

FIRST STEPS FAMILIES MARCH 2013

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



CIRCLE OF SUPPORT

As a parent it is not easy to suddenly have the advice of others so intertwined in your child's development. It can even be more difficult to sift through the varying types of therapies, strategies and treatments. With so many opinions coming from a variety of sources, you should choose those involved in your child's care wisely. Your team, or Circle of Support, might be made up of family members, friends, social workers, therapists, teachers, and medical specialists. When considering your Circle of Support choices it is important to make sure that each member you choose understands and agrees with the priorities you have laid out for your child. Your First Steps Service Coordinator will assist you with identifying and prioritizing the concerns you have regarding your child's development.

Each member should also have a positive impact on your family as a whole. In some cases, such as First Steps therapists who actually work in your home, a team member can almost become part of the family. It is important that you feel comfortable enough with them to speak openly and honestly about your child and his progress. In turn they must always be made to feel welcome to offer advice in a positive and encouraging manner.

WE WANT TO KNOW

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>

FEEL LIKE SHARING? Do you have a success story or an experience with your child you would like to share?



Never underestimate the power of your story. A well-told story has the potential to touch hearts and minds. While impersonally delivered facts can easily be forgotten or dismissed, a story lingers and mingles with all the other stories that shape our shared human experience. What you share will likely encourage other families in similar situations. Family stories can also help professionals receive the encouragement and motivation they need to continue in their work and to find new, creative ways to make a difference in a child's life. I would love to hear from you. Please email or call me at cccoov2@uky.edu or 859-257-6427

PARENT CONSULTANT

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

Quotable Quotes



“Anyone who does anything to help a child in his life is a hero to me.”

Fred Rogers

RESOURCES WORTH CHECKING INTO

EARLY INTERVENTION FAMILY ALLIANCE

Families need to be involved in the development of early intervention policies and services in the community, and the Early Intervention Family Alliance (EIFA) works to ensure that happens. EIFA is a national organization of family members and supporters dedicated to sustaining and improving the national early intervention program for infants and toddlers with disabilities and their families. Learn more at eifamilyalliance.org.

FAMILY TO FAMILY HEALTH INFORMATION CENTER

The Commission for Children with Special Health Care Needs houses *Family to Family Health Information Centers* funded through a grant from the Health Resources and Services Administration (HRSA). The Centers will be staffed by a Support Parent who is a veteran parent or primary caregiver of an individual with special health care needs willing to help other families in situations similar to those they have faced. A Support Parent is a person who wants to reduce the feelings of isolation for other families of individuals with special health care needs and allow others to benefit from their experiences. A Support Parent provides a safe listening environment and a wealth of information to other families. If you have questions about a service, they can point you in the right direction. For information, contact: **Western Region**—Sondra Gilbert. email: Sondra.Gilbert@ky.gov, ph 270-852-2918, or 877-687-7038 ext 2123, **Eastern Region (Including Louisville)**: Debbie Gilbert, email: DebbieA.Gilbert@ky.gov, 502-429-4430 Ext. 279 or 800-232-1160 Ext. 279



KENTUCKY DISABILITY RESOURCE MANUAL

This guide contains easy to read information concerning available resources for families, as well as service coordinators and providers who assist families that have children with developmental delays. Learn more at <http://www.hdi.uky.edu/>

SHAMROCKS AND LEPRECHAUNS

St. Patrick's Day is just around the corner. Time for talk of rainbows, green, shamrocks and spring. Here is a couple of activities you and your little one can enjoy!

OUT ON THE TOWN....Since everyone is Irish on St. Patrick's Day taking in a parade is a sure way to get your little leprechaun in the holiday spirit! Check out online listings of St. Patrick's Day events near you. Not only is it just nice to get out of the house after a long winter, but there'll be plenty to keep you and your little one entertained ... from dancing and music to folks wearing green, and most likely a fire engine or two. What more could a toddler ask for?

COZY DAY INDOORS....Playing with clay is a wonderful brain-building activity for toddlers: it develops not only fine motor skills but also planning processes in the brain. Work with your little one to form a shamrock and other naturally green things. Then get really silly and make other non-green things from the green clay, such as a green puppy, a green person and maybe even an entire green world.



First Steps Family Newsletter is emailed each month to families and contains articles and tips highlighting current topics in early intervention, child development, and parenting. I also try to include Developmental Activities as a great way to interact with your child. Past issues are archived at kyfirststeps.org Check them out!