

FIRST STEPS FAMILIES DECEMBER 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



ONE FAMILY'S STORY

My name is Connie Coovert. My husband Dave and I live in Lexington and are the proud parents of a daughter and son. When our son was about 18 months old we began to worry because he still was not saying any words and did not appear to understand a lot of what we said to him. By the time he was two there wasn't much change so we began looking for help and that's when we found First Steps.

First Steps staff helped us to get the services our son needed. Speech and occupational therapies along with Developmental Intervention became a part of our day-to-day routine. Of course I was hoping for a quick solution to our problems, but usually solutions take time. As it turned out, our son made great progress. Today he is a college graduate. He majored in music performance and plays both guitar and viola. I believe his accomplishments are due, in part, to the early intervention services he received through First Steps.

Becoming involved with First Steps also gave me the opportunity to be in contact with other parents. It was great to find out that I was not the only other Mom in the world with a child like our son. I decided then that I wanted to help other families find information and network with one another. I was given the chance to work as a Parent Consultant for the First Steps program. My job is to provide training and information to service providers, parents, legislators and the general public. Please call or email me any time. My contact info can be found throughout this newsletter.

DO YOU HAVE A STORY 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. We would love to hear from you. If you would like some help "pulling" your story together we would be happy to help. Contact Connie at cccoov2@uky.edu



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!

“THEN THE
GRINCH
THOUGHT OF
SOMETHING
HE HADN'T
BEFORE!
WHAT IF
CHRISTMAS,
HE THOUGHT,
DOESN'T
COME FROM
A STORE.
WHAT IF
CHRIST-
MAS...PERHA
PS...MEANS
A LITTLE BIT
MORE!”
DR. SEUSS

TODDLERS “FIRST” GINGERBREAD HOUSE

What you will need to build your Super Easy Gingerbread House:

- A clean empty 8-oz. milk carton
- Canned white frosting
- Graham crackers
- Assorted cereals and sprinkles for decoration such as Shredded Wheat (it makes a great roof) . Get creative, but be careful not to use anything that your toddler could choke on.

What you need to do:

Tape or staple the spout of carton closed.

Place the carton on top of a plate or cardboard rectangle covered with foil or wax paper.

Using the white frosting as glue, stick graham crackers onto sides and top of carton.

Decorate with candies and cake decorations. Licorice can be used to make windows and small marshmallows can be used as snow covered shingles.

Different size milk cartons to make an entire city. Ice cream cones can be covered in green frosting to make Christmas trees. Decorate the trees with “berries” from berry flavored cereal, and sprinkle to make Christmas trees.



DID YOU KNOW?

The federal Kentucky Emergency Medical Services for Children (KYEMSC) Program is a project developed to improve emergency medical care for children in the Commonwealth.

One of our current areas of interest is helping families be prepared for a medical emergency where they may be interacting with EMS providers. For a child with an extensive or complicated medical history, it is important to have as much information as possible readily available in a format that is easy for EMS providers to rapidly review and understand. The Emergency information Form (EIF) developed by the American Academy of Pediatrics and the American College of Emergency Physicians is one way to accomplish this goal. We are encouraging the distribution and use of this form. We also encourage families to get to know the emergency medical system and providers in their area. Familiarization prior to an emergency can decrease anxiety for the child, the family and the medical providers. Parents can download the form for their own use. To access the form go to http://kbems.kctcs.edu/en/EMSC/Family_Info.aspx



The KYEMSC Advisory Committee meets every other month, typically on the first Thursday of even numbered months, in the Lexington offices of the Kentucky Board of EMS. These meetings are open to anyone who would like to attend. You can contact Morgan Scaggs (859-256-3583) for more information. In addition, we have a Facebook page that we would love for everyone to check out at www.facebook.com/KYEMSC