

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.



Connie

SELECTING YOUR SERVICE PROVIDER

Selecting the early intervention providers for your child is very important and should not be rushed or done without considering the needs of your family and child. Federal regulations require First Steps to begin early intervention services within 45 days from the time the referral is made. To assure your family's provider selection and timelines are achieved, your Service Coordinator can play an important role in this process while honoring your priorities.

Your family will experience service providers coming into your home and incorporating their early intervention services into your daily routines. You will develop a close working relationship with your service providers. Please consider the points below and enlist the help of your Service Coordinator before choosing your service providers:

- * The provider's educational background and years of experience working with infants and toddlers.
- * The experience the provider has working with children with your child's diagnosis or temperament.
- * Does the provider enjoy working with children with your child's temperament (active, quiet, busy, etc)?
- * Will the provider have regularly scheduled appointments with your child?
- * Does the provider have flexibility in scheduling appointments?
- * How will the provider include siblings and family members into your child's intervention services?
- * How will the provider communicate with your child's other service providers and care-givers?
- * Is the provider willing to participate in planning meetings concerning your child's First Steps services?

Some counties in Kentucky have provider shortages. This may occur in rural areas where providers are limited. If this happens, your Service Coordinator can help you try to locate other programs that may be able to help meet your child's specific need.

First Steps requires all service providers to have a professional license or certification in their specific discipline. First Steps also requires that all service providers have background checks for safety purposes. However, within each field, service providers have different areas of experience. Service providers also have varying strengths and different personalities. The needs of your family are important, so talk with potential service providers and investigate how they can help you and your child.

As a family, you have the right to request a change of service provider at any time and for any reason. You may also discharge from a service at any time. You do not need to feel bad if you want to try another provider. There are many different personality types and providers use many different intervention techniques. It is important that you find the right fit for your child and family. If your child is not making significant progress after several months you may want to try another provider to see if they have a different technique that may work better for your child. If scheduling with the provider is causing a hardship for you, because you have to take off work to meet with them, ask your service coordinator if there is another provider available that has more flexible hours. **If you have any concerns or questions about your service providers, please speak with your Service Coordinator or contact Connie Coovert, First Steps Parent Consultant.**

PARENT CONSULTANTS

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



Think Creatively!

Did you know you can buy Easter bunny ears at the Dollar Store? This is an inexpensive and fun idea for a family Easter card! Simply purchase a set of ears for each member of the family or make your own. Don't forget the cat and dog! Select your favorite snapshot and your on your way to making wonderful Easter memories!

A RAINBOW EVERY 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



CAR SEAT NEWS

The National Highway Traffic Safety Administration (NHTSA) has new car seat recommendations for children.

Birth – 12 months

Your child under age 1 should always ride in a rear-facing car seat.

There are different types of rear-facing car seats: Infant-only seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

1 – 3 years

Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness.

For more information, visit <http://www.nhtsa.gov/Safety/CPS>

A QUOTABLE QUOTE

“A baby will make love stronger, days shorter, nights longer, bankroll smaller, home happier, clothes shabbier, the past forgotten, and the future worth living for.”

Author Unknown