities to gain access to assistive tech devices.

**58 Alliance for Technology Access (ATA)**

Centers nationwide help children and adults with disabilities gain access to adaptive technology. The centers provide hands-on consultations, product demonstrations, make recommendations and referrals, and present workshops on technology use.

**62 Matching Resources**

**63 Vocational Rehabilitation Programs**

A state-by-state listing of vocational rehabilitation programs.

**70 Parent to Parent Programs**

These programs offer information and emotional support to parents who have a child or family member with special needs by matching with a trained "veteran" parent.

**72 National Information and Advocacy Resources**

Organizations that provide information and advocacy on a variety of topics of concern to families and professionals who care for children with special needs.

**75 ADA Projects**

Information, technical assistance or training on meeting Americans with Disabilities Act standards in a business, public area or school.

**80 Adaptive Recreation Organizations**

National organizations offering adaptive sports and recreational activities.

**83 Federal and Federally Funded Information**

A directory of clearinghouses, information centers and institutes that focus on specific topics. In addition to providing free materials, many clearinghouses also provide referrals to local resources.

**89 Early Intervention**

Early intervention, toddler programs and preschool special education resources for children with disabilities listed for each state and territory.

**96 State Directors of Special Education**

This list provides names and contact information for the director of each state's education agency responsible for supervising special education services.

**98 Parent Training and Information**

With a location in each state, these centers provide training and information to families and professionals, to help them deal more effectively in meeting the educational needs of children with disabilities.

**105 Federation of Families for Children's Mental Health**

State organizations, chapters and representatives contact list.

**112 National Association of Protection and Advocacy Services**

State Protection and Advocacy Agencies for Persons with Developmental Disabilities (PADD), Protection and Advocacy for Individuals with Mental Illness (PAIMI), Protection and Advocacy for Individual Rights (PAIR) and Client Assistance Programs (CAP) nationwide and in each US territory provide legally-based advocacy services to people with special needs.

**116 Title V**

State-by-state listing of Title V programs, which provide health-related services to children with special healthcare needs and access to other services such as parent support and information.

**118 Association of University Centers**

Most University Affiliated Programs (UAPs) provide direct clinical, educational and other services to individuals with developmental disabilities and their families and can help them find the appropriate services.

**141 Products and Services**

**168 Army Community Service**

**182 Product Showcase**

**DEPARTMENTS**

4 President's Message	181 Marketplace
6 Editor's Desk	184 2007 Editorial Calendar
171 Exceptional Parent Library	

All directories in this guide have been fact checked and reviewed by the organizations and associations involved in their development. They are updated throughout the year and current as of December, 2006. All organizations and associations which have inaccurate information are urged to submit corrections for next year's Resource Guide.

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Exceptional Parent - February 2007

# EP CONTENTS

FEBRUARY 2007 • VOLUME 37, ISSUE 02 • ESTABLISHED 1971



12

## BABY FAT MAY BE CUTE BUT...

BABY FAT MAY BE CUTE, BUT IT COULD BE PUTTING THE HEALTH OF CHUBBY KIDS, INCLUDING THOSE WITH DISABILITIES, IN JEOPARDY.

BY DR. H BARRY WALDMAN &  
DR. STEVEN P. PERLMAN

15

## FAT: THE GOOD, THE BAD AND THE TRANS FAT TRUTH

WHAT IS TRANS FAT, AND WHY SHOULD IT BE AVOIDED IN THE OVERALL DIET OF A PERSON WITH SPECIAL NEEDS?  
BY LEE SHELLY WALLACE, MS, RD, LDN, FADA

21

## PLUM ORGANICS

IF YOU ARE LOOKING FOR DELICIOUS FOODS FOR SPECIAL NEEDS CHILDREN AND ADULTS WHO REQUIRE PUREED DIETS, YOU'LL WANT TO TAKE A LOOK AT PLUM ORGANICS.

BY JAN CARTER HOLLINGSWORTH

22

## TUBE FEEDING TRANSITION PLATEAUS

SOUND ADVICE FOR TRANSITIONING A CHILD FROM TUBE FEEDING TO ORAL EATING  
BY MARSHA DUNN KLEIN, MED. OTR/L

26

## TURN THOSE TUBE FEEDING INTO MEALTIMES

CHILDREN, YOUTH AND ADULTS WHO ARE TUBE FED CAN AND SHOULD BE MADE TO FEEL A VITAL, PARTICIPATORY MEMBER IN FAMILY MEALTIMES.

