

Act Early, The Early Years (0-3 years)



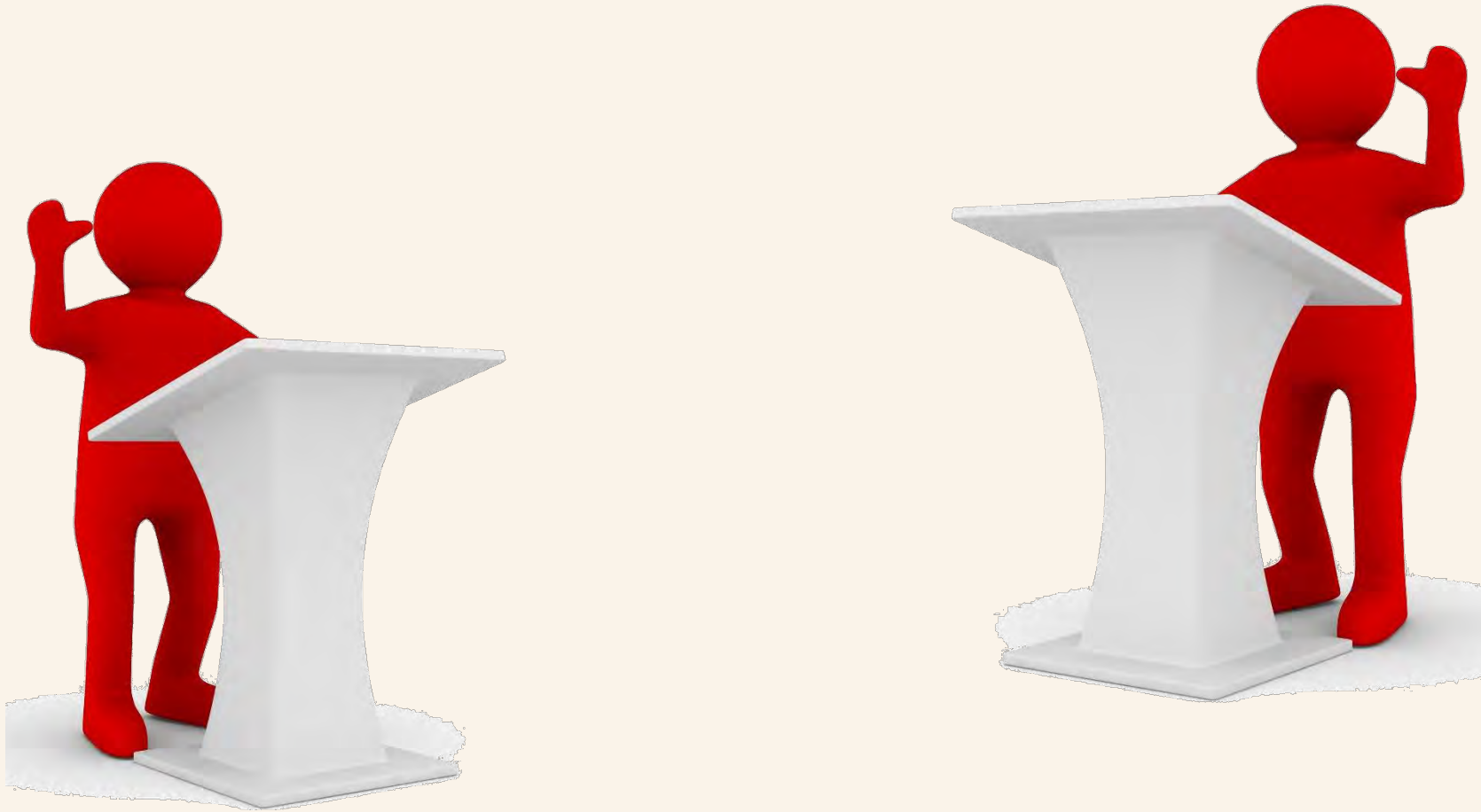
Matrix Parent Network

We **empower** families of children with special needs to successfully understand and access the systems that serve them.

We want **you** to become successful advocates and role models for your children.



Who are We and Who are You?



You will leave here knowing:

- **The 5 Development Milestones** (Cognitive, Physical, Communication, Social/Emotional & Adaptative)
- **Early Start Road Map**
- **IDEA** (Individuals with Disabilities Education Act)
- **Early Start Providers** (Who are they & what do they do)
- **Regional Centers** (What they are & who they serve)
Eligibility & IFSP (Individual Family Service Plan)



5 Development Milestones

- Cognitive (Thinking, Learning & Processing)
- Social/Emotional (Response to Others & Surroundings)
- Language/Communication (Repetitive, Expressive)
- Movement/Physical



Examples of Developmental Milestones

2 months



Does your baby:

- Begin to smile and pay attention to your face?
- Hold their head up & begin to push up when lying on their tummy?
- Turn their head toward sounds & begin making gurgling sound themselves?

