



Fall is here and schools are back in session! We hope that everyone had a wonderful summer. With fall here and winter approaching, weather always becomes a concern. In case of inclement weather, please follow your resident school district for all closures or delays. You can also sign up for Flash Alerts to receive text messages on your cell phone for your specific school district at:

[www.flashalert.net](http://www.flashalert.net)

*Please contact your child's service provider with any questions.*

## Administrative Contacts

**Main Number:** 503-261-5535

**Program Director:**  
Jeanett Sealy – x 4626

**Evaluations & Intake/Records -**  
Julie Schweigert – x 4699  
*Associate Director*

**Portland E/NE/SE:**  
Kevin Anderson – x 4623  
*Administrator*

**Portland Public Schools NW/NE:**  
Cami Stevenson – x 4629  
*Administrator*

**Portland Public Schools  
SE/SW/NW:**  
Shannon Raybold – x 1821  
*Administrator*

**David Douglas & Parkrose:**  
Dave Andrews – x 4624  
*Administrator*

**Reynolds:**  
Ashleigh Walters – x 4656  
*Administrator*

**Gresham-Barlow, Corbett &  
Centennial:**  
Mariana Rocha – x 1874  
*Administrator*

**ECSE Classrooms:**  
Devon Keas – x 8053  
Susanne Hardt – x 8503  
*Administrators*

## Important Dates:

- Veteran's Day - November 11<sup>th</sup>, 2024: No services for EI and ECSE
- November Break - November 25<sup>th</sup> – 29<sup>th</sup>, 2024: No services for EI and ECSE
- Winter Break – December 23<sup>rd</sup>, 2024 – January 3<sup>rd</sup>, 2025: No services for EI and ECSE
- Martin Luther King Jr Day – January 20<sup>th</sup>, 2025 – No services for EI and ECSE

# Fall Activities!

## Pumpkin Sensory Play

This activity is great for sensory integration as well as fine motor skills as they scoop, pick, and explore!

### Set up:

- Choose a medium sized pumpkin.
- Cut a large circle at the top and scoop out the seeds and stringy parts into a sensory bin or bucket.
- Add tools like scoops/spoons, cups, tongs, even small, washable toys to hide.



Then, just let them explore! When they are done, you can dry the pumpkin seeds and color them to re-use them for sorting, counting, or glue them for art projects.

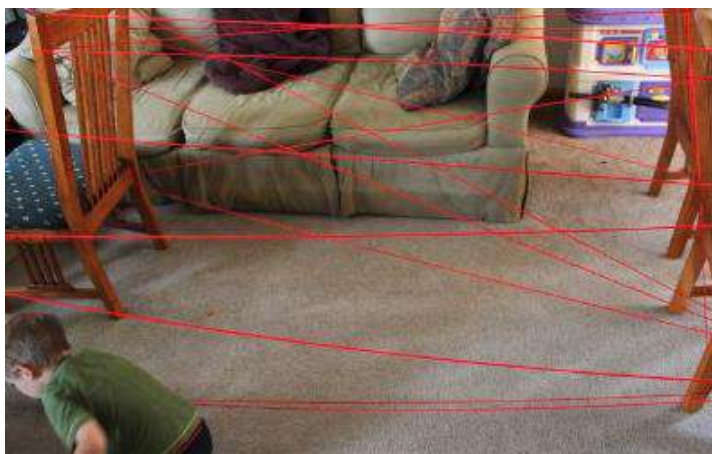
## Paper Tearing Art

Tearing paper is a fun activity and a great way to build hand strength! Have your child rip up various colors of paper and then glue them into art. It could be on fall themed images (see below), they could glue them on plain paper in different shapes or in any design they like!



## Indoor Motor Maze

All you need is a roll of yarn or string to create this fun indoor maze! Take the yarn and weave it through and around chairs, tables, cabinets, whatever you have in your home that is sturdy. (This can also be done outdoors when the weather allows!) Then have your child try to get through the maze without touching the yarn. Moving over, under, and around is great for gross motor skills and motor planning.



## Corn Shakers

### What you need:

- Screw-top bottle or jar (clear)
- Popping corn
- Glue

Add a small amount of un-popped popping corn into the clear container. Don't fill it all the way or there won't be room to shake! Dab some glue to the screw part of the lid first, then fasten it shut. After they dry, give the shakers to your kids and start rattling! You can sing songs or rhymes and accompany them with your new shakers. These are easy to make and great for babies and toddlers to explore!



