

Flat Head Syndrome?

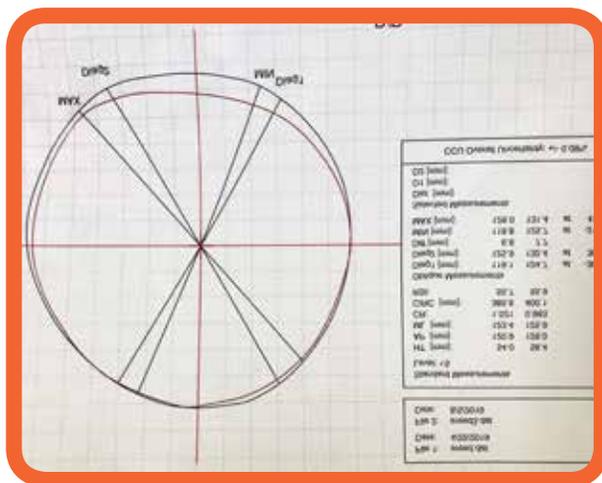
Teresa Lutz, PT



Sudden Infant Death Syndrome (SIDS) has been decreased by placing infants to sleep on their backs but there has been an increase in infants with head flattening. An infant can develop flat spots on one side of head (plagiocephaly) or across the entire back of the head (brachycephaly) from constant pressure on the same spot. Flattened heads can be caused by vision problems, torticollis (tightness of the neck), prematurity, position in the womb, constant positioning on the back (in cribs, infant seats, bouncy seats, strollers etc.), or other medical conditions. Changing your infant's position often and holding your infant in different positions can help decrease the chance of developing head flattening. While your infant should sleep on his back, it is important to provide supervised tummy time for short periods throughout the day as soon your infant comes home to help prevent or decrease the chance of head flattening. By 3 months old, your infant should be able to play on their tummy for short periods totaling an hour a day.

Emersyn had plagiocephaly (flattening of one side of her head) and her family was encouraged to look into an evaluation for a cranial band or helmet to correct the shape of her head.

This is Emersyn's Story (as told by her family): "When Emersyn was five months old her physical therapist recommended getting a helmet because the back of her head was flat. We were hesitant. We thought it would be uncomfortable for her and we didn't want to put her through that, especially during the summer. We took a couple of weeks to think it over and we decided there was no harm in trying it. We made an appointment at Cole Orthotic Pediatric Center and she qualified for a helmet. We received her helmet within a couple of weeks. Since we acted fast, we caught her six month growth spurt (which decreased the total amount of time she had to wear the helmet.) She has been making so much progress and we are so happy we did it. Emmy has been wearing her helmet for three months. She adjusted quickly and doesn't mind wearing it and her head looks so much rounder."



If your infant has head flattening, it is important to talk to your doctor about treatment. Treatment may include physical therapy (head flattening is often linked to delays in development or neck tightness) or a cranial band/helmet. The helmet works by allowing rapid head growth in the flat area because of how the helmet is molded. When treated early, many children need to wear the helmet for about three-four months but this varies depending on age and severity.



From the Superintendent

With autumn, comes the change of seasons. We are able to reflect on the end of the summer and the beginning of the cooler weather. As the leaves change from greens, to brilliant yellows and reds and finally fall to the ground, leaving the trees barren, we need to stop to appreciate what is going on right now as we anticipate where we will be soon as the winter weather comes upon us.

For the last several months here at the Board of DD, we have been working to develop a new three-year strategic plan. To this end, we have had meetings, sent surveys and held planning sessions with board members and staff. As you are reading this newsletter, the draft of our new plan will be on our website and I would invite you to review it and provide us with your thoughts.

The new plan will be both reflective of changes that we have gone through and those that we are planning for the next three years. As with the changes of the seasons, though we might enjoy each season for its individuality, and we might appreciate a change once it has taken place, we are sometimes hesitant in the process. However, our new strategic plan will drive positive change at the Board of DD and so we look forward to this season of change.

So please take a minute or two and check out our new proposed plan. We look forward to hearing from you.

"Nature gives to every time and season unique beauty; from morning to night, as from the cradle to the grave, it's just a succession of changes so soft and comfortable that we hardly notice the progress." — Charles Dickens

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Daniel's on the Move!



Daniel recently turned 3 years old and graduated from Early Intervention Services. He just learned to walk everywhere with his walker and is so proud of himself! And so is Teresa his physical therapist.

Special Olympic Athletes

Thank You!



Fulton County Special Olympics athletes are beyond thankful for your continued support. Especially to the St. Caspers Knights of Columbus, Delta Eagles, volunteers and families.

Athletes LOVE having spectators for their games and tournaments. Be sure to visit Triangular Processing's Facebook page to see upcoming events.

Language Barrier Solutions

Shannon Keiser, SSA

Moving to a new country and learning a new language can be both scary and difficult. When Ed moved into his new home, he had a pretty good understanding of the English language. But we learned that good is not always good enough. Ed and his staff realized that they needed to find a way to help Ed become more comfortable and knowledgeable with the language and set out to find a way to help him while he learned. Ed's house manager, Joel Wukotich, discovered Google Translate. It is a free application that can be downloaded onto a phone or tablet. The application can translate both spoken and written word and even translate forms from one language to another.

If Joel wants to ask Ed a question, he talks into his phone in English and the message that Ed receives is in Ukrainian. An English text message sent to Ed will come through to Ed in Ukrainian. He can also hold his phone or tablet above a form or note and take a photo and the words will no longer be in English but in Ukrainian.

Ed says that using this application has helped him to understand things that he was not able to understand previously. He says that this has increased his independence because he can now figure things out on his own and not have to rely on others: "I can read it, I can understand it, I can translate it". Ed says that he has used the application to read menus at restaurants, forms, and even school work. Technology may be scary and confusing at first, but when used in a way such as this, it can become a welcome solution.

"In a world where technology can be so terrifying, it's nice to see it being used for something helpful and worthwhile," stated Joel Wukotich.



Congratulations Jason!



Four County Career Center recently celebrated the annual Wall of Fame/Distinguished Service Award induction program.

The Career Center honored six graduates from the Career Center who have had success in their careers and who will serve as outstanding representatives for the school at the 22nd annual "Wall of Fame" awards program. Nominations for this honor are based on the areas of significant contributions to the individual's career, the community, education, and Four County Career Center.

Jason Michael Pfund enrolled at the Career Center from Wauseon High School and graduated in 2001 in the Work Transition program. Jason is currently a production worker at Triangular Processing and lives in Wauseon.

A picture/plaque of each "Wall of Fame" and "Distinguished Service Award" recipient will be placed in the main entrance at Four County Career Center. A special "Thank You" is extended to all area businesses who continue to employ Career Center students and give them the opportunity to succeed.



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Fall Playgroup

Early Intervention held their October Playgroup at Crossroads Church in Wauseon on October 23rd. The children in attendance played in the pumpkin "guts" and got to experience the cold, slimy insides of a pumpkin. The children also created with Halloween stickers and enjoyed pumpkins cookies for snack. They played in the Play Land area, and then used their language skills to say "treat" when they went trick or treating. All kids in attendance received their own pumpkin to take home along with a back pack bag of goodies.



FCBDD Offices will be closed:

Thursday, November 28 and Friday, November 29 for Thanksgiving
Tuesday-Friday, December 24-27 for Christmas