

SINERGIA

News/Noticias

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WORKSHOPS

The Metropolitan Parent Center at Sinergia has just launched the **Early Childhood Program** to help parents of infants, toddlers and preschool children experiencing developmental delays, and children with disabilities from birth to age three.

Our program will offer workshops for both parents and professionals, as well as provide resources for parents and one-on-one advocacy to support them in obtaining the services their children need and are entitled to.

For more info contact Godfrey Rivera at (212) 643-2840, ext. 307 or grivera@sinergiany.org

Helping Children do better in School

October/2009

Greetings!

As we enter into the fall season it's that time of year again to celebrate Hispanic Heritage Month. Sinergia joins in on the celebration with a short presentation spotlighting famous contributors from the different Hispanic cultures, then lots of socializing with delicious Spanish dishes, music and *tertulia*. Everyone is invited to our little *fiesta* - hope to see you there!



Photo:Rafael Tufiño

When: Friday October 9th starting at 12:00 pm

Where: Sinergia, 134 West 29th St., 4th floor

Sinergia's Autism Project



We are happy to announce that as part of the City Council Autism Initiative, Sinergia's Autism Project has been refunded.

This program directs outreach and programming to parents of children with autism, in particular to Latino parents who are not yet able to communicate in English. It also addresses families living in poverty

On September 23-23, 2009 a **Summit for Family and Parent Engagement** was held at the Marriott Hotel in Albany, NY. This event is a continuation of a series of dialogues that were initiated last year in Albany to address the issue and challenges of engaging families in their children's education in New York State. The purpose of the conference was to hold dialogues with a variety of stakeholders on how to "*create systemic change in effectively engaging families and communities in closing the achievement gap*".

[There were a number of important initiatives that resulted from the summit, which you can read about on our blog.](#)

ABOUT US

Sinergia, Spanish for synergy, is a 501(c)(3) community based, multi-service organization. Since 1977 we have been linking families of children with disabilities to services that matched their needs. Our mission is to enhance the well being of individuals and families through the human services delivery system(s), with particular concentration on those "special populations"

and those who may have limited access to information and services and lack knowledge of the service systems, and/or have limited or no knowledge of their children's educational rights or how to navigate the special education system.

The focal point of the program is a series of *Desayunos/Encuentros* that provide parents a way to come together, learn, and share experiences and ideas in a more intimate and informal setting. At the moment they are scheduled at the end of every quarter, but after the last one, which was held on October 2nd, it has become clear that our families' need them with more frequency, at least once per month. We will be looking for funding to increase the number of Breakfasts/Dialogues, so important for parents of children with autism in our community. Any ideas and/or suggestions for funding this program are welcome.

[Read more about it in our blog.](#)

Please call our coordinator Gina Pena at 212-643-2840 for upcoming training sessions or for any further information about the Autism Initiative.

Detecting Developmental Delays

Each month our e-newsletter we will include an article, a tip, or resources for parents of children age birth through 3 years of age.

When it comes to developmental delays, many parents often have questions regarding their child. Here are some signs to look for, from the Children's Health Encyclopedia:

What is a developmental delay?

A developmental delay is any significant lag in a child's physical, cognitive, behavioral, emotional, or social development, in comparison with norm.

Infancy

Infants who have medical problems at birth have an increased chance of developmental difficulties. High risk infants should be in a follow-up program to track their progress because of an increased likelihood of developmental problems that may appear gradually in the first years of life.

Most children begin to speak their first words before they are 18 months old, and by age three the vast majority of children speak short sentences. Therefore, any child who is not speaking words or sentences by the third birthday may be developmental delayed.

Toddlerhood

Between the ages of 12 and 30 months, a child begins to strike out independently from a secure base of trust set up with the primary caregiver during the first year. As toddlers learn to walk, there is access to new territory. Boundless energy and insatiable curiosity drives the child to explore the environment and master new skills. Increased motor skills immaturity and lack of experience also place the toddler at risk

that have traditionally experienced difficulty in accessing human services. Those "special populations" include, without limitation, persons with disabilities, disadvantaged, Latino, African American, Native American and or migrant. Sinergia has a reputation for decades of working with "underserved families, many with limited English proficiency, African American, homeless and families experiencing poverty.

You can find more information at www.sinergiany.org.

Please visit us soon!

Let's Get Social!

We hope you visit our blog, Sinergia's "[La Esquinita](#)", or [Li'l Corner](#). Let's start the dialogue!

Are you on Facebook yet? If you are, you can also connect with us at [Sinergia's Facebook Page](#). Become a fan and keep up to date with the latest happenings at Sinergia.

WE'RE MOVING!

Sinergia is thrilled to

for accidental injury. Children with developmental delays may tend to be more reserved and less adventuresome. They may tend not to explore their environment or take risks in it.

The healthy toddler years are characterized by the struggle for autonomy as the child develops a sense of personhood separate from the parent. Toddlers' egocentric and demanding behavior, often marked by temper tantrums and negativism, has given this period a negative reputation. However, toddlers who do not evince this challenging behavior may be delayed. Dramatic growth of language and cognitive skills during the second year enables the healthy toddler to think and solve problems for the first time. For the child who is not progressing in language skills, developmental delays are readily identifiable.

Preschool

The preschool period, from age three to five years, is a time of relative tranquility after the tumultuous toddler period. The healthy preschooler becomes increasingly independent, mastering many motor skills and developing greater social and emotional maturity. The preschooler is imaginative, creative, and curious. The developmentally delayed preschooler may act more egocentrically and show more signs of demanding behavior.

Infancy through three years of age are the vital years for healthy development and growth. Know the signs of healthy development for your infant, toddler or preschool child.

Is Your Child Entering Preschool?

On **October 15, 2009**, the MPC will offer a special presentation during the fourth session of our "Education Advocacy Workshop Series" focused around young children that will be entering preschool, a crucial time for decision making about children's services. This session will address what parents need to know and do in order for their child to experience a seamless transition. The workshop is called:

"Transitioning From Early Intervention Services to Preschool"

Please call Godfrey Rivera, Co-director of the Metropolitan Parent Center at (212) 643-2840, ext. 307 or e-mail at grivera@sinergiany.org for further information or to register for the presentation.

Simultaneous interpretation (Spanish-English) is available upon request.

Date: October 15, 2009

Time: 10:00am to 1:00pm

Location: 134 West 29th Street, 4th Floor, New York, NY 10001

announce that we will be moving to a new location in December 2009. Our new offices will be taking up two floors of a building being constructed at 2082 Lexington Ave., on the corner of 126th Street. [Read more about this here.](#)