

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



CHILD CARE CONSIDERATIONS

Placing a child in out-of-home care can cause anxiety, particularly when a child has health or developmental challenges. If your child has a disability, he or she is protected from discrimination under the Americans with Disabilities Act (ADA). Child Care facilities cannot refuse to care for your child just because he or she has a disability. Child Care centers can refuse to serve your child only in the following circumstances:

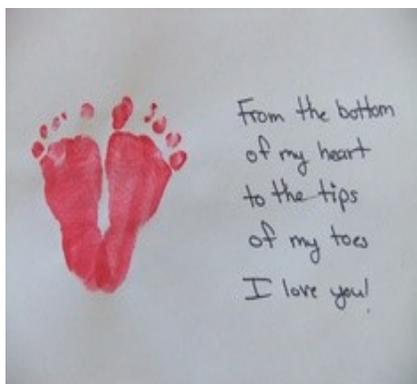
- Centers can exclude children who would pose a *direct threat* to the health or safety of others, such as a child with an infectious disease.
- Centers are not required to serve a child that would require a *fundamental alteration* of the program. An example of a fundamental alteration would be a center having to provide a one-to-one staff ratio for a fragile child.
- Centers have to make *reasonable modifications* to their policies and practices to integrate children with disabilities into their programs unless doing so would constitute a *fundamental alteration*. "Reasonable modifications" might include cutting up food in small pieces for a child who has difficulty chewing, or rearranging furniture to accommodate a child who uses a walker for mobility. A "reasonable modification" might also include training the child care staff to recognize an oncoming asthma attack or seizure.

Most centers will find that complying with the ADA will not cause undue burden, but with good policy and quality practice, complying with the ADA will fit into the center's policy of meeting the needs of all the enrolled children. Parents can help facilitate successful child care placement for their child by doing the following:

- ⇒ Communicate openly with potential child care providers. Providing clear, accurate information about your child's needs will often alleviate concerns.
- ⇒ Provide your child care provider with a copy of your child's IFSP and ask him/her to participate in the IFSP planning process
- ⇒ Include in your child's IFSP a plan for your First Steps providers that can offer support and information to child care providers.

For more information about Child Care and The ADA, visit: <http://www.ada.gov/childq%26a.htm>

BABY FEET VALENTINE CARD



This unique card will become a cherished keepsake for parents and grandparents. When older, your baby will enjoy seeing how tiny her feet were. You will need paper, non-toxic washable finger paint, and markers or crayons.

Fold a piece of construction paper or cardstock in half to make a card. Gently dip the baby's feet into the paint. Press the left foot onto the card, the heel in the center of the page with the toes pointing out toward the top left corner. Press the right foot on the paper with the right heel pressing directly on top of the left heel. The right toes should point out to the right top corner. Let this dry thoroughly.

PARENT CONSULTANT

Connie Coovert
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>
Or
kyfirststeps.org

Fun Animal Portrait!

Put some boxes of different sizes next to each other and cover with sheet or blanket. Place stuffed animals on the boxes and take some photos. You can even put your child in the photo. Print and frame and hang on the wall. You can use toys and trucks too. Then the picture can be used later to identify things by asking the child what he sees in the photo.



DEVELOPMENTAL CONCERN?

Maybe it starts as a gut feeling that something is wrong, or perhaps relatives have suggested that your child isn't developing skills as quickly as other children of the same age. Some might say things like, "Shouldn't Mary be feeding herself by now?" or "When Jack was Josh's age, he was already walking." "But he's healthy and fine otherwise," you tell them. In the back of your mind, however, you wonder.

If you have concerns about your child's development, the most important thing to do is seek an expert opinion as soon as possible. You can do that by contacting your local early intervention program, First Steps. To contact the program in your area you can call toll free 877-417-8377. They will direct you to your local First Steps office.

RAINBOW A DAY!

Healthy eating is as simple as feeding your toddler a rainbow every day! Think of the colors of the rainbow and then think of the vegetables and fruits that match those colors. Granted, it will be very hard to feed your Toddler "blues" and "purples" every day however, the general idea of following the rainbow should be helpful.



Red - Apples, Cherries, Strawberries, Watermelon, Red Potatoes, Tomatoes



Orange - Oranges, Peaches, Sweet Potatoes, Carrots



Yellow - Bananas, Summer Squash, Wax Beans, Pears



Green - Avocado, Green Beans, Zucchini, Broccoli



Blue - Blueberries



Purple - Grapes, Eggplant, Plums, Potatoes



MEETING THE NEEDS OF FATHERS

The Council on Developmental Disabilities sponsors a group called **DAdvocates** that helps meet the needs of fathers of children with disabilities.

If you would like to talk to other dads who can relate to your needs, struggles or concern of caring for a special child or family member join them at their next DAdvocate meeting. All Dads and male guardians are welcome! (This is a guy thing, males only!) The meeting will be held on Saturday, February 22, 2014 at 10:00 AM at:

The Council on Developmental Disabilities, 1151 South Fourth Street, Louisville, Ky. 40203

If you can't make it or would just like more information call Family Outreach & Support at 502-584-1239, ask for Pamela McDaniel or email her at pmcdaniel@councilondd.org