BY MARSHA DUNN KLEIN, MED. OTR/L



37

## SPECIAL U.S. MILITARY SECTION Community of One: From our Families... To Your Families

39

## FROM THE MILITARY MANAGING EDITOR'S DESK

BY KERRY DAUPEINEE

39

## WHO IS STOMP?

BY LUZ ADRIANA MARTINEZ

41

## GREETINGS FROM THE MILITARY EDUCATION COALITION

42

## MILITARYHOMEFRONT

43

## UNITED STATES ARMY COMMUNITY SERVICE RESOURCES



## On Our Cover

For Debbie Chadwick, eating her vegetables and other healthy meal choices is no problem. According to her Mom, Mary, Debbie's been a fan of "good-for-you" foods since she was a little girl. Debbie has enjoyed a long, happy and productive life and her "million dollar smile" is famous among her friends at The Orange Grove Center in Chattanooga, TN where she participates in a vocational program. Debbie also volunteers weekly at the Life Care Center of Missionary Ridge where she doles out hugs by the truckload to residents of this long-term health care facility for seniors.

EP would like to thank Tracy Glenn and her staff in the Nutrition Services Department at Orange Grove Center for their help in arranging the February cover photo and Dennis Wilkes, also of Orange Grove Center, for capturing Debbie's energy and infectious grin with his camera.

## FEATURES

27

## ANXIETY DISORDERS

RECOGNIZING THE SYMPTOMS OF SIX OF THE MOST COMMON ANXIETY DISORDERS  
BY ROBERT CANCRO, MD

31

## A SERVICE IS NOT A NEED

KNOWING HOW TO IDENTIFY YOUR CHILD'S NEEDS IS THE FIRST AND MOST CRUCIAL STEP IN GETTING THE SERVICES THAT ARE NEEDED.

BY TRICIA AND CALVIN LUKER

34

## SAM'S JOURNEY TO REACH THE STARS

SUE MAYER CHRONICLES THE EARLY YEARS OF HER SON SAM'S LIFE AND THE ASSISTANCE THEY RECEIVED FROM NATIONAL ASSOCIATION OF CHILD DEVELOPMENT (NACD).

45

## OI POSITIVE:

## A LOOK AT UNBREAKABLE SPIRITS

PRISCILLA D. CARLSON REPORTS ON THE OI CONFERENCE AND THE MANY EXCEPTIONAL PARENTS SHE MET THERE.

53

## EP BOOKSTORE

57

## SEIZURES AND TEENS: THE PRACTICAL ASPECTS OF MANAGING SEIZURE MEDICATIONS

BY PATRICIA OSBORNE SHAFER



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NO. 174 ■ MARCH/APRIL 2007

## Feature Articles

- 8 Project-Based Learning and Early Learning Standards: Making the Connection  
by Robin Jones
- 14 The ADA and IDEA Basics: Inclusion of Children With Disabilities  
by Mona Motwani
- 26 Challenging Behavior  
by Holly W. Bishop and Doug Baird
- 32 The World Forum at Work
- 34 Performance Appraisals: One Step in a Comprehensive Staff Supervision Model  
by Susan Kilbourne
- 59 Directory of Math and Science Curriculum Providers
- 60 Cover Story – Meet Ellen Clippinger  
AYS, Inc.  
Indianapolis, Indiana
- 66 The Child's Job: Talking to Parents About Child Development  
by Jim Greenman
- 76 Decoding Technology: Web Site Development and Design – Part 3  
by Tim Walker and Chip Donohue
- 80 Partnering is a Good Thing: Exchange's Worldwide Partners  
by Roger Neugebauer
- 86 Success Stories  
by Shasta Zenelle Weiss

