

FIRST STEPS FAMILIES JANUARY 2012

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 to receive the newsletter electronically or call me at 859-257-6427 to arrange for a hard copy.

Connie



EARLY CHILDHOOD RESOURCES

Parents play a critical role in their child's development. Providing a safe, loving home and spending time together—playing, singing, reading, and even just talking—can help a young child learn and meet developmental milestones. While spending time with your children, it's important to have information regarding typical childhood development so you can recognize the signs of any developmental delays and intervene early. For more information on early childhood development or services, visit the following websites:

CDC | cdc.gov/ncbddd/actearly

The Centers for Disease Control and Prevention (CDC) provides information on the developmental milestones for children from 3 months to 5 years of age and offers developmental warning signs for each age group. The CDC website also offers interactive tools for users to select areas of development and examine expected changes in milestones over time.

Head Start | nhsa.org

Head Start is a national program that provides education, health, nutrition, parent involvement, and family support services to at-risk children and their families. The program serves children in families that earn at or below the federal poverty level, which for a family of four is \$22,350.

TACSEI | challengingbehavior.org

The Technical Assistance Center on Social Emotional Intervention for Young Children (TACSEI) translates research on young children with challenging behaviors into everyday practices. It offers parents, caregivers, and service providers modules and practices to improve the socialemotional behaviors of young children with delays and disabilities.

ZERO TO THREE | zerotothree.org

ZERO TO THREE is a national nonprofit organization that informs, trains, and supports parents and professionals in their efforts to improve the lives of infants and toddlers. It offers interactive resources on early childhood behavior and development, child care, education, and public policy.

PACER Center | PACER.org/ec

PACER's Early Childhood Project offers individual assistance, workshops, and print resources for families of children from birth to age 5. The Early Childhood Project webpage has additional resources, publications, and links to organizations and programs that serve families of young children with disabilities, both in Minnesota and Nationwide.

NECTAC | nectac.org

NECTAC is the national early childhood technical assistance center supported by the U.S. Department of Education's [Office of Special Education Programs](#) (OSEP) under the provisions of the Individuals with Disabilities Education Act (IDEA). NECTAC serves Infant and Toddlers with Disabilities Programs and Preschool Programs for Children with Disabilities in all 50 states to improve service systems and outcomes for children and families .

PARENT CONSULTANT

Connie Cooverrt
229 Taylor Ed. Bldg.
Lexington, KY 40506
1-859-257-6427
cccov2@uky.edu

We are on the Web:
<http://chfs.ky.gov/dph/firststeps.htm>

Quotable quotes

Anyone can give up, it's the easiest thing in the world to do. But to hold it together when everyone else would understand if you fell apart, that's true strength."

- Christopher Reeves

IMAGINARY SNOWMAN

Having little or no snow on the ground shouldn't stop you from building a snowman. All you and your toddler need is a little imagination! Building a pretend snowman is a great way to get your toddler to use his imagination, learn how to pretend, and develop memory skills. Tell your tot to help you make it snow inside by holding your hands above your head and waving your fingers in a downward motion.

Next, pretend to make big, medium and little snowballs. The big snowballs will be very heavy so you and your toddler may have to pretend to roll them together. Pretend to stack the snowballs and then figure out together what pretend items would make good accessories for your new snowy friend. Decorate him accordingly. You may even want to dress in your real coat and hat for this activity. Have a cup of imaginary cocoa, or better yet, the real thing after your all done!



PARENT VOICES COUNT

There are many ways for families to become involved with planning and developing Early Intervention services in Kentucky. One way is to be a Parent Representative on the **Interagency Coordinating Council (ICC)**, a state council appointed by the Governor where families can learn how the Early Intervention system works and be on the forefront of receiving information that affects the EI system. Parents have the opportunity to "sit at the table" and voice their opinions with other key advisors to the Department for Public Health, the lead agency for the Early Intervention program.

Another way is to be a Parent Representative on the **District Early Intervention Council (DEIC)**. This group meets to discuss and take action on issues affecting young children with special needs in your community. The DEICs encourage local interagency coordination, identify early childhood issues and help plan district service delivery systems for families of eligible infants and toddlers from birth to age 3. The DEICs often organize trainings or host guest speakers to bring current information about topics of interest to those who have, or work with, children with and without developmental delays. Interested? Contact Connie.



SAVE THE DATE



The 2012 Infant-Toddler Institute will be held in Lexington at the Lexington Convention Center & Hyatt Regency Hotel. Registration information will be available in the spring.

Family scholarships will be available. More information will appear in future issues of this newsletter.