



# Making The Most of Your EarlySteps Experience





# How is early intervention different from traditional therapy?



# How early intervention is different from traditional therapy:

## Early Intervention

- Takes place in the home, community, or child care center.
- Works with the parent or care giver to teach them how to help their child during their daily routine.
- Services are based upon the child and family's daily routine.  
{Example: "Provider shows how to position the child's arm during meal time."}
- Takes advantage of the way children learn naturally in their everyday experiences with their families.  
{Example: "Provider shows brother/sister activities they can do with the child during play time."}

## Traditional Therapy

- Takes place in a clinic or hospital setting.
- Provider takes the child into a separate room to perform therapy services.
- Works only with the child, families are not included during the intervention
- Services are based on the clinic or hospital's schedule.
- Services only occur during therapy sessions.
- Therapist does not collaborate with other providers





**What does early  
intervention mean to you?**





# Early Intervention should...

- Fit into the child and families everyday routines and activities.
- Be based on the child's unique needs.
- Be based on the child's age and the child's learning ability.
- Not leave your child tired or worn out.
- Not leave your family feeling stressed or overwhelmed.





# How Often Should My Child Receive Services?

## Early Intervention

Services are based on the child's and family's needs

Services are based on the amount of time needed to assist the caregiver in enhancing the development of the child

## Traditional Therapy

Services are based on the schedule of the therapy center

Services are directly related to the amount of time the therapist spends with the child





# Helpful Tips to get the most out of your child's services:

## Helpful Tips:

- Provider should show the parent or caregiver how everyday activities can help their child.
- Practice time between visits is equally important as the visit itself.

## Why this is important:

- *By working with the parent the provider can teach skills that the parent can continue to use in the child's daily activities.*
- *At this age children learn best from their parents and caregivers. Children also learn best through repetition.*





# Helpful Tips to get the most out of your child's services:

## Helpful Tips:

- It is important that there be open communication between the parent and provider.
- Early intervention services should be provided in the child's everyday environment.

## Why this is important:

- *To keep the provider updated on any changing needs or concerns of the child and family.*
- *Research shows that babies learn best in an environment that they are familiar with.*





**What does Natural Environment mean to you?**





- The term “Natural Environment” refers to where a child lives and plays.

● Infants and Toddlers from birth to three learn best in their Natural Environment.





# What should Early Intervention Services look like?



## Example #1:

## *How this helps:*

Provider meets the family at the grocery store and helps mom by:

- showing how to seat the child in the cart for good support
- encouraging mom to talk with the child while shopping (talk about the colors of foods, shapes, labels and smells)

- *This visit at the store would help the child to strengthen the muscles in their upper body.*
- *The child will learn new words.*
- *This visit teaches mom how to continue working with the child in her daily routine.*





## Example #2:

Provider works with the toddler and child care provider at the child care center by:

- (Ex. A) arriving during lunch or snack time to work with the toddler on feeding skills
- (Ex. B) including other children in the class as well as the child care provider in the activities;
- (Ex. C) using classroom toys during sessions.

## *How this helps:*

- *(Ex. A) This visit to the child care center helps to promote the child's feeding skills.*
- *(Ex. B) This activity helps to promote the child's social skills in their everyday life.*
- *(Ex. C) This activity helps the child care provider to continue practicing skills.*





# When should I make changes to the IFSP?

- Your child is not making progress after several months of service
- Your family feels overwhelmed with the amount of service provided
- Your child has made progress and does not need as many services





# What is your role at the IFSP team meeting?



## Parents

- Share information with the IFSP team about your child's progress or your child's needs
- Helpful information like:
  - child's age
  - how soon they get tired
  - how quickly they learn



Talk to your FSC or providers if you are concerned or have questions

## Providers

- Base services on the goal/outcome of parents and the child's unique need
- Recommend age-appropriate services
- Respect parents' thoughts and opinions regarding their child's care.





# Making Changes to a Child's Services

- Changing services on the IFSP can be done in several ways:
  - By phone on a conference call
  - In writing
  - In Person





# When should I change my IFSP?



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# How Does My IFSP Team Change My Child's IFSP?

- You can discuss your child's progress or any concerns about your child's progress at the 6 month review
- If you want to hold a meeting before the 6 month review, contact your FSC to schedule a team meeting to talk about ways to help your child and family meet their needs





# Explanation of Benefits (EOB)

## What is an EarlySteps Explanation of Benefits (EOB)?

- An EOB is a detailed description of the services that were billed by and paid to your EarlySteps providers.
- EarlySteps providers have up to 60 days to bill from the date a service is rendered. Therefore, the date of service and the actual day the provider billed for the service could reflect a difference of up to 60 days.

## Why is the EOB important to you?

- The EOB lists key information such as the name of the provider, the actual date you received the service, and the amount paid to your provider. This information is important because you can verify whether or not these services are occurring for your child.





# “Who Do I Contact ....”

- When I have questions about services on the IFSP or my providers? – Family Support Coordinator (FSC)
- When I want to schedule a team meeting? – FSC
- If I need information about resources in the community? – FSC, Community Outreach Specialist (COS), Families Helping Families Center (FHF)
- If I need information about my child’s disability or developmental needs? – FSC, COS





# “Who Do I Contact ....”

- If I would like to attend the State Interagency Coordinating Council (SICC) and Regional Interagency Coordinating Council (RICC) meetings? – Regional Coordinator, COS
- If I want to meet other parents of children in EarlySteps, or join a support group? – FSC, COS, FHF
- To file a complaint about anyone or anything involving EarlySteps, or about services for your child and family? – Regional OCDD Office





● The child supplies the power but  
● the parents have to do the  
steering.

● *Benjamin Spock,  
Dr. Spock's Baby and Child Care*