**NEW!**

96 Exchange @ a glance  
Featured content of 3 issues — all in 1 place!

## Beginnings Workshop

- 39 Differences in Math #3
- 40 Early Predictors of Mathematical Learning Difficulties: Variations in Children's Difficulties With Math  
by Michèle M. M. Mozzocco
- 46 Helping Young Children Learn Mathematics: Strategies for Meeting the Needs of Diverse Learners  
by Jennifer J. Chen and Linnea Weiland
- 52 Adult Perceptions of Their Abilities in Math  
by Mary Worthington and Suzanne Duarte Jones
- 55 Math in Early Childhood  
by Francis Wardle

Training Suggestions by Kay Albrecht

## Regular Features

- 6 Dear Reader – Staying Grounded
- 20 MindBenders
- 22 Ideas for Training Staff – What Could She Be Thinking?  
by Margie Carter
- 71 From a Parent's Perspective – Rekindling Our Inner Fire  
by Roslyn Duffy
- 92 Exchange Marketplace
- 94 Exchange Classifieds
- 95 A Manner of Speaking by Bonnie Neugebauer

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# INFANT MENTAL HEALTH JOURNAL

## SPECIAL ISSUE

### *Infant Mental Health in Early Head Start*

## INTRODUCTION

### *Early Head Start and Infant Mental Health*

RACHEL CHAZAN-COHEN, DEBORAH RODERICK STARK, TAMMY L. MANN,  
AND HIRAM E. FITZGERALD • 99

## EARLY HEAD START INFANT MENTAL HEALTH INITIATIVE: TECHNICAL ASSISTANCE AND RESEARCH

### *Pathways to Prevention: A Training and Technical Assistance Initiative to Increase Program Capacity to Address Infant Mental Health Issues in Early Head Start*

TAMMY L. MANN, JENNIFER BOSS, AND SUZANNE RANDOLPH • 106

### *The Early Promotion and Intervention Research Consortium (E-PIRC): Five Approaches to Improving Infant/Toddler Mental Health in Early Head Start*

LINDA S. BEEBER, RACHEL CHAZAN-COHEN, JANE SQUIRES, BRENDA JONES HARDEN,  
NEIL W. BORIS, SHERRYLL S. HELLER, AND NEENA M. MALIK • 130

## EMPIRICAL ARTICLES

### *It Takes Time: Impacts of Early Head Start That Lead to Reductions in Maternal Depression Two Years Later*

RACHEL CHAZAN-COHEN, CATHERINE AYOUB, BARBARA ALEXANDER PAN, LORI ROGGMAN,  
HELEN RAIKES, LORRAINE MCKELVEY, LEANNE WHITESIDE-MANSELL,  
AND ANDREA HART • 151

*continued*

### *Risk for Maternal Depression and Child Aggression in Early Head Start Families: A Test of Ecological Models*

NEENA M. MALIK, NEIL W. BORIS, SHERRYLL S. HELLER, BRENDA JONES HARDEN, JANE SQUIRES,  
RACHEL CHAZAN-COHEN, LINDA S. BEEBER, AND KAREN J. KACZYNSKI • 171

## QUALITATIVE ARTICLES

### *Infant Mental Health and Family Support: Contributions of Early Head Start to an Integrated Model for Community-Based Early Childhood Programs*

CAROL L. MCALLISTER AND TAMMY THOMAS • 192

### *The Explication of a Mentor Model, Videotaping, and Reflective Consultation in Support of Infant Mental Health*

SUSAN JANKO SUMMERS, KRISTIN FUNK, LIZ TWOMBLY, MISTI WADDELL,  
AND JANE SQUIRES • 216

## COMMENTARIES

### *Putting Knowledge Into Policy: Toward an Infant-Toddler Policy Agenda*

JANE KNITZER • 237

### *Returning the Treasure to Babies: Infant Mental Health and Early Head Start*

DEBORAH WEATHERSTON • 246

### *Infant Mental Health and Early Head Start: The Glass Is Half Full*

CHARLES H. ZEANAH • 252

### *Looking Ahead*

DEBORAH RODERICK STARK, TAMMY L. MANN, AND HIRAM E. FITZGERALD • 255

Volume 28, Number 2 was mailed the week of March 5, 2007.