# Mental Health Space

## What is Early Childhood Mental Health?

The Early Childhood Mental Health program partners with families and early childhood education and caregiving programs to promote the healthy social emotional development of the young children and their families.

Services are free and are provided by a diverse team of trained Early Childhood Consultants who focus on culturally responsive consultation. Services can also include child and family therapy when requested.

## What is the role of Early Childhood Consultants?

Our Early Childhood Consultants support caregivers, educators, and families to build safe, supportive, and nurturing relationships with the children in their care.

Early Childhood Consultants collaborate with the adults in young children's lives to teach children to talk about and manage their feelings, gain important friendship skills, and problem solve the challenges they experience at home and in early childhood education or care.

## Who do we serve?

We serve children under the age of 6 who are enrolled in Preschool for All, Head Start and Early Head Start programs, and Multnomah Early Childhood Program (MECP) and their families.

Our services also provide support and consultation to the administrators, educators, providers, and staff of the programs above.

Services are free, contact your child's program to see if it is currently receiving Early Childhood Mental Health consultation.

## Three ways Early Childhood Consultants can support

Program Consultation: We collaborate with early childhood programs and community partners to ensure that school and program policies and practices support children's social emotional development through a cultural and trauma responsive lens.

Classroom Consultation: We partner with classroom teams and early childhood care providers to ensure adults have the tools they need to promote healthy social emotional development and foster inclusive environments for the young children they serve.

Child and Family Consultation: We brainstorm with families and classroom teams or early childhood care providers to teach children new skills to support their success at school, in care, and at home. Members of our team can also provide child and family therapy when requested.

## How to get in touch

For consultation support, contact the Early Childhood Consultant Coach, or Inclusion Coordinator assigned to your site if:

- You are an Early Childhood professional at a site receiving services;
- You are a family with a child that attends a program we serve;
- Your child/family is experiencing difficulties and/or trauma;
- You would like child and family counseling services please connect with your child's teacher or program.

**There is hope. Make the call (503) 988-4888 --- 24/7 Crisis Line. We're here to listen.**



# Resources and Events



Toy and Joy Makers will begin accepting Family Toy Requests on **November 11<sup>th</sup>, 2024**. Families must live within the Portland city limits. Apply by filling out their online form:

[\[Apply in English\]](#) [\[Aplicar en español\]](#)

WHERE IS  
**SANTA?**

## Santa Cares

Sunday, December 8<sup>th</sup>  
Hours vary by location

Vancouver Mall and Washington Square Mall are both holding sensory-friendly Santa experiences! Book your visit [here!](#)

## Bethlehem Children's Clothes Closet

Provides children's clothing (preemie through teens), maternity clothing, baby supplies (diapers, wipes, pull-ups, formula, and car seats), and toys to those in need while supplies last.

5415 SE Powell Blvd  
Portland, OR 97206

By appointment only!  
[Sign up here](#)

## MARINE CORPS RESERVE



Due to the high volume of requests, the local Toys for Tots doesn't fulfill individual family requests and the toys are instead distributed to non-profits and organizations who will distribute them to families. The link below has a list with many different agencies and organizations that have been approved by Toys for Tots. Families are to contact them with their toy requests: <https://portland-or.toysfortots.org/local-coordinator-sites/lco-sites/request-toys.aspx>



Elysium Sanctuary helps support foster families with things like clothes, school supplies, camp fees, and tutoring. They also have a program to help with birthday cakes, party decorations and food!

[www.elysium-sanctuary.org](http://www.elysium-sanctuary.org)

## Winter Weatherization Workshop

Tuesday, November 5<sup>th</sup>  
5:00pm – 6:00pm  
2705 East Burnside St – Suite 114  
Portland, OR 97214



This workshop teaches renters and homeowners how to save money and energy, stop drafts, and prevent mold. Qualified participants will receive a free kit of materials to lower energy costs and stay warmer in their homes during the colder months.



## Wood Village Turkey Drive

The annual Turkey Drive provides community members in Wood Village with a free holiday meal. This year's meal will include a turkey and a grocery gift card.

[www.woodvillageor.gov/calendar-events/turkey-drive-24/](http://www.woodvillageor.gov/calendar-events/turkey-drive-24/)  
Registration begins Monday, October 14<sup>th</sup>, 2024 and closes on November 1<sup>st</sup>, 2024.

If you live outside of Wood Village, you will be placed on a waitlist until after the application period closes.

## PDX Diaper Bank

In collaboration with partner agencies, PDX Diaper Bank provides diapers & diapering supplies to low-income families with young children, older adults, & individuals with disabilities living in Portland & the surrounding areas.

