

# DETROIT

# NATIVE SUN

## Helping young children reach developmental milestones

(StatePoint) The first few years of life are fundamental to cognitive, emotional and physical development. While every child progresses at their own pace, there are many toys and activities you can introduce to encourage growth. Here are a few ideas to consider:

1. Tummy Time. "Tummy time" helps improve a baby's motor skills and strengthens neck and shoulder muscles. Consider toys designed to foster this activity, such as the Tummy Time Discovery Pillow. This soft, crescent-shaped pillow goes beyond comfortable support for babies. Multiple textures, patterns, colors and a baby-safe mirror offer visual and tactile stimulation, while light-up piano keys introduce numbers, colors, shapes, animals, nursery rhymes and music. Use this not only during tummy time, but while babies are learning to sit on their own, and on the go.
2. Gym Day. Seek out toys that grow with your child to nurture each developmental stage, from birth-to-toddler. For example, the 7-in-1 Senses & Stages Developmental Gym is designed to support babies' growth, build their muscles, and engage their minds and senses. With an included guide that explains how to use each play zone and accessory, you can make the most of its overhead arches, removable xylophone, tummy time pillow, sensory toys and image cards. Plus, you can even fold up the sides of the mat to create a soft, enclosed playful ball pit.
3. Story Time. A child is never too young to be read to. In fact, reading books to a baby

is an excellent way to bond with them, introduce vocabulary, and help draw connections between pictures and words. While you'll likely start out with board books and soft vinyl books comprised of simple words and phrases, soon you'll be on your way to interesting storylines and fun characters, promoting a lifelong love of literature in the process.

4. Baby Steps. Look for adaptive technology designed to help with motor skill development and support the journey from sitting to crawling to walking. With the Sit-to-Stand Learning Walker by VTech, you can start with an easy-to-remove activity panel for floor play, then step it up with the fun-to-manuever walker. It also includes spinning gears, piano keys, rollers, light-up buttons and a telephone handset to promote fine motor skills, while teaching shapes, colors, animals, music and more.
5. Outdoor Exploration. Encourage a curious mindset by regularly taking walks. Talk to your baby about the sights and sounds around you. Just be sure your stroller features adequate sun protection, storage space and maneuverability so that you're well-equipped for excursions of all kinds. This is one great tradition to carry on as your child grows and begins to take steps on their own.

While ensuring babies reach developmental milestones is important, the good news is that it can be an opportunity to have fun and bond with your little one.

## Telford Telescope: Scholastic Musings

By Dr. John Telford  
SUN COLUMNIST



Let's muse for a moment on what might have been and hopefully still can be: 33% of Detroit voters (those of us who exercised our precious right to vote) have now spoken--and unfortunately for our students, big money and politics-as-usual have again prevailed

and put done-nothing-for-four-years incumbents back on the Detroit school board. (Oh, how in my youth I reveled in the egalitarian properties of the unforgiving stopwatch. Would that it could somehow become the marvelously democratic instrumental determinant of the outcomes of board of education elections!) Tragically for the children, the three best-qualified candidates, namely, ME--plus Ida Short and Lamar Lemmons, two members of the good former DPS board that appointed me pro bono Superintendent in 2012--didn't get elected. Thus we three--in concert with lone progressive incumbent Sherry Gay-Dagnogo--won't be enabled to restore our students' failing scores to their high pre-1999 state-take-over levels unless we can find another way to do it. And as I've said, I sought no endorsements from organizations and took no donations, but instead financed my candidacy modestly via my book sales and savings: as always, I wanted to remain un-bought and un-bossed.

My Scotland-born civil-rights fighter father passed at 84, so I'm clearly living on borrowed time. I'll be 87 in January, and I really didn't expect to be around at the end of the four-year term I'd have won--yet I ran for the board regardless, because I so passionately wished to initiate the good reading program which we tried to install in 2012 that would have afforded our children the superior reading instruction I got in the 1st grade in 1942 at the old Estabrook School on McGraw at Linwood Avenue. We can only hope that enough of the re-elected board will finally see the light and direct Supt. Vitti to put the evidence-based, field-proven, pay-only-for-success program I tried to install in 2012 at the elementary level to save our incoming children from the illiteracy that has cast a dark shadow on the futures of more than 90% of our DPSCD students (or that Dr. Vitti will finally do so on his own initiative).

I commend campaign manager Willie Burton and all the folks who fought the righteous fight to get me elected. I also commend all the intrepid activists who voted for me, for Ida, for LaMar, and for the many first-time candidates who expressed an intent to fix the failing reading program that during the past four years has further worsened DPSCD scores, which were already the worst in the nation and remain the nation's worst.

Former world-ranked sprinter and longtime education activist John Telford is the DPSCD Poet-in-Residence. Tune him in on WCHB AM1340 Saturdays at 9:30 a.m. and Mondays at 6:30 p.m.--and on WJZZ Internet TV Wednesdays at 10:00 a.m. Read his poetry in the 'Downtown (Detroit) Monitor.'

### GENANSCOT HEALTHCARE SERVICES, LLC

17800 E. WARREN (CORNER OF MARSIELLES) DETROIT, MICH. 48224

#### 10-Day Certified Nursing Assistant Program

Program includes:

- CPR Certification
- Off site clinical experience
- Job placement assistance
- Books
- Background Check
- TB Skin Test
- Michigan Works Approved

Must be 18 years and older. 17-year-old Students accepted with parental consent.  
CASH, CREDIT CARDS & PAYMENT PLANS ACCEPTED

**Sign Up Today & Begin Your New Career**  
**(313)647-9860 / 61**



EVERYONE'S READING THE



Even our Competitors  
We have the **best**  
Writers  
Coverage  
Ad Rates

Buy 3 ads, get 4th ad and  
Video to promote on social media  
**FREE**

**313.457.5944**

Celebrating 17 years  
Serving Metro Detroit

[www.DetroitNativeSunOnline.com](http://www.DetroitNativeSunOnline.com)



Hear him on **WCHB AM1340**  
**Saturdays, 9:30 a.m.**  
**Mondays, 6:30 p.m.**

**Dr. JOHN TELFORD**  
*poet, artist, athlete, musician, author,*  
*former Superintendent, DPS*

books available at **amazon**

8900 E. Jefferson • Detroit 48213  
**(313) 460-8272**

[DrJohnTelfordEdD@aol.com](mailto:DrJohnTelfordEdD@aol.com)

also on **WJZZ Internet TV**  
**Wednesdays, 10:00 a.m.**

Read him in the **Detroit Native Sun**  
and the **Downtown Monitor**