

## FIRST STEPS FAMILIES OCTOBER 2011

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



### ONE FAMILY'S STORY

Hi, I'm Beverly, the single parent of a beautiful, very active 10-year-old daughter who will be transitioning to middle school in August. I first noticed that my little girl might be delayed when I was peeking through the window of her childcare classroom. Many of the children who were 12 months old were crawling or trying to take steps, while she was not. She moved around the classroom in a caterpillar-type motion. She mainly used her arms and hands to pull her body. She didn't even try to get up on her knees or take steps like her peers. She also called everyone "Momma," which was especially upsetting to me because I wanted to be the only person that she called that.

My pediatrician made the referral to First Steps after I expressed concern about her not being as active as the other babies her age. The initial process went very smoothly, and I was informed that she would have a Speech and Occupational Therapist. My therapists were extremely accommodating to my busy schedule as a single Mom who was attending college full-time and working part-time. We alternated weeks between the childcare center and my home while she was in the program. They came up with activities using the consultative model that could easily be worked into the natural routines of our day. This enabled me to feel like I was really a part of the entire process of making sure that my little girl was getting all the help that she possibly could. She went on to receive Speech Therapy through the public school system until she tested out at the end of third grade. We are very thankful for all the assistance that we received from the First Steps program.

### SHARE YOUR STORY

**Do you have a success story 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. We would love to hear from you. Please email your story to Connie at [cccoov2@uky.edu](mailto:cccoov2@uky.edu)



## PARENT CONSULTANT

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

## Think Creatively!



Blow bubbles with your baby, naming the parts of the body they land on. "The bubble's on your head. Uh-oh, there's a bubble on your tummy."



"Take your little one for a walk, while naming the sights and sounds. "Look at that bird. It says, 'Tweet tweet tweet!' Look at the leaves falling from the trees."

## FAMILY GUIDE TO AUTISM

The Kentucky Autism Training Center has published The Kentucky Family Guide to Autism Spectrum Disorders. This guide was developed and written by parents of individuals with autism spectrum disorders. The examples provided are from their experiences. The information included in this manual is a result of their answer to the question: When your child was first diagnosed, what information did you need most? You can download the entire guide, or you can also download the 8 chapters of the guide separately.

The mission of the Kentucky Autism Training Center is to strengthen our state's systems of support for persons affected by autism by bridging research to practice and by providing training and resources to families and professionals. KATC is committed to improving the quality of life for those affected by ASD. The family guide is available at the following web address:

<https://louisville.edu/education/kyautismtraining/>

## UK HUMAN DEVELOPMENT INSTITUTE FALL SEMINAR

The U.K. Human Development Institute (HDI) is one of 67 national university centers of excellence in promoting research, education, and service to those with developmental disabilities. HDI is offering a *fall seminar series* that focuses on issues of concern and advocacy relating to individuals with disabilities and their families.

The seminars are offered at no charge and are open to the community. It is one of HDI's core goals to expand the seminars to parents, consumers, self-advocates, and professionals throughout KY. They have been working with community colleges, health departments, and both public and private agencies to create long-distance *live* video-conference sites *throughout KY* so parents, consumers, and professionals can view this information-packed seminar *close to home!*

The next fall 2011 seminar will be "**Best Practice for Inclusion of Young Children with Disabilities in Early Care Programs**" scheduled for Friday, December 2nd. Presenters will be Dr. Sonia Michael and Dr. Megan Purcell, Eastern Kentucky University, and Connie Cooverrt, Parent Consultant for First Steps. To register for a seminar, go to [www.hdi.uky.edu/sf/news](http://www.hdi.uky.edu/sf/news) and select your attendance location, or call (859) 257-3360.

## FIRST STEPS FAMILY LISTSERV LAUNCHED!!

The new First Steps Family Listserv will be used to send informational emails from time to time for First Steps families. Examples of things we feel are useful to you and your family may include the monthly First Steps Family Newsletter, the yearly family survey, information about trainings and conferences or other helpful resources for your family, etc. Your email address will not be shared with any other program. The listserv will be maintained by the state lead agency staff in Frankfort.

If you know of other First Steps families that are not a part of the listserv they can join by sending a blank email to [join-first-steps-families@listserv.ky.gov](mailto:join-first-steps-families@listserv.ky.gov)

If you wish to no longer receive First Steps Family listserv emails, you can unsubscribe by sending a blank email to [leave-first-steps-families@listserv.ky.gov](mailto:leave-first-steps-families@listserv.ky.gov)