

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 or call me at 859-257-6427 to arrange for a hard copy.

Connie



### READING TO YOUR LITTLE ONE

Have you ever wondered how reading to your baby, especially a newborn, could possibly be beneficial? Your little one can't really understand what is being read, nor can he or she talk yet, so how in the world could she benefit from your reading aloud long before she can talk? Reading to babies and toddlers definitely promotes later communication skills, builds vocabulary and boosts memory, listening and attention skills. As you read to your baby he develops other important skills by looking at, pointing to and touching pictures. Babies hear different emotions in your voice as you read. Fine motor skills increase as they learn to turn pages in cardboard "chubby" books. Toddlers soon learn to "right" a picture if the book is turned upside down.



Reading to young children also promotes the closeness between parent and child and can be a special time to soothe a child into sleep. Try to pick a certain time each day to read to your child and make it a routine. Don't worry about finishing an entire book or even reading word for word. Sometimes just making animal sounds or talking about the pictures on each page can be enough. For young babies pick vinyl or cardboard page books with one large simple picture per page. For toddlers you can add texture books with crinkly & shiny pages to touch and explore. For older toddlers pop-up books become fun. Babies and toddlers enjoy books with real life pictures, as well as rhyming books and books with repetitive text.

Be sure to check with your local library since many offer story times just for babies and toddlers that are geared to their attention span and developmental level. Have fun!



### SAFE AND SOUND

All parents want their children to grow up to be happy and healthy adults. But how much do we know about how that actually happens? The broadcast mentioned below highlights some great KY people and programs!

The new KET Health Special Report **“Safe and Sound: Raising Emotionally Healthy Children in a Stressful World”** explores why social and emotional development is so important in the first years of life.

For dates and times of this broadcast go to <http://www.ket.org/tvschedules/episode.php?nola=KSASO+000000&cd=1>

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## PARENT CONSULTANT

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

## Quotable Quotes

*The family is both the fundamental unit of society as well as the root of culture. It ... is a perpetual source of encouragement, advocacy, assurance, and emotional refueling that empowers a child to venture with confidence into the greater world and to become all that he can be.*

MARIANNE E.  
NEIFERT

## MORE GREAT INFORMATION FROM PACER

Pacer center is a non-profit organization that provides information for families of young children with developmental delays . **PACER Center** | [PACER.org/ec](http://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.

### A Family Guide to Participating in the Child Outcomes Measurement Process

The U.S. Department of Education's Office of Special Education Programs (OSEP) has developed three child outcomes to measure the progress of young children. These outcomes are described in this helpful guide written by PACER, which also includes tips for parents on what information to share with their child's early intervention providers or early childhood special education teachers. The guide is available for [free download](#). Printed copies can be ordered for \$1.50 each (discounts for larger quantities), and it is now available in Spanish. Call (952) 838-9000 or (800) 537-2237 and order item [ALL-71](#).



## MINI PARENT/PROFESSIONAL CONFERENCE

*Register Now for the*  
**Northern Kentucky Mini Parent/Professional Conference**  
**May 17, 2014**

9:00 am to 4:30pm  
The METS Center 3861 Olympic Blvd.  
Erlanger, KY 41018

### [Conference At A Glance](#)

Join us to learn about special education, learning strategies, legal rights and advocacy. This **free conference** will tell you what you need to know for your child's/student's education, from early childhood transitions through transition from high school!

The goal of this conference is to provide practical information and tools to help you help your child/student become successful in school. We'll also provide you with timely local resources and networking opportunities. Parents, grandparents, caregivers, educators, providers, and therapists are all welcome to attend.

Meal and Refreshments Included  
Information Booths and Exhibits, & Door Prizes

You can click here and [register now](#) or call Rhonda Logsdon ([Rhonda@kyspin.com](mailto:Rhonda@kyspin.com)) at KY-SPIN 800-525-7746

For more information about the conference contact Penny Day with Northern Kentucky Cooperative for Educational Services at 859-442-8600 or [penny.day@NKCES.org](mailto:penny.day@NKCES.org)