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Journal of Early Intervention - Winter 2007

*Journal of Early Intervention*

Volume 29, Number 2

Winter 2007

FEATURE ARTICLE

- 81 A Synthesis of Knowledge Relevant to Pathways of Service Delivery for Young Children With or at Risk of Challenging Behavior  
*Diane Powell, Dean Fixsen, Glen Dunlap, Barbara Smith, & Lise Fox*

INVITED COMMENTARIES

- 107 A Missed Opportunity: Categorical Programs Fail to Meet the Needs of Young Children and their Caregivers  
*Deborah F. Perry*
- 111 A Call for a More Responsive Federal Policy Framework  
*Jane Knitzer*
- 114 Addressing Challenging Behavior: Systematic Problems, Systematic Solutions  
*Ann P. Kaiser*

REGULAR ARTICLES

- 119 Enhancing Parent-Child Interactions through Home Visiting: Promising Practice or Unfulfilled Promise?  
*Carla A. Peterson, Gayle J. Luze, Elaine M. Eshbaugh, Hyun-Joo Jeon, & Kelly Ross Kantz*
- 141 Influence of Disability, Gender, and Time Engaged on the Developmental Level of Children's Art Work: Findings from Three Years of Observation  
*Mary Frances Hanline, Sande Milton, & Pamela C. Phelps*
- 154 Effectiveness of Training Parents to Teach Joint Attention in Children With Autism  
*Marie L. Rocha, Laura Schreibman, & Aubyn C. Stahmer*
- 173 The Role of Independent Therapy Providers in the Transition to Preschool  
*Christine Teeters Myers*

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## Young Exceptional Parent - Winter 2007

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**Volume 10 Number 2**  
Winter 2007

2	<b>Let's Read Together: Tools for Early Literacy Development for All Young Children</b> Deborah A. Bruns and Corey D. Pierce
11	<b>Adapting Physical Activities to Promote Overall Health and Development: Suggestions for Interventionists and Families</b> Kristi Sayers-Meneer and Laura Davis
17	<b>As Easy as ABC: Facilitating Early Literacy Enrichment Experiences</b> Ann Bingham and Julie L. Pennington
30	<b>Resources Within Reason</b> <ul style="list-style-type: none"><li>• Support Authentic Assessments Camille Catlett, Pam Winton, and Patsy L. Pierce</li></ul>
31	<b>DEC Announcements</b> <ul style="list-style-type: none"><li>• Letter from the Executive Director</li><li>• DEC Conference 2007</li></ul>
32	<b>Errata</b> <ul style="list-style-type: none"><li>• Evidence-Based Practice: What Does It Really Mean for the Early Childhood Field? Virginia Buysse, Patricia W. Wesley, Patricia Snyder, and Pamela Winton</li></ul>

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Zero to Three - January 2007

# CONTENTS

January 2007  
Volume 27 No. 3

Editor's Note ..... 4

## Enhancing Pediatric Care

<b>The Changing Role of Pediatric Well-Child Care</b> <i>Alice Kuo and Moira Inkelas</i> .....	5
<b>Pediatric Primary Care: An Opportunity to Optimize Early Attachment</b> <i>Prachi Shah</i> .....	12
<b>Doing More in Pediatric Primary Care: The Healthy Steps Model</b> <i>Margot Kaplan-Sanoff</i> .....	20
<b>Building Bridges Between Physical and Behavioral Health: The Child Development Specialist in Pediatric Practice</b> <i>Claire Lerner and Ellie Hamburger</i> .....	30
<b>Integrated Behavioral Health Services: Improving Access to Mental Health Care</b> <i>Lynne Sturm and Deborah F. Perry</i> .....	35

## Additional Features

<b>InReach: Connecting NICU Infants and Their Parents with Community Early Intervention Services</b> — <i>Adrienne L. Akers, Glenna Boyce, Vanya Mabey, and Lisa Boyce</i> .....	43
<b>The Role of an Early Head Start Mental Health Coordinator: Screening for Maternal Depression in a Comprehensive Approach to Mental Health Care</b> — <i>Regina Canuso</i> .....	49

## Departments

<b>Publications</b> .....	56
<b>On-Line Resources</b> .....	57
<b>Videotapes and DVDs</b> .....	58
<b>Thanks to the 2006 NTI Sponsors</b> .....	59

Cover Photograph: Janet Brown McCracken