

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 cccov2@uky.edu to receive the newsletter electronically or call me at 859-257-6427 to arrange for a hard copy.



What IS Early Intervention?

First Steps is Kentucky's Early Intervention System (KEIS) that serves children from birth to age three who have a developmental delay or a particular medical condition that is known to cause a developmental delay. First Steps services are provided statewide and coordinated by the Cabinet for Health and Family Services.

Early intervention means providing appropriate services and supports to families to enhance children's growth and development. First Steps believes that all families know their child best and are the primary decision makers.

Early intervention helps a child with major developmental areas.

physical development (the child's ability to move, see, and hear),

language and speech development (a child's ability to talk and communicate),

social and emotional development (a child's ability to play, interact and relate to others),

adaptive development (a child's ability to handle self-care functions, such as feeding and dressing)

cognitive development (a child's ability to think and learn).

What services are available?

The First Steps program provides a wide variety of services and supports including: **Service Coordination, Evaluation, Assessment, Development intervention, Occupational therapy, Speech therapy, Physical therapy, Audiology services, Vision services, Nutrition, Psychological services, and Social work.** Eligibility for services is determined through a process of child and family assessment.

Early Intervention services are provided in a child's natural environment which includes their home, child care, or other community setting.

Family Involvement a Vital Element of Early Intervention Success

While the therapists and other specialists who work with your child are considered experts in their fields, they are not the most important element of early intervention. The most important element is the parents.

When parents practice the techniques taught in therapy at home, it aids in the child's ability to improve. On the other hand, studies have shown that when parents are not involved, therapy takes longer and the child has to work harder.

Helping your child develop an optimistic outlook can be one of the greatest gifts a parent can give their child.

PARENT CONSULTANT

Connie Covert
229 Taylor Ed. Bldg.
Lexington, KY 40506
1-859-257-6427
cccoov2@uky.edu

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

SAFETY TIP OF THE MONTH.....

When you prepare more than one serving of formula at a time, pour the extra formula into bottles or covered containers and store them in the refrigerator immediately.

Never store concentrate or ready to feed formula in its original can after it has been opened.

Once you open a can of liquid concentrate or ready to feed formula, you must use it within 48 hours.

Throw away all prepared formula after 48 hours.

If your baby doesn't drink all the formula in a bottle during a feeding, **throw the rest away.**

GIVE US A CALL

Have you had a great experience with a First Steps provider or service coordinator? If so, please contact the Point of Entry Manager in your district and let them know so they can give the provider recognition of a job well done.

You can get the toll-free number for your district POE manager on **page 8** in the First Steps Directory at this address: <http://kyfirststeps.org/2011%20Central%20Directory%20of%20Early%20Intervention%20Resources.pdf>



INFANT-TODDLER INSTITUTE SCHOLARSHIPS!!



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

Some family scholarships are available. For more information contact Connie Covert at cccoov2@uky.edu,

SUNSCREEN SAFETY FOR BABY

Baby sunscreen recommendations differ for infants younger and older than 6 months. Consider these general guidelines from the American Academy of Pediatrics, the Food and Drug Administration and the American Cancer Society:

- **For babies younger than 6 months.** If your baby is younger than 6 months, keep him or her out of direct sunlight. Protect your baby from sun exposure by dressing him or her in protective clothing, a hat with a brim and sunglasses. If adequate clothing and shade aren't available, apply sunscreen only on small areas of your baby's exposed skin, such as the face and back of the hands.
- **For babies 6 months or older.** If your baby is 6 months or older, liberally use sunscreen. In addition, avoid exposing your baby to the sun during peak hours — generally 10 a.m. to 4 p.m. — and dress your baby in protective clothing, a hat with a brim and sunglasses.

When choosing baby sunscreen, pick a broad-spectrum sunscreen with an SPF of at least 15. The American Academy of Dermatology recommends using a broad-spectrum sunscreen with an SPF of 30 or more. To avoid irritating your baby's skin and eyes, use a sunscreen that contains only inorganic filters, such as zinc oxide and titanium dioxide. Avoid using products that combine sunscreen and the insect repellent DEET, since sunscreen must be regularly reapplied and insect repellent typically doesn't need to be reapplied. Apply sunscreen generously, and reapply every two hours — or more often if your baby is spending time in the water or perspiring.

Remember, just a few serious sunburns can increase your baby's risk of skin cancer later in life. Taking simple steps now can go a long way toward protecting your baby from the risks of sun exposure.