National Cleft & Craniofacial Awareness and Prevention Month

Cleft and craniofacial conditions affect thousands of infants, children, teens and adults in the United States each year. In fact, cleft lip and/or palate make up the most common birth defect in the United States affecting one out of every 700 births. While some are born with these congenital anomalies, others can have more complex, life-threatening craniofacial conditions that resulted from accidents and animal attacks.

What is a cleft palette or lip? A cleft lip is an opening in the lip. A cleft palate is an opening in the roof of the mouth. The palate is made up of two parts—the hard palate and the soft palate. The hard palate is made of bone and is towards the front of your mouth. The soft palate is made up of muscle and tissue and is towards the back of your mouth. Most people have a piece of tissue hanging down from the back of their soft palate that can be seen when you open your mouth. This is called the uvula.

A child can have a cleft lip, cleft palate, or both. Clefts can happen on only one side of the face or on both sides. A cleft can go only part way through the lip or palate or all the way through. Sometimes there is an opening in the bony part of the palate that is covered by a layer of thin tissue. You may not be able to see this opening because it is covered. This is called a submucous cleft palate. A cleft palate leaves an opening between the roof of the child’s mouth and his nose.

You may also hear that your child has a craniofacial anomaly or craniofacial disorder. This means that there is a problem with your child’s head and face.

What are the signs and symptoms of a cleft? Many clefts are found after the baby is born. Sometimes a cleft can be seen before birth on an ultrasound. If the cleft is not easy to see, it may not be noticed until your baby has trouble feeding. Milk may come out of her nose. Some clefts aren’t found until after the child starts talking and sounds like she is talking out of her nose.

How can Children’s Developmental Center help? Many families speak with our speech-language pathologist, or SLP for short, right after their baby is born to get some information on what to expect in the future. The SLP can help in many ways, depending on what your child needs. For example, the SLP can:

- share some ideas that may help your baby if she is having trouble feeding,
- give you information about speech and language development,
- tell you what kind of games you can play with your child to help him learn work with your child as a baby, a toddler, and in school, if he needs help along the way, and
- work with a team of professionals to find out what treatments will be best for your child.
Center Leadership

Since 1977, the CDC has been lead by a group of devoted and trusted volunteer Board of Directors. These individuals bring with them a wealth of knowledge and life experiences which helps to support the mission and vision of the center.

If you are interested in applying to the Board, please contact Cathryn Tames at cathyt@childrensdc.org.

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Meet Michael Dinius, Board Vice Chair

My name is Michael Dinius. I've been a CDC board member since July 2013. I was asked to say something about myself and how I see CDC. I was a community mental health therapist and then Employee Assistance Program therapist for eight years, then was in different positions in Human Resources for 20 years. I’m a management consultant these days. I see the board’s job as helping management to maximize CDC’s success: management, employees and volunteers. I was attracted to the board because I was told its job is to be proactive and creative, not to just approve routine motions -- like many boards.

CDC provides vital services for our community. It helps children and families live better lives and exceed expectations... to meet their full potential. How many jobs do that? More than ever, I’d like to see the staff and volunteers get the public recognition they deserve for their challenging work, dedication and inspiring performance.

I know individuals and teams can dramatically change and even save lives. For CDC professionals and volunteers, there is no fanfare or parades; just the satisfaction of knowing they made important differences that will live for a life time. Sometimes they will try their best but not meet all of their treatment goals. It’s inevitable. But, what does it say about us and our community if we don’t try? It’s easy to say our children are our most important resource. It’s another thing to work and go above and beyond to prove it.

We live in tough economic times. Competition for necessary public and private funding is fierce, with many worthy causes. Some causes are represented by nationally-known, influential organizations. One of my goals as board member is for the Tri Cities and surrounding areas to understand and appreciate the critical mission and accomplishments of CDC, including the far-reaching and powerful ripple effects of assisting children and families to be healthier, more independent, and perhaps contribute to make all of our lives better. Never underestimate the value of an individual -- including when developmentally challenged -- or the difference a person can make.

Michael Dinius, MS, MA
Performance Management Consulting, LLC
EARNING EMPLOYEE EXCELLENCE ®

Important Dates

July
1-4…CDC Closed
7…Summer Session Begins
7…Play Group
14…Play Group
21…Play Group
28…Play Group

August
4…Play Group
8…Summer Session Ends
11-30…CDC Closed
12-13…Autism Conference [www.kadlec.org/knrc]

September
1…CDC Closed
2… Fall Session Begins
19...Cuisine de Vin
What Is Sensory Play And Why Is It Important?

Sensory play includes any activity that stimulates your young child’s senses: touch, smell, taste, sight and hearing. Sensory activities and sensory tables facilitate exploration and naturally encourage children to use scientific processes while they play, create, investigate and explore. Spending time stimulating their senses helps children develop cognitively, linguistically, socially and emotionally, physically and creatively. Learn all about child development through sensory play, find activities and crafts that encourage sensory play.

Building a Sensory Table

There is no “right way” to construct or present a sensory table. Choose a surface in your home, build your own, or buy a table from the store to get started. Typically, a sensory table consists of any surface or collection of tubs rotated regularly that contain a plethora of sensory materials, items that provide children with hours of learning, exploring and fun. Choose mediums (ingredients to fill the tubs) and materials (items to add to the tubs) to enhance the sensory experience and spark your child’s interest and creativity—assuming these components are age-appropriate and safe. Here are some ideas to get started:

**Mediums:**

- water (and ice, with soap)
- sand (wet or dry)
- dirt (wet or dry)
- oil
- cornmeal
- rice or pasta
- yogurt
- hay
- beans
- shaving cream, whipped cream or hand lotion
- outdoor items (leaves, acorns, twigs, pine cones)
- flour
- coffee grounds
- popcorn kernels
- packing peanuts
- cardboard tubes
- feathers
- shredded paper
- potpourri
- felt
- oatmeal
- cotton balls
- bubble wrap
- buttons
- bells
- pom poms

**Materials:**

- sponges
- shells
- string
- glue
- soap
- balloons filled with various mediums
- blocks
- magnets
- cooking utensils (spoons, basters, sieves, whisks, tongs, funnels, measuring cups, spatulas)
- combs
- egg cartons
- spools
- ping pong or bouncy balls
- corks
- buckets, pails or bowls
- shovels
- popsicle sticks
- clothespins
- magnifying glasses
- spray bottles
- tape
- small mirrors

Remember, there is no right or wrong way to use a sensory table; they are appropriate for all ages, genders and races. Encourage your child to explore: don’t overwhelm him with tasks and don’t be too quick to answer his questions. Every table and every experience will be different and some may be messy, so be sure to cover the surrounding area and keep water and towels nearby.
Save the Date
Friday, September 19, 2014
7:00 - 10:00 PM
Join us at
Terra Blanca Winery & Estate Vineyard

Enjoy regional culinary delights paired with Red Mountain wines from the esteemed Terra Blanca Winery & Estate Vineyard, Hedges Family Estate, Kiona Vineyards, and Market Vineyard, live Rock-n-Roll music by LEAD FOOT, silent auction, a mystery wine raffle, and much more!

All proceeds benefit the Children’s Developmental Center

$60 per person/$70 at door
For tickets, email dianet@childrensdc.org
or call 509.735.1062 x 281

Thank you, Early Bird Sponsors!

Sponsorship opportunities are still available. Contact dianet@childrensdc.org