[www.pdxdiaperbank.org](http://www.pdxdiaperbank.org)



## Repair Café and Clothing Swap

Saturday, November 9<sup>th</sup>, 2024  
17805 SE Stark St.  
Portland, OR 97233

Get your broken items fixed by community volunteers for free! Plus, "shop" for gently used clothing at a free clothing swap. Please visit the website below for more information and the types of items for repair.

<https://www.greshamoregon.gov/events/2024/community-events/repair-cafe-and-clothing-swap-nov.-9>

# Resources and Events

## FREE At-Home Covid Tests

Every U.S. household is eligible to order 4 free at-home Covid-19 tests. Use the website below to have them mailed to your home.

[www.COVIDtests.gov](http://www.COVIDtests.gov)

## Winter Preparedness Fair – Parkrose High School

Saturday, November 16<sup>th</sup>, 2024

11:00am – 2:00pm

12003 NE Shaver St, Portland, OR 97220

Join Community Services Network PDX (CSN) for a Winter Preparedness Fair! They will have FREE lunch, home weatherization kits, winter coats (sizes infant – 12 youth. Two per family), family activities, vaccinations, food boxes, bill discount opportunities and more! Download Flyer: [English](#) - [Spanish](#) - [Ukrainian](#) - [Chinese](#) - [Vietnamese](#)

## 40<sup>th</sup> Annual Tree Lighting Ceremony

November 29<sup>th</sup>, 5:30pm – 6:45pm  
701 SW 6<sup>th</sup> Ave. Portland, OR 97204

Portland's Tree Lighting at Pioneer Courthouse Square is happening the day after Thanksgiving. There will be sing-alongs with local musicians and chorale singers. Join the fun as Santa Claus 'flips the switch' to light up the 75ft tree in Portland's living room.

Download the official songbook [here!](#)



## Oregon ZooLights Sensory Friendly Night



Monday, November 18<sup>th</sup>  
4:30pm – 8:30pm

Sensory Friendly Night allows guests with different sensory processing needs and their families to enjoy the wonder of ZooLights. Lighting and sounds are modified and guests can pause in available cool-down spaces. Participation is limited to minimize crowds. Use this [link](#) to reserve your tickets!



## Free Thanksgiving Dinners & Turkeys!

Use this [link](#) to find local food banks near you.



## Lights & Leashes Dog Walk Nights

Monday, December 2<sup>nd</sup> &  
Tuesday, December 3<sup>rd</sup>.

4:15pm – 9:30pm each night.

Enjoy a casual festive walk through the lights as you stroll around the track with or without a dog. (Dogs must be on a leash.) You do not have to bring a dog to participate though. No cars or motorized vehicles of any kind, roller blades, bikes, scooters, or skateboards will be allowed on the track.

[www.winterwonderlandportland.com/lights-and-leashes-dog-walk/](http://www.winterwonderlandportland.com/lights-and-leashes-dog-walk/)

## Christmas Ships

Come line the Columbia and Willamette rivers to watch a fleet of 55-60 festively decorated sailboats and yachts parade down the waterfront. No tickets are needed as this event is free! Use the link below to see this year's schedules.

[www.christmasships.org](http://www.christmasships.org)



## Festival of Trees A Sensory-Friendly Holiday Experience

Friday, December 6<sup>th</sup>  
9:00am – 1:00pm

Oregon Convention Center – 777 NE Martin Luther King Jr. Blvd, Portland, OR 97232

A morning of fun activities that are accessible to guests of all abilities include an Elf Academy scavenger hunt, Teddy Bear Hospital, photos with Santa, letters to Santa, a giant coloring wall at Santa's workshop, a Lego train display and more! Use this [link](#) for more information and to purchase tickets.



# Resources and Events

## Reindeer in Rockwood

Friday, December 20<sup>th</sup>  
4:00pm – 7:00pm  
Rockwood Market Hall  
458 SE 185<sup>th</sup> Ave. Portland, OR  
97233

Hosted by Gresham Parks and Recreation, come meet Santa's reindeer before they embark on their journey, enjoy some festive treats and share your holiday wish list with Santa! For more information about this free event, contact [Ricki.Ruiz@greshamOregon.gov](mailto:Ricki.Ruiz@greshamOregon.gov)



## Holiday Gala in Multnomah Village

Saturday, December 7<sup>th</sup>  
5:00pm – 8:00pm  
Multnomah Village: SW 35<sup>th</sup> Ave, Portland OR 97219

Festive family friendly fun! Event includes a community holiday tree lighting, carol sing-along, photo-op with Santa, live music, Guilds art fair at Multnomah Arts Center and more!

