



Early ACCESS  
Wednesday Wonders  
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Welcome to the Early ACCESS (EA) Wednesday Wonders! The purpose of this newsletter is to have a consistent, predictable way for EA stakeholders to stay current on happenings as well as share information with other stakeholders such as practical advice, training announcements, video clips, and/or success stories. It is a newsletter for stakeholders, by stakeholders. Please let me know if you have something you would like to contribute or have suggestions or comments at: [melissa.schnurr@iowa.gov](mailto:melissa.schnurr@iowa.gov)

To view archived Wednesday Wonders, visit the Iowa Family Support Network [website](#).

*What I know for sure is that speaking your truth is the most powerful tool we all have. – Oprah Winfrey*

## Wondering about FGRBI?

### Update on Family Guided Routines Based Intervention Scale Up and Sustainability:

As we prepare for a new academic year, Early ACCESS regional implementation teams have been updating their [FGRBI](#) implementation plans and their internal coaches, providers, and administrators have been uploading signed agreements for another year of evidence-based professional development. We weren't able to hold our all-day joint implementation team meeting this summer, but we plan to bring teams together virtually for a shorter meeting in September to review data from the past year and kick-off the new year.

## Wondering about Service Coordination?

### 11 Things a Millennial Parent Wished a Generation-X EI Provider Knew:

This [blog](#) from Virginia is written from the Millennial parents' viewpoint and shares tips for EI providers and Service Coordinators.

## In case you were wondering....

### Adverse Events During First Years of Life May Have Greatest Effect on Future Mental Health:

A Massachusetts General Hospital [study](#) has found evidence that children under 3 years old are the most vulnerable to the effects of adversity -- experiences including poverty, family and financial instability, and abuse -- on their epigenetic profiles, chemical tags that alter gene expression and may have consequences for future mental health. Their report finds that the timing of adverse experiences has more powerful effects than the number of such experiences or whether they took place recently.



*Early ACCESS Vision: Every infant and toddler with or likely to have a developmental delay and their families will be supported and included in their communities so they will be healthy and successful.*

**Video about Emotions and Mindfulness - Just Breathe:**

In the [4-minute video](#), boys and girls describe how their emotions affect them. Figuring out how and what they are physically feeling is particularly challenging when they're feeling things like rage, sadness, disgust, and confusion for the first time. Rather than just sharing the children's feelings, the film goes on to show how helpful breathing and mindfulness can be in keeping kids emotionally healthy. This [article](#) has additional mindfulness ideas and this [article](#) has mindfulness techniques specific to infants and toddlers.

**Something wonderful is happening....****Register TODAY – A Special Summer CHAT with DTAT (Deafblind Technical Assistance Team):**

The Deafblind Technical Assistance Team (DTAT) is available to help teams on July 23 from 3:30-4:30pm via Zoom begin to navigate these unique situations as children and providers prepare for Return to Learn. This 1-hour session will be provided in a question and answer format with multiple teams invited. Teams will submit questions ahead of time via [registration](#). Please visit [www.iowadeafblind.org](http://www.iowadeafblind.org) to request technical assistance or email Katy Ring at [katy.ring@iaedb.org](mailto:katy.ring@iaedb.org).

**Recorded Webinar - Autism Spectrum Disorder - A Primer for Case Managers:**

The Regional Autism Assistance Program was overwhelmed by the response for this June 23 webinar and reached capacity for attendance for the live presentation, which allowed for 100 participants. The webinar was [recorded](#) and resources can be found [here](#).

For more information about Early Childhood Iowa, visit: <https://earlychildhood.iowa.gov>

For more information about Early ACCESS, visit: [www.iafamilysupportnetwork.org](http://www.iafamilysupportnetwork.org) or contact:

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