



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

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

What you do today can improve all your tomorrows. –Ralph Marston

Wondering about FGRBI?

Routines and School Readiness:

Brushing teeth before bed; a nightly story to unwind. Maybe it's a family walk right after dinner. Routines are often a touchstone in a child's day. Now, experts in human development say that such routines may be a critical part of getting kids ready for kindergarten. Read more of the story and see the video from Child Trends [here](#).

Wondering about Service Coordination?

For Families - Iowa Regional Autism Assistance Program (RAP) Spring Training:

RAP presents Spring Training: Autism Basics with presenter Dr. Kelly Pelzel. This is a four week webinar series for parents or primary caregivers of children with a new autism diagnosis. The series will be on Tuesdays, April 16-May 7, 2019 from noon-1pm. Topics include: 1. What is Autism? 2. Autism Interventions, 3.

Challenging Behavior, and 4. Educational Programming. Click [here](#) to register.

After registering, attendees will receive a confirmation email containing information about joining the webinar. For more information contact Erika Hertel, RAP program coordinator, 319-384-9284 or ericka-hertel@uiowa.edu.



In case you were wondering....

The Case for Creative Play in a Digital Age:

The American Academy of Pediatrics recently issued a [statement](#) on toys, advising families of young children to go for high-quality "traditional" (that is, physical) toys rather than elaborate digital ones. It discusses the cognitive and developmental advantages of toys that give children scope for imagination and invention and, above all, toys that encourage play that brings families and children together.

Early ACCESS Vision: Every infant and toddler with or at risk for a developmental delay and their families will be supported and included in their communities so that the children will be healthy and successful.

Resources to Explain Early Childhood Development:

Healthy development in the early years of life provides the building blocks for lifelong health, educational achievement, and responsible adulthood. What can we do during this incredibly important period to ensure that children have a strong foundation for future development? This [multi-part guide](#) from [The Center on the Developing Child](#) at Harvard University explains the science of how children develop in their earliest years. Using videos, research briefs, infographics, games, and other tools, this set of materials is organized in sections to respond to three questions: 1) Why is early childhood important? 2) How does early childhood development happen? and 3) What can we do to support child development?

Something wonderful is happening....

Registration Open for Iowa AEYC Spring Leadership Institute:

Join the [Iowa Association for the Education of Young Children](#) on May 4, 2019 in Johnston, IA to focus on building inclusive environments within your organization. Recognize why diversity and inclusion are important to team and organizational success, engage in self-reflection and discussions to better understand your own values, manage hidden biases, and increase your ability to contribute and create an inclusive workplace. Click [here](#) to view the full registration booklet. Members, review page eight of the registration booklet for instructions on how to access your discounted member rate. Contact Anne Geiger, 515-331-8000 ext. 122 or anne@iowaaeyc.org with questions.

Mental Health: Mind Matters Exhibit + Session on Early Childhood:

This session on April 8, 2019 from 11am-2pm at the Science Center of Iowa will focus on early childhood brain development and the critical role healthy mental development plays in the overall health of Iowa's children. Dayna Long, MD, Medical Director for the Department of Community Health and Engagement at UCSF Benioff Children's Hospital Oakland, will guide participants through the current science and best practices for addressing adverse childhood experiences (ACEs) and reducing toxic stress to improve the health of all children. Following Dr. Long's presentation, a panel will highlight innovations across our state and across sectors working to improve the social emotional well-being of Iowa's children. Click [here](#) to register by **April 5**.

Week of the Young Child – April 8-12:

Several of the [Iowa AEYC](#) local chapters and local businesses are sponsoring events during the Week of the Young Child. In central Iowa, follow "Mid-Iowa Chapter of Iowa AEYC" on Facebook for upcoming events. To find your local chapter to follow, click [here](#). Also follow the [Events Calendar](#).

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

For more information about Early ACCESS, visit: www.iafamilysupportnetwork.org or contact:

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