

FIRST STEPS FAMILIES MAY 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



SPRING HAS SPRUNG

Spring is a delightful time for babies! Getting to experience the sunshine and fresh air will result in a healthy and curious little one. Babies love to observe the trees, flowers and clouds. They notice small things, like bugs and birds. They love the feel of movement in a stroller or a front-pack. And although it may be chilly, a typical baby can handle the cool weather if dressed properly. (A covered head and warm mittens will work on a brisk day.) An added benefit comes when you snuggle down to look at books together. Many of the pictures – of trees, flowers, animals, cars – will connect to the things you discovered outside during your walk. Even a very young child can begin to make these connections. Books come alive for a child because they reflect real, rich experiences. Enjoying the spring by taking walks, reading books or laying on a blanket in the park can be relaxing and helps your child begin to love and wonder about nature. Have fun!

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>

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

Quotable Quotes

“Live so
that when
your chil-
dren think
of fairness,
caring and
integrity,
they think
of you.”

H. Jackson
Brown, Jr.



NEVER LEAVE YOUR CHILD ALONE IN A CAR

Please help us ensure that never again will a child die in a hot car in Kentucky! Never leave a child alone in a car. Even on a cool day (70s), heat inside a car can kill. Follow the tips below to prevent a tragedy:

- Dial 911 immediately if you see an unattended child in a car. EMS professionals are trained to determine if a child is in trouble.
- Never leave a child unattended in a vehicle, even with the window slightly open.
- Place a cell phone, PDA, purse, briefcase, gym bag or whatever is to be carried from the car, on the floor in front of a child in a backseat. This triggers adults to see children when they open the rear door and reach for their belongings.
- Set your cell phone or Blackberry reminder to be sure you dropped your child off at day care.
- Set your computer calendar program, such as Outlook, to ask, “Did you drop off at daycare today?”
- Have a plan that if your child is late for daycare that you will be called within a few minutes. Be especially careful if you change your routine for dropping off little kids at day care.
- Teach children not to play in any vehicle.
- Lock all vehicle doors and trunk after everyone has exited the vehicle – especially at home. Keep keys out of children’s reach. Cars are not playgrounds or babysitters.
- Check vehicles and trunks FIRST if a child goes missing.



For more information, go to www.safekids.org/nlyca.

INFANT TODDLER INSTITUTE JULY 25-27

Family Scholarships are available for the 2013 Infant Toddler Institute in Lexington, KY. Scholarships are available for one day or all three. If you have an infant, toddler or preschooler you won't want to miss out on the opportunity to hear from some of the leading experts in early childhood here in our state. Child care is not provided at the institute. For more information about registering please contact Connie Coovert at ccoov2@uky.edu; 859-257-6427 or Laura Beard at laura@kypartnership.org, 502-875-1320. A limited number of scholarships are available. Registration must be completed by late May, 2013. Sponsored by Kentucky's System to Enhance Early Development and Kentucky Partnership for Families and Children, Inc.

Not all children develop at the same pace. The website ParentingCounts.org offers a variety of free resources, including developmental timelines and videos, to help parents understand the many different ways their son or daughter develops from birth to age 5, including social emotional development. Parenting Counts is the research-based family of products created by Talaris Institute to support parents and caregivers in raising socially and emotionally healthy children. For more early childhood development resources, visit PACER.org.