Examples of Developmental Milestones

6 months

At 6 months does your baby:

- Know familiar faces & like to look at themselves in the mirror?
- String vowels together when babbling & responding to their name?
- Roll from front to back and back to front and begin to sit without support?



Examples of Developmental Milestones

1 year

Does your little one:

- Cry when you leave and repeat sounds to get attention?
- Say “dada” or “mama” & try to imitate words you say?
- Copy your gestures & follow simple directions like “pick up your toy”?
- Pull up to standing & taking a few steps on their own?



Examples of Developmental Milestones

2 years

Does your little one:

- Show some independence & get excited when with other children?
- Say sentences with two to four words & point to objects in a book?
- Play simple make-believe games & follow 2-step directions
- Stand on tiptoe & kick the ball.



Early Start Road Map



Role of the Speech & Language Therapist/Pathologist

- Speech Therapists (ST) assess speech, language, social/cognitive communication and swallowing disorders



Role of Speech & Language Therapist/Pathologist (Continued)

- **Speech Disorders:** Difficulty producing speech sounds correctly or fluently or has problems with their voice volume
- **Language Disorders:** Difficulty understanding others (receptive language) or sharing thoughts, ideas or feelings (expressive language).

Role of Speech & Language Therapist/Pathologist (Continued)

- **Social Communication** – difficulties with the social use or non-verbal or verbal communication.
- **Cognitive Communication** – difficulties organizing thoughts, paying attention, remembering, planning and/or problem-solving
- **Swallowing** – difficulties in swallowing and eating.

Role of Occupational Therapist

Occupation therapists (OT) assess

- **Sensory,**
- **Fine motor and**
- **Self-help/ ADL** (Activities of Daily Living Skills)



Role Of Occupational Therapist (Continued)

- **Difficulties in ADL** (Activities of Daily Living) skills (incorporates motor planning, problem-solving and attention skills.
- **Sensory Processing Difficulties**- unable to synthesize information in the basic five senses i.e. sight, smell, touch, hearing and taste
- **Coordination/Movement**
- **Visual Perception**

Role of the Physical Therapist

- Evaluates **delays in motor skills**
- Evaluations include child's
 - strength,
 - range of motion,
 - flexibility,
 - coordination,
 - gait,
 - sensory processing and
 - balance.

IDEA (Individuals with Disabilities Education Act)



- Mandates that infant to 3 year-olds receive early start services
- Early start services are coordinated services and support so that little ones make progress in their development
- Prepares a child for preschool and beyond
- Has a family-centered approach

California Regional Centers

- Are the providers of Early Start services for children with developmental delay (in more than 1 area of development)
- Referrals are made to RC by pediatricians/care providers or yourself



California Regional Center (Continued)

- Once referral is initiated, a service coordinator is assigned to your child's case
- Case coordinators will ask about your interest in early intervention services, explain your parental rights, give you a consent form for assessment & talk about your child's assessment plan

California Regional Center (Continued)

- An IFSP (Individual Family Service Plan) is developed.
- The IFSP honors the belief that the home environment is essential for a child's successful outcomes and that you and your child need support.

Effective and Collaborative Communication



Remember the 3 Cs:
Communication,
Cooperation,
Collaboration

How to talk so early start providers will listen ... and listen so early start providers will talk

- Acknowledge and process your emotions
- Focus on your child's needs
- Listen & ask questions; repeat, reflect and rephrase for clarification
- Build on small agreements
- Use humor and be appreciative; show respect
- Be grateful and assume your Early Start service providers or team is doing the best they can!

Begin Conflict Resolution at the Lowest Level

If you're having concerns or issues that effective communication, collaboration, and cooperation are not solving, be ready to climb the conflict resolution ladder.