## Free Kids Workshops!



Every month, Home Depot offers free kids workshops including all needed supplies. In November, December, and January, they are making cocoa ornaments, snow globes, and piggy banks! Use the link below for more information and to register.

[www.homedepot.com/c/kids](http://www.homedepot.com/c/kids)



## Latke Schmooze!

Thursday, December 19<sup>th</sup>  
5:00pm – 6:00pm  
Mittleman Jewish Community Center  
6651 SW Capitol Highway Portland, OR 97219

Enjoy Hanukah songs from PJ Library, play dreidel, & schmooze! Latkes will be available for purchase at the café. This event is free and open to everyone!



Saturday, December 21<sup>st</sup>  
5:00pm – 8:00pm

Reynolds High School  
1698 SW Cherry Park Rd.  
Troutdale, OR 97060  
(in the Multipurpose Room)

Come watch Rise of the Guardians and enjoy festive activities for the entire family, holiday music, hot cocoa, treats and Santa! The best part? It's all FREE!



## Joyous Kwanzaa Celebration

Friday, December 27<sup>th</sup>  
5:00pm – 8:00pm

Tualatin Hills Athletic Center  
50 NW 158<sup>th</sup> Ave. Beaverton, OR  
97006

**FREE COMMUNITY EVENT!**  
Kwanzaa is an annual celebration of African-American culture from December 26<sup>th</sup> – January 1<sup>st</sup> culminating in a communal feast called Karamu, usually on the 6<sup>th</sup> day.

## The Winter Market

December 19<sup>th</sup> – 22<sup>nd</sup>  
11:00am – 8:00pm

Lloyd Center – 2201 Lloyd Center,  
Portland OR 97232

The Portland Winter Market is back this December with over 100 local vendors and artisans selling their wares for your last-minute shopping needs. This event is completely free to attend and supports small businesses from women-owned and BIPOC communities.

## Multnomah County Common Application Program

Multnomah County has created a common services application to help people apply for up to 18 community programs. Now you can use just one application to apply for as many programs as you want at one time, if you meet the basic requirements. Programs include utility discounts, eviction defense project, WIC and more. Use this [link](#) to see all of the programs available and to apply.


## NAYA Family Center Energy Services

NAYA's [Energy Assistance program](#) promotes wellness and housing stability within our communities by providing utilities assistance for income-qualified Multnomah County residents. They currently assist with PGE, Pacific Power NW Natural Gas, and heating fuel (oil, wood, or propane.)





Children who are not up-to-date on their immunizations by **February 19<sup>th</sup>, 2025** will be excluded from school until their immunizations are caught up.

 Parents, don't let your child get left behind!

**School Year 2024-2025**



Oregon law requires the following shots for school and child care attendance\*

A child 2-17 months entering  
**Child Care or  
Early Education** needs\*

Check with your child's program or  
healthcare provider for required vaccines

A child 18 months or older entering  
**Preschool, Child Care, or  
Head Start** needs\*

4 Diphtheria/Tetanus/Pertussis (DTaP)  
3 Polio  
1 Varicella (chickenpox)  
1 Measles/Mumps/Rubella (MMR)  
3 Hepatitis B  
2 Hepatitis A  
3 or 4 Hib

A student entering  
**Kindergarten or  
Grades 1-6** needs\*

5 Diphtheria/Tetanus/Pertussis (DTaP)  
4 Polio  
1 Varicella (chickenpox)  
2 MMR or 2 Measles, 1 Mumps, 1 Rubella  
3 Hepatitis B  
2 Hepatitis A

A student entering  
**Grades 7-12** needs\*

5 Diphtheria/Tetanus/Pertussis (DTaP)  
1 Tdap  
4 Polio  
1 Varicella (chickenpox)  
2 MMR or 2 Measles, 1 Mumps, 1 Rubella  
3 Hepatitis B  
2 Hepatitis A

