

# Child Find to School District Services





# For Children Transitioning from Child Find to School District Services

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# The Child Find / Pre-Kindergarten Assessment and Educational Planning Process for School District Services



**Step 1 – Referral:** Your child was referred to Child Find for evaluations and educational planning due to concerns about his/her developmental skills in one or more of the following areas: communication, thinking, motor, social, self-care, and health.

**Step 2 – Evaluation:** Before your child is evaluated, you are required to give your written consent for the evaluation. Depending upon your child's specific **educational** needs, certain professionals and/or school personnel may evaluate your child. You are an important member of your child's evaluation team and will provide critical information to the team about your child's skills. Additionally, if your child is attending a preschool or childcare setting, the team will be requesting information about your child's participation in the program.

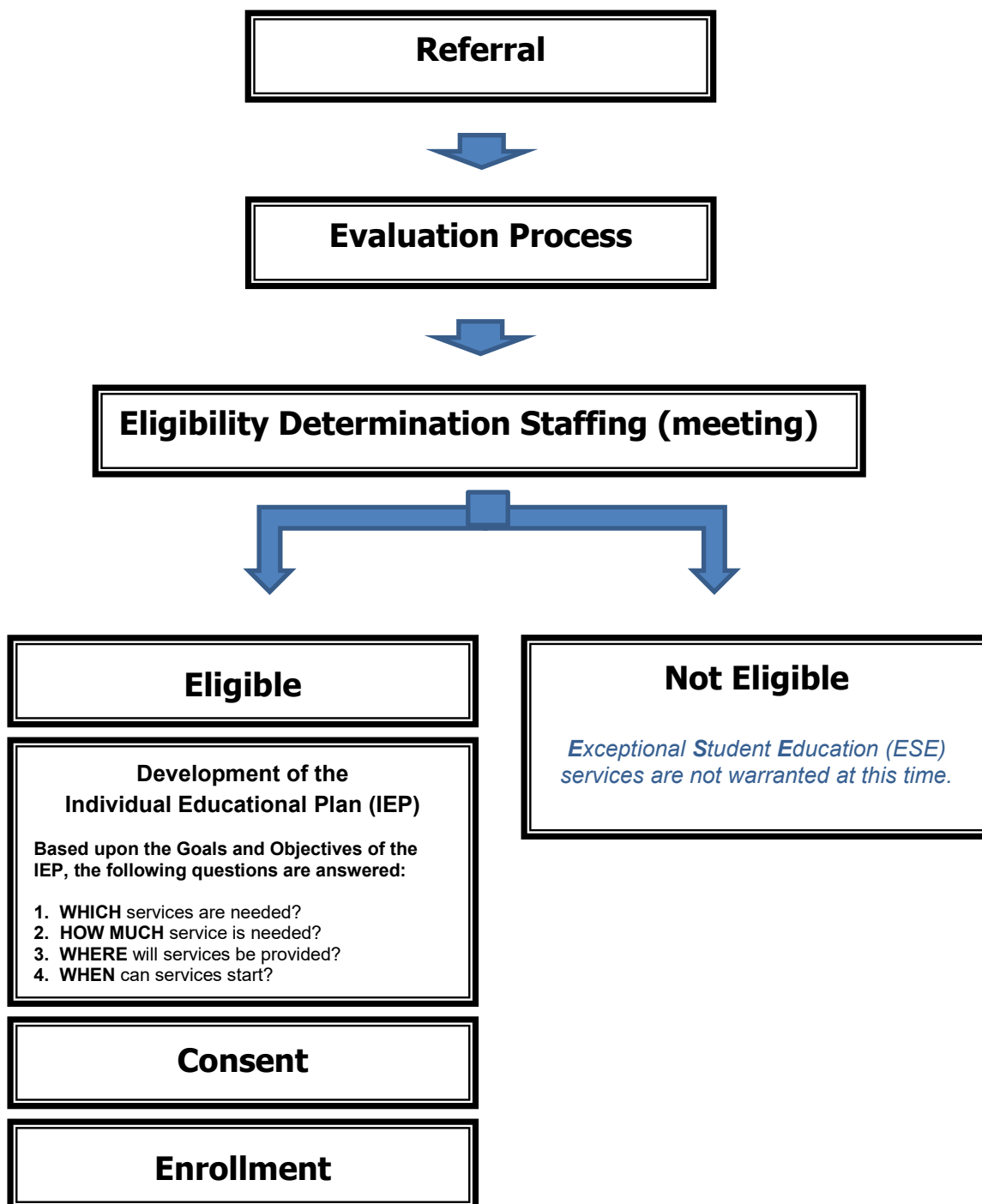
**Step 3 – Determining Eligibility:** Following the evaluation, you will be notified to participate in an Eligibility Determination Staffing. **A Staffing is a meeting where your child's eligibility for special education services is determined, based upon state and district criteria and thorough review and discussion of all current and relevant developmental information about your child.** You will be provided with a copy of the team's evaluation report and planning notes prior to the meeting.

**Step 4 – Development of the Individual Educational Plan (IEP):** If your child is found eligible for special education services, the Staffing committee seamlessly transitions into the educational planning team. As a member of the educational planning team, you will assist in developing your child's **Individual Educational Plan (IEP)**. The Assessment team will develop a **DRAFT** of the Present Level of Academic Achievement and Functional Performance Narrative and offer suggestions for Goals and Objectives. Please understand that these sections of the plan are **DRAFT ONLY**. Changes can be, and usually are, made during the meeting as new or additