

WarmLine Family Resource Center

Welcome to Early Start

Early Intervention Services in California

A Guide for Families of Children Birth to Three Years Old with Special Needs in:

Sacramento,
Placer, Yolo,
Nevada,
El Dorado
& Alpine
Counties



For more information contact:

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WarmLine Family Resource Center

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Like us on Facebook Email: warmline@warmlinefrc.org

www.warmlinefrc.org

Welcome to Early Start

Early Intervention Services in California

Receiving early intervention services now will improve your child's ability to develop, learn and play. Early intervention will help you help your child and family in ways that are important to you.

Early intervention services will be available until your child turns three year old. However, WarmLine will be here for your family through early intervention and beyond.



WarmLine was started by parents for parents of children with developmental delays, disabilities and special healthcare needs.

WarmLine is staffed by parents who share the experience of raising a child with special needs and are trained to provide peer support to other parents by:

- **Connecting** them with other families of children with special needs and disabilities through family activities, playgroups and a Facebook community.
- **Informing** through an email newsletter, Facebook and a website (www.warmlinefrc.org) which contains useful information about supports, services and WarmLine publications. We can also mail resources upon request.
- **Educating** by offering trainings on a variety of topics including transition from early intervention, special education and other topics of interest to parents.

Once we receive your referral form, our staff will contact you to introduce our services. When your child turns 2 ½ years old, we will contact you again to offer assistance with transition from early intervention. We encourage you to call our office anytime.

We look forward to seeing you at our family activities and on Facebook.



**STAFF ARE
AVAILABLE BY PHONE OR IN
THE OFFICE BY APPOINTMENT**

Early Start (early intervention)

Early intervention staff will work closely with you to provide the kinds of supports that make the most sense based on your family's concerns (needs, problems, stressors or worries), priorities (hopes, dreams, wants) and your resources (insurance, friends, family).

Early intervention supports and services will be tailored to meet your child's individual needs and will focus on teaching:

- **physical** (reaching, rolling, crawling, and walking);
- **cognitive** (thinking, learning, solving problems);
- **communication** (talking, listening, understanding);
- **social/emotional** (playing, feeling secure and happy); and
- **self-help** (eating, dressing).

Services may also be provided to address the **needs and priorities of your family**. Family-directed services are meant to help family members understand the special needs of their child and how to enhance his or her development.

Individual Family Service Plan (IFSP)

An IFSP is a written plan for meeting the unique needs of your child and family. Services and supports will be offered based on your child's needs and your families concerns and priorities.

In most cases, **services must be provided in "natural environments"**, which is any place your child and family live, learn and play. **That's important because when children are engaged in activities and playing with things in which they are interested, they learn best.**

Every six months, until your child turns 3, the IFSP will be reviewed and updated if needed.

You know your child best and are a partner with the professionals. Share your observations and challenges.

What you can do to prepare for the meeting:

You know your child best and are a partner with the professionals. Share your observations and challenges:

- What are your child's natural environments?
- What daily activities are a challenge for your child and/or family?
- What activities, routines or events are important to your family?
- What are your child's interests and dislikes?
- How does your child get along with friends and family?
- How does your child learn?
- How does your child get what he or she needs?

If you would like more information about Early Start or how you can prepare for the IFSP meeting, our staff can mail you the Early Start Resource Guide or you can view it on our webpage under the Early Start tab.

You are the most important teacher your child will ever have!





*Take a minute to
make a difference
in your child's life*

You are the most important teacher your child will ever have!

- ♥ Children learn through healthy relationships.
- ♥ Your relationship is the foundation of your child's development.
- ♥ What children experience, including how their parents respond to them, shapes their development as they adapt to the world.
- ♥ Interacting with your child everyday helps their brain grow.
- ♥ Every moment of your child's day is an opportunity for learning and developing new skills.
- ♥ Although it is not always easy, routines are very important and make young children feel safe, confident and in control of their world. Having bedtime, meals and bath at the same time will help your child understand what is happening in their world and keep them calmer.

How to support your child's development

- ❑ Talk, read and sing to your child every day.
- ❑ Play with your child, it will help the two of you build a warm and loving relationship, supports the development of social skills (like sharing and turn taking), language skills (like labeling objects, making requests, commenting), and thinking skills (like problem-solving) and it's fun!
- ❑ Take your child's lead even if it's not the "right way".
- ❑ Say the names of objects as your child sees or uses them.
- ❑ Repeat words and activities and introduce child to new activities, e.g., take your child grocery shopping.
- ❑ Help your child understand their emotions by describing them. For example, say, "You are happy when we read this book."
- ❑ Read your child's cues and avoid situations that might be upsetting.
- ❑ Be a role model for expressing strong feelings in healthy ways. "I just spilled juice all over the floor. I am feeling frustrated. I think I will close my eyes and count to five before I clean up".
- ❑ Give your child lots of hugs, kisses, and praise for good behavior. Try encouraging wanted behaviors four times more than punishing unwanted behaviors.
- ❑ Respond to the child's fears by talking in a calm manner and hugging them.
- ❑ Always meet your child's needs related to hunger, cleanliness, warmth, holding, sensory stimulation, and interaction with an adult.

Lastly...Parenting is hard!

Give yourself a break when you are having a hard time. Be sure your child is safe and give yourself a minute. You might say "I need some time to think about how I can help you." Take care of your own emotional wellness. If you have stress, depression, or anxiety, it affects your child. Get the help and support you need.



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