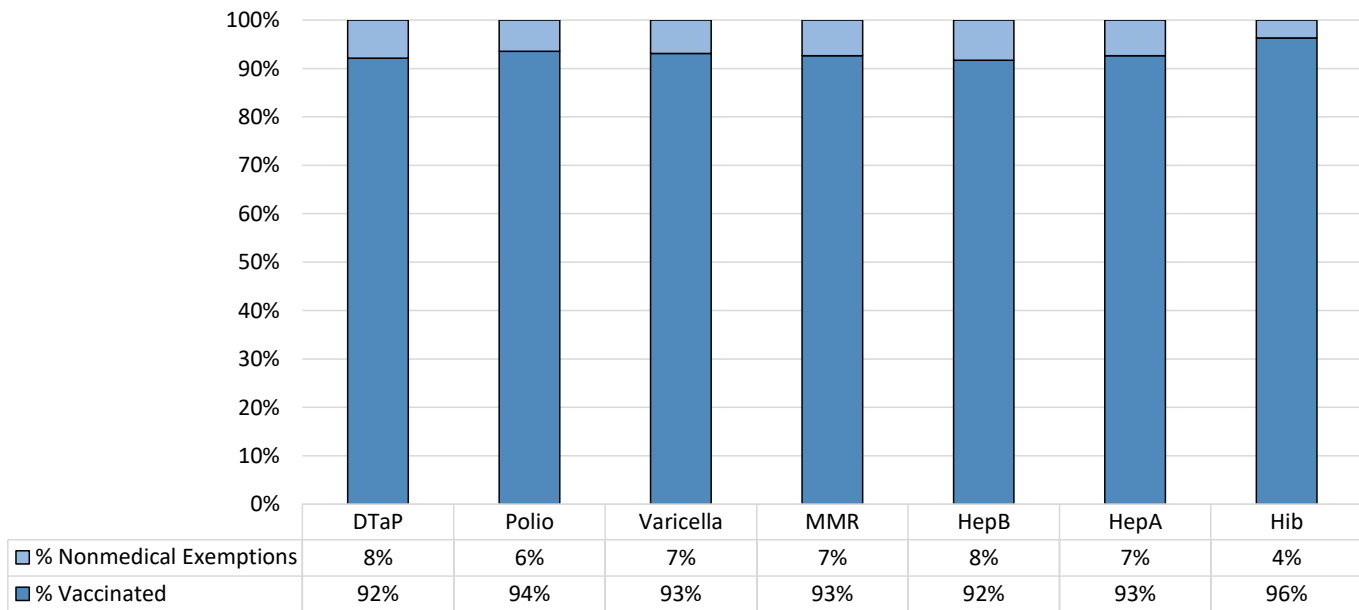
*\*At all ages and grades, the number of doses required varies by a child's age and how long ago they were vaccinated. Other vaccines may be recommended. Exemptions are also available. Please check with your child's school, child care or healthcare provider for details.*



