

The editor of First Steps Families is a mom that had a child in the First Steps program. Hopefully the information shared will provide you with helpful resources for your family. To conserve resources and to make sure you don't miss out on helpful information, please send your e-mail address to Connie Coovert at [cccoov2@uky.edu](mailto:cccoov2@uky.edu) to receive the newsletter electronically.

Connie



## HELP YOUR CHILD GROW WITH THESE RESOURCES

These are just some of the many resources that can provide you with information and support to help your little one grow in important ways.

### Parenting Counts | [parentingcounts.org](http://parentingcounts.org)

Explore the many ways your child will develop from birth to age 5 with the free Developmental Timeline on this website. Parenting Counts is the research-based family of products developed by Talaris Institute to support parents and caregivers in raising socially and emotionally healthy children.

### NAEYC For Families | <http://families.naeyc.org/>

National Association for Education of Young Children (NAEYC) This site provides research based information on children's learning and development that families can trust.

### Text4baby | [www.text4baby.org](http://www.text4baby.org)

Text4baby is an educational service of the National Healthy Mothers, Healthy Babies Coalition. If you're pregnant or a new mom, text4baby will send three text messages each week to your cell phone with expert health tips to help you through your pregnancy and your baby's first year. It's free to sign up and the messages are free. To sign up, text **BABY** to **511411**. To sign up for text4baby in Spanish, text **BEBE** to **511411**.



### Pacer Center | [www.pacer.org](http://www.pacer.org)

Pacer center is a non-profit organization providing training and information for families of children and young adults with disabilities and education professionals. Their site is chock full of information about early intervention. You can also sign up for their newsletter called Early Childhood Connections.

### enTEISment | [earlyinterventionsupport.com](http://earlyinterventionsupport.com)

This website is a place for families who are facing challenges pertaining to their child's development and growth.

### Health Care | [HealthCare.gov](http://HealthCare.gov)

The federal government launched **HealthCare.gov** to connect all types of health care consumers with information and resources to help them find care.

## PARENT CONSULTANT

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We are on the Web:  
<http://chfs.ky.gov/dph/firststeps.htm>  
Or  
[kyfirststeps.org](http://kyfirststeps.org)

## Quotable Quote

**We worry about what a child will become tomorrow, yet we forget that he is someone today.**

~**Stacia Tauscher**



## FIRST STEPS FAMILY SURVEY

We need your help! As the parent or guardian of a child who has received First Steps services, you know how important it is that the services be provided in a professional, timely and family friendly manner. Every year we ask families to complete a survey to let us know how we are doing and how they believe their child has progressed. The results of this survey are reported yearly to the U.S. Department of Education as part of Kentucky's Annual Performance Report.

The survey has already been sent out to First Steps Families. If you have received it and filled it out and sent it back in, Thank You!

You are welcome to contact the state lead agency at 1-877-417-8377 should you have any questions.

## EARLY CHILDHOOD FAMILY CONFERENCE

Registration is now open for the 3rd Annual Early Childhood Family Conference on October 12, 13 and 14th at the Clarion Hotel in Lexington KY. **This conference is free to families.** Lodging, meals and travel is included. Registration is on a first come first serve basis with limited spots available. Activities and sessions will be available to children birth to five and their siblings. A full conference list of detailed presentations will be included in registration packets. Interested? Contact Connie Coovert at [cccoov2@uky.edu](mailto:cccoov2@uky.edu) or 859-257-6427



## FIRST STEPS FAMILIES ATTEND INSTITUTE



The Infant-Toddler Institute is designed to bring families, professionals, and paraprofessionals together to learn about quality services for infants and toddlers with and without special needs.

Ten (10) First Steps families, a record number, attended this year's Institute held in Lexington in August. One of those families, Rick and Sheri Haynes were there with their son Jeremiah. Jeremiah was quite the little charmer and left all the Institute participants with a smile on their face! What a cutie!

A BIG Thank You to all families that attended!

## FUN IN THE FALL

Experiencing the change of the seasons is a great educational opportunity for your little one. All five senses are engaged and science, ecology, culture, art, reading and more blend into one giant laboratory of learning. Now is a great time to enjoy the great outdoors and discover the richness of nature.

Head out to the local park or just out your front door and take a leisurely stroll amongst the trees to look for fallen leaves. Point out the different colors and shapes of the leaves, and mention the names of the trees they come from. This is a great chance to teach, bond, and enjoy the outdoors.

You might also choose a few dry, flat leaves to take home. Put them between two sheets of waxed paper, and pile some heavy books on top to press the leaves. Allow them to press for at least 24 hours. Use the leaves to create some autumn art, or save them in a scrapbook.