Educate yourself on IFSP parent's rights: For more information, go to

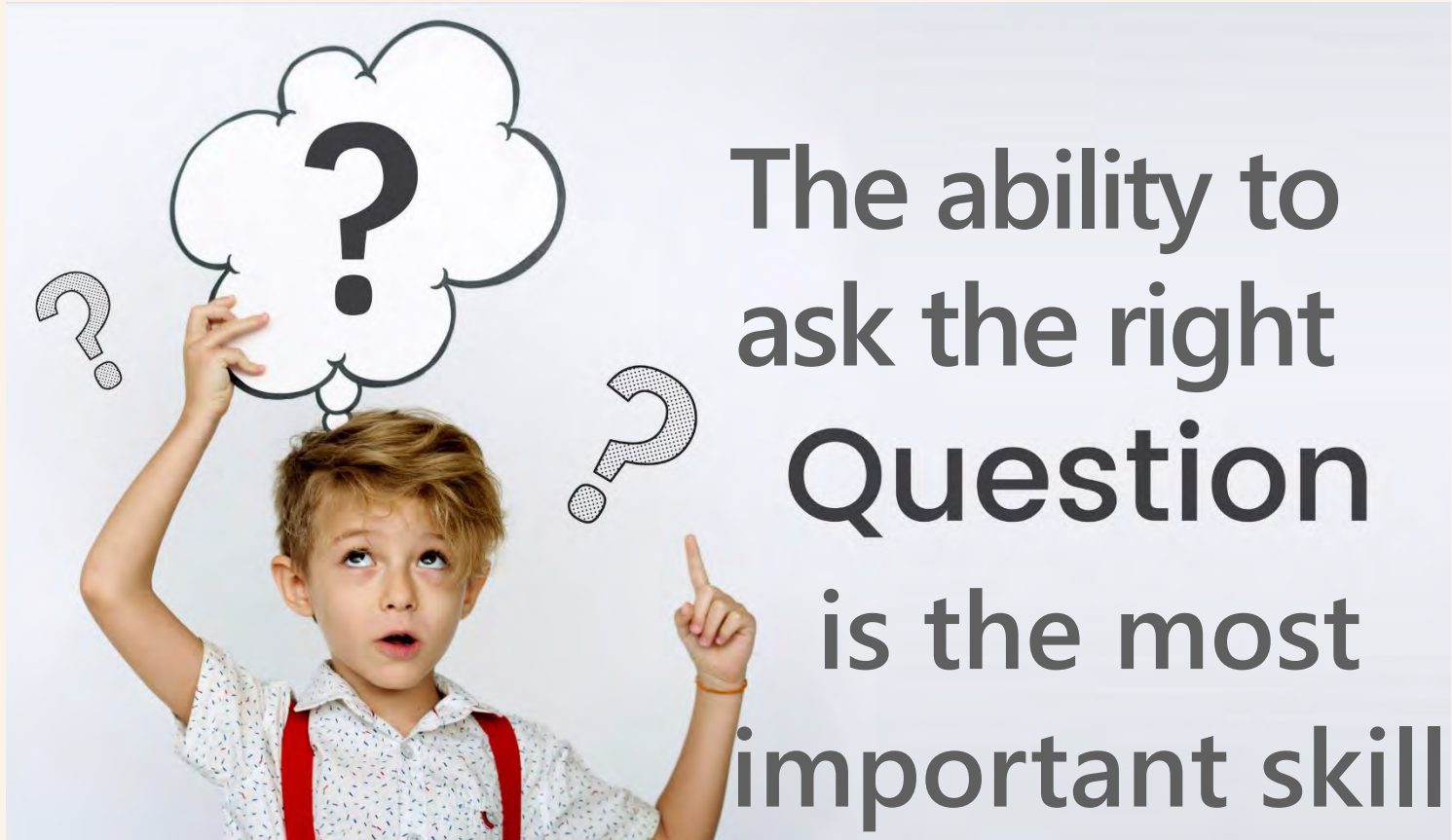
<https://www.dds.ca.gov/services/early-start/parents-rights/>

Begin Conflict Resolution at the Lowest Level

- Call Matrix to discuss and review the IFSP/Early Start Services
- Connect with your assigned Regional Center case coordinator if your child is receiving services through the local RC or your pediatrician
- Call an IFS meeting with RC case coordinator & early start providers
- Consider Filing a Complaint if there has been a violation
- If necessary, file the complaint with Department of Developmental Services



Q & A



Q & A



Matrix Parent Network & Resource Center

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Help Us Help You: Donate

Matrix Parent Network & Resource Center

Federal Parent Training & Information Center

designated by the *Office of Special Education, US Department of Education*
serving families of children birth through 26 in
Marin, Napa, Sonoma, and Solano counties

California Family Resource Center

designated by *CA Department of Developmental Services*,
serving families of infants and toddlers in Marin, Sonoma and Solano Counties

California Family Empowerment Center

designated by *CA Department of Education*
serving the underserved in Marin, Napa, Solano and Sonoma Counties