# Immunizations



How many children at Multnomah Early Childhood Program are vaccinated?\*



Number of children at the school\*\*: 217

Percent of children with no immunization or exemption record: 0%

Percent of children with a medical exemption for one or more vaccine(s): 0%

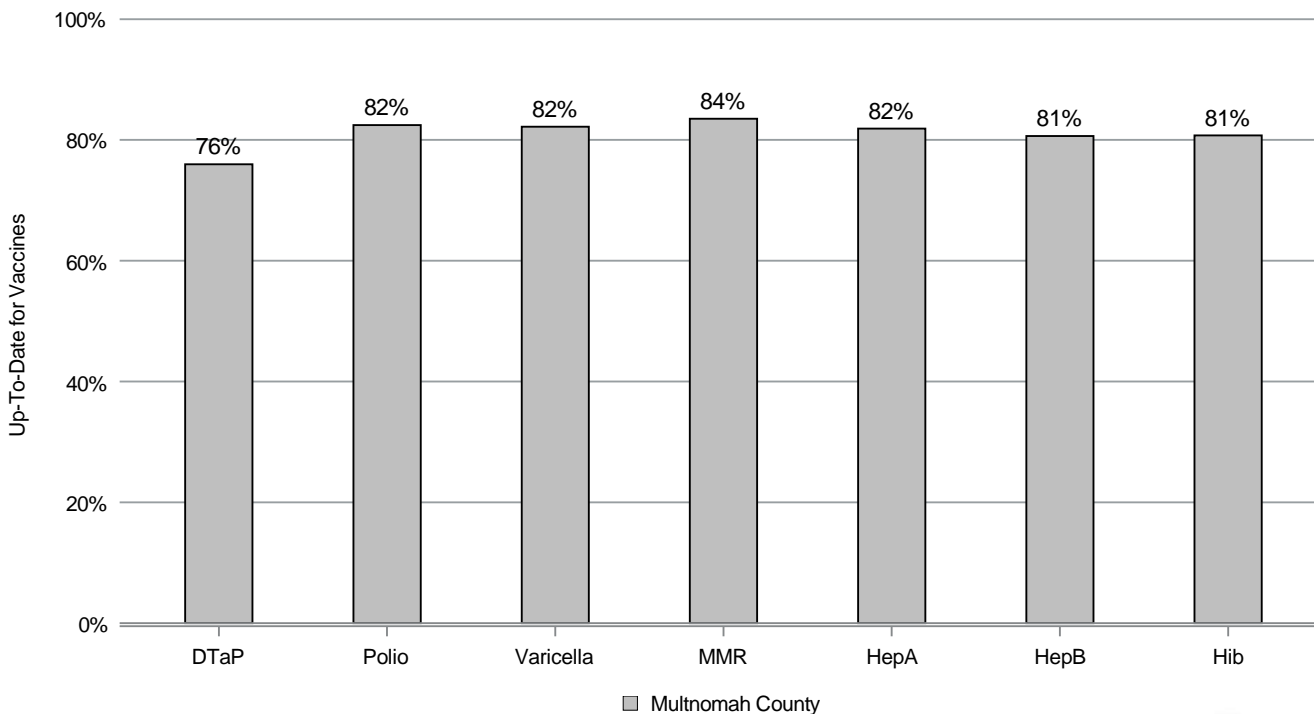
March 2024

\* Not all immunizations are required for all grades. These numbers may not total 100% if some children have medical exemptions, or are incomplete or in process with immunizations but do not need an exemption because they are on schedule.

\*\*There is/are also 2369 child(ren) enrolled for whom immunizations are not required to be reported because their records are tracked by another site or they attend fewer than 5 days per year.

\*\*There is/are also 0 child(ren) 18 months of age or younger who are not required to be finished with their pre-school vaccines because of their age.

How many kids younger than school-age\* are up-to-date on vaccines in Multnomah County?



■ Multnomah County



\*Children age 19 months as of January 11, 2023 through 5 years as of September 1, 2022

Assessment Date: February 27, 2023

Data source: Oregon ALERT IIS





# Local Interagency Coordinating Council (LICC)

## Opportunity for Parents and Caregivers!

The Multnomah Early Childhood Program has a Local Interagency Coordinating Council (LICC) which seeks input from parents, caregivers and other local services or organizations in order to improve our services. This group meets 4 times a year from 2:00 to 3:30, currently all meetings are held on zoom and are bilingual in Spanish and English. This year the meetings will be held on: October 17th, December 5th, February 5th and April 24th.

We would like to extend an invitation for any parent or caregiver who would like to participate in this group. Please reach out to Kevin Anderson either by email [kevin\\_anderson@ddsd40.org](mailto:kevin_anderson@ddsd40.org) or at 503-256-6500 x 4623 with any questions or to be included in the invitation.

### 2024-2025 EI Family Calendars

Early Intervention (EI) 0-3 years

[English](#)

[Spanish - Español](#)

[Russian - Русский](#)

[Vietnamese - Tiếng Việt](#)

[Chinese - 中国人](#)

[Arabic - عربي](#)

### 2024-2025 ECSE Family Calendars

Early Childhood Special Education (ECSE) 3-5 years

[English](#)

[Spanish - Español](#)

[Russian - Русский](#)

[Vietnamese - Tiếng Việt](#)

[Chinese - 中国人](#)

[Arabic - عربي](#)

### 2024-2025 Classroom Family Calendars

MECP ECSE Classrooms

[English](#)

[Spanish - Español](#)

[Russian - Русский](#)

[Vietnamese - Tiếng Việt](#)

[Chinese - 中国人](#)

[Arabic - عربي](#)

## MECP is Looking for Volunteers!

At MECP, we use visual supports for routines, schedules and transitions with children. Visual supports can help children learn new skills and prevent challenging behaviors. Visuals help young children learn and follow routines by helping them understand what is happening “now” and what is happening “next”. They also serve as reminders for verbal directions and help children know exactly what is expected of them.

Because we provide special education services for so many children across Multnomah County, we use many visuals each day. That’s why we’re asking for your help! We are looking for volunteers to come to our offices to help create visuals for children all over the county. You would not be working in our classrooms or directly with children. You would be in our offices printing, gluing, laminating, and cutting out different visual materials. If this sounds like something you would be interested in helping with, please download and fill out a volunteer packet below. After you fill it out completely, please email it back to:

[mecp\\_volunteers@ddsd40.org](mailto:mecp_volunteers@ddsd40.org)

[Volunteer Packets](#)