

# February

By  
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## Reminders:

School Closed: Monday, February 17<sup>th</sup> - Presidents' Day (K & E)

### February Educational Workshops/Groups for Parents

Friday, February 7<sup>th</sup> 6:00-9:00 - Parent Night Out (K)

Tuesday, February 11<sup>th</sup> 12:30-2:00 Parent Workshop - The Sound of Music Therapy (K)

Tuesday, February 11<sup>th</sup> 12:30-2:00 - Parent Workshop - Fun Activities for Home (E)

Wednesday, February 19<sup>th</sup> 6:30-8:00 - Parent/Sibling Group (K)

## Parent Seminar

Presented by New York State Regional Centers for Autism Spectrum Disorders

Improving the Flexibility and Motivation of Students with Autism Spectrum Disorder: Addressing Repetitive and Restrictive Behaviors and Interests in the Classroom and Beyond

### Schedule:

Seminar 1 (8:00a-11:00a) - Part 1

Lunch Break (11:00a-12:00p) - On Your Own

Seminar 2 (12:00p-3:00p) - Part 2

### Dates and Locations:

- Albany, NY - 3/5/20 - The Desmond Hotel

- Poughkeepsie, NY - 4/1/20 - Poughkeepsie Grand Hotel

If you have questions or would like to register -

Please call (518) 442-2574 or email [card@albany.edu](mailto:card@albany.edu)



April is Autism Awareness Month, and we have a host of events, fundraisers, and more, to keep you busy! Starting with our Pour & Tour international cuisine and wine pairing, to Pocketbook Bingo games, we have your April set to go!

Pour & Tour - A Greek Island Cuisine and Wine Pairing, Friday, March 27<sup>th</sup>, 2020 from 7-11pm at The Chateau in Kingston. We're taking you on a culinary tour of the Greek Islands! From Crete to Cyprus to the mainland, we're serving up the best in Grecian dishes and the finest of Mediterranean vintages. We'll start the evening with a wonderful cocktail hour, complimentary wine and beer, a cash bar, and stunning Greek-style hors d'oeuvres. Then it's off for a dinner of expertly prepared Greco-themed dishes. The night includes a live and silent auction, giving attendees a fun way to support the school, while adding excitement to the evening. Stay tuned for more info! Opa!

Designer Handbag Bingo! Saturday, April 25 2020 - We're doing it again this year! Join us for a Ladies Night Out of Fashion and Fun! People had such a great time last year, we're doing it again! It's BINGO, and you're participating for a chance to win a designer handbag while enjoying a fun night out with your friends. Top name designer bags will be awarded to game winners. Additional raffle prizes will be available to win, too. We'll have food available, and it's BYOB to add to the fun.

More events to be announced!

Stay up to date on all our activities and special events! Like Us on Facebook, follow us on Instagram, visit our website [www.centerforspectrumservices.org](http://www.centerforspectrumservices.org), and join our email list!



## Oral Health for Infants and children:

Babies are born with their primary (first) set of teeth formed underneath the gums. These teeth do not usually start to come until the child is six to eight months old. By age three, all 20 primary teeth should be in the mouth. A child's primary (first) set of teeth is very important. These teeth help a child eat and speak. By the age of six, a child's mouth will begin to grow to make space for the permanent teeth. Each baby tooth will be replaced by a permanent tooth. Practicing healthy habits can prevent or reduce tooth decay (cavities) in infants and children.

## Recommendations:

The American Academy of Pediatric Dentistry (AAPD) recommends that infants see the dentist for their first dental exam within 6 months of getting his/her first tooth or by their first birthday. After the initial dental visit, regular visits are recommended. Practicing healthy habits can prevent or reduce tooth decay (cavities) in infants and children. Always clean your infant's gums after feeding. Cradle your baby with one arm. Wrap a moistened washcloth around the index finger of your free hand. Gently massage the gum tissues. Do not put your baby to bed with a bottle, or prop it in their mouth, or allow your baby to feed "at will".

Infants normally begin teething between four and six months of age. His/her gums may be red and swollen and saliva flow may increase. To ease these symptoms, give your infant a clean, cool teething ring or cold wet washcloth. Once a tooth comes in, start to use a child's soft bristled toothbrush, with no toothpaste. Begin to wean your baby from the bottle as your infant begins to eat more solid foods and drinks from a cup. Gradually, begin to offer a cup for water or juice. By age 12 to 14 months, most children can drink from a cup. Promote healthy habits now by limiting the frequency and amount of sweetened beverages and foods you give your child.

Your child should have an exam by a dentist before his/her first birthday or within 6 months after the first tooth comes in. If your drinking water is not fluoridated, talk to your pediatrician about infant fluoride supplements. By 30 months of age, all of the primary (first) teeth should have come into the mouth. By age 3, most toddlers should have stopped using the pacifier and/or sucking his/her thumb. At age 2, begin brushing with a pea-sized amount (small smear) of fluoridated toothpaste. Teach your child to spit out the toothpaste. Observe to insure that your child does not swallow the toothpaste. Begin to teach your child how to brush his/her teeth. Generally, children will need help with brushing until they have the hand coordination to clean their own teeth effectively. Children should be able to brush unsupervised by the age of six or seven. Regularly lift your child's lip to check for suspicious small white or brown spots on his/her teeth. If you see these white or brown spots, which may indicate dental decay, schedule an appointment with your dentist right away. Talk with your dentist if your child is over age 3 and regularly sucks a pacifier or fingers or a thumb.

♥ Happy Valentines Day ♥