



WHEN YOUR BABY NEEDS HELP

Your baby deserves a good start in life. But sometimes that good start in life is interrupted when you, your doctor, or others have concerns about your child's development. That's when First Steps can help.

Through First Steps, children age birth to 3 years who are developmentally delayed or at risk for a delay can receive the assistance they need to help them achieve important developmental milestones for success in life.

Because the first three years are the most important years in your child's learning and development, First Steps' goal is to make sure that families have all the resources they need to give their children the best start in life!



TAKE THE FIRST STEP

The "first step" is only a phone call away. Call First Steps today if your child is not meeting these milestones or you have other concerns about your child's development.

Call us at 574-935-8446 or toll free 866-403-5437 or visit us online at www.fsnci.org



First Steps

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Plymouth, IN 46563

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HELPING CHILDREN LEARN AND DEVELOP



First Steps

HOW FIRST STEPS WORKS

First Steps Early Intervention Program offers a broad range of services for children age birth to 3, and their families. First Steps is administered statewide by Indiana's Family and Social Services Administration (FSSA) through the Bureau of Child Development.

The program brings together a team of professionals to provide the widest array of services for infants and toddlers who have a medical diagnosis, delay in development or risk factor that may cause a delay.

Families enter the First Steps program through a referral and an eligibility determination process. First, a referral is made to the local First Steps office and can come from a doctor, hospital, parent, grandparent, daycare or anyone else who has a concern about a child's development. After a referral is received, a Service Coordinator contacts the family to set up an intake appointment to collect information and needed signatures. Next, a team of therapists meets with the family and child to assess the child's cognitive, physical, communication, social-emotional and adaptive areas of development. If there is a 25% delay in one area, a 20% delay in two or more areas, or a medical diagnosis resulting in the high probability of a developmental delay, the child may be eligible for early intervention services. These services can include developmental and speech therapies, audiology, physical and occupational therapies, nutrition, transportation, social work, family education, vision, assistive technology, nursing and psychological services.

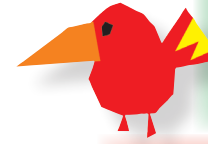
Then, the team (including the family, Service Coordinator, therapists) meets to discuss the child's needs and decides if First Steps services are appropriate. If the child meets at least one area of the eligibility criteria, the team agrees services are needed, and the family chooses to participate in the program, an Individualized Family Service Plan (IFSP) is written. First Steps is a family-centered program and an IFSP identifies the family's goals for the child and outlines how services are delivered. Working with a Service Coordinator, the family selects providers

for the services related to the child's developmental needs. The team reviews the IFSP and services at least every six months to assure services are appropriate.

First Steps services are provided in your child's natural environment — at home, day care or wherever your child needs to be. Service costs are based on a co-pay according to the family's annual income, and some health insurance plans may cover the cost of services.

TYPICAL CHILD DEVELOPMENT MILESTONES

Do you know the milestones that babies and toddlers typically reach by certain ages? These milestones can help you monitor your child's development for possible signs of a delay.



18-24 MONTHS

Uses 2-3 word sentences
Shows affection, offers hugs and kisses
Says "no" often

15-18 MONTHS

Looks at picture books, turns pages
Feeds self with spoon
Tries to talk and repeat words

12-15 MONTHS

Says words besides "mama" and "dada"
Walks without help
Drinks from cup or glass

9-12 MONTHS

Crawls on hands and knees
Walks with both hands held
Imitates simple sounds, waves "bye-bye"

6-9 MONTHS

Creeps or crawls forward on tummy
Babbles and laughs out loud
Sits independently

4-6 MONTHS

Reaches for and grasps objects
Moves toys from hand to hand
Smiles in response to others

3-4 MONTHS

Makes sounds other than crying
Rolls from stomach to back
Turns head toward bright light and color

1-2 MONTHS

Turns head in direction that cheek is touched
Startles easily in response to a loud noise
Pays attention to a face in the direct line of sight

