



Since 1987, March is deemed “Intellectual and Developmental Disabilities Awareness Month.

This was proclaimed as a way to provide “encouragement and opportunities” necessary for people with developmental disabilities to reach their potential.

We are celebrating Developmental Disabilities month by sharing helpful information and resources so you can have conversations with your children and family about intellectual and developmental disabilities.



**Intellectual Disabilities are defined as** general mental capacity, such as learning, reasoning, problem solving.

**Developmental Disabilities are defined as** physical, cognitive, or emotional impairment. Developmental disabilities appear early in life and limit a person's ability to learn, communicate or perform one or more activities of daily life.

It is important to speak about intellectual and developmental disabilities to children and other adults. By focusing on these as a natural occurrence and that everyone has different abilities the conversations can be easier.

**There are some things to consider or talk with your child about when questions arise about people with disabilities:**

- The child may have difficulties understanding what other people say or mean;
- They may have trouble expressing what they mean or how they feel;
- Have difficulty learning and concentration;
- Have to do things many times before they learn it;
- Act younger than their age;
- Not understand when or if someone is making fun of them.

**Talking points to share with family members about differences and disabilities:**

- It's okay to ask questions;
- The disability did not happen due to actions by the parents;
- Disabilities do not mean the child is too lazy to be able to perform a task;
- The disability did not occur because there are multiple languages spoken at home.

*Source: My Child Without Limits*



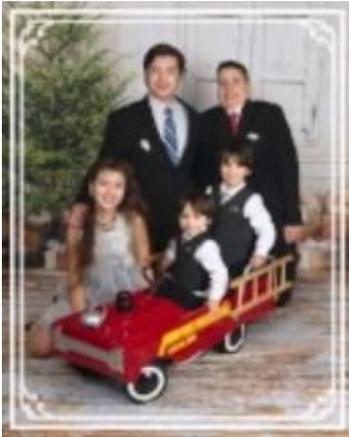
**Suggested Reading List**

There are many books that may help spark conversations in your home; another way to keep the conversation natural.

- [The Bravest Boy I Ever Knew- Lisa Eichlin](#)
- [We Can Do It!- Laura Dwight](#)
- [I Can, Can You- Marjorie Pitzer](#)
- [Big Brother Dustin- Alden R. Carter](#)
- [My Friend Isabelle- Eliza Woloson](#)
- [Kids Like Me...Learn Colors- Laura Ronay](#)
- [Kids Like Me...Learn ABC's- Laura Ronay](#)

Visit our [website](#) here for local organizations that provide support and companionship for families who have children with developmental delays, behavioral and/or mental health challenges.

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### Blog of the Month

I guess I had as normal upbringing as any, okay maybe a little different but not unusual. The days passed and before long; at nineteen I had my first child, David. Plagued with health problems he was not an easy baby. Later I gave birth to my angel, Enrique Tomas. Kiki for short, was an answer to all my prayers, he was quiet, hardly cried. He never seemed bothered by hunger, a dirty diaper, or boredom.

[-- Read More --](#)

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### Upcoming Family Literacy Concert Saturday, March 17th 3:00pm

Loucks Auditorium, Salem Public Library

Join us at the Salem Public Library this Saturday for the Family Literacy Concert: Parents as Partners in Building Kindergarten Success. Nellie Edge and Katie Nelson will have young children and parents singing, clapping, moving, and learning in this amazing early literacy concert.



### Kindergarten Registration is OPEN NOW!



As students enter into the last section of their school year, some of our youngest are preparing to embark on their educational careers. Kindergarten registration for many school districts throughout Oregon open this month. By enrolling your child early, your school is able to prepare the best possible education for your child.



**Have you checked out Ready! For Kindergarten?**

Ready! for Kindergarten provides take-home materials (toys) and tools, to empower parents and caregivers to help young children develop strong brain connections and kindergarten readiness. There are 3 total workshops; you can attend one or all. Here are upcoming workshops:

**East Salem Community Center**

3 and 4 year olds

Call to register- [\(503\) 399-5510](tel:5033995510)

March 7, April 4, and April 11

5:00-7:00pm

**East Salem Community Center**

4 and 5 year olds

Call to register- [\(503\) 399-5510](tel:5033995510)

March 7, April 4, and April 11

5:00-7:00pm

**North Marion Primary School**

Call to register- [\(503\) 678-8500](tel:5036788500)

March 20

5:00-7:30pm

**Gervais Elementary School**

Call to register- [\(503\) 792-3803 ext. 1022](tel:5037923803ext1022)

March 20

6:00-8:00pm

**To find more Ready! workshops visit our [calendar!](#)**

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## Upcoming Parenting Classes

### Make Parenting a Pleasure

*(English & Spanish)*

St. Mary's Elementary

[590 E. College St.](#)

Mt. Angel, Oregon

Every Tues., Feb. 27-May 8

5:30-8:00pm

Call [\(971\) 718-6330](tel:9717186330) to register

### Incredible Years *(English & Spanish)*

Morningside United Methodist Church

3674 12th St

Salem, Oregon

Every Thurs., Feb. 1- April 26

5:30-8:00pm

Call [\(503\) 364-5013](tel:5033645013) to register

**For additional classes in Marion County visit our [calendar!](#)**



### Nurturing Parenting *(English)*

Falls City Elementary School

[177 Prospect Ave.](#)

Falls City, Oregon

Every Tues., Jan.16- April 3

5:30-8:00pm

To register visit the [event here](#)

**For additional classes in Polk County visit [Mid-Valley Parenting](#)**

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Do you want fun easy activities that help your child learn? Download the **FREE** Vroom smartphone app for activities and learn the science behind early brain development. Available in English and Spanish.

Search for the Daily Vroom app in the iTunes, Google Play or Amazon Fire stores.

**OR**

Sign up for weekly brain building text message by texting CHILD to 48258.

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### Vroom Tip

Ask your child about the colors they like and why: "Green" "Blue makes me think of our house." Ask them to share colors with you and take turns sharing.

### More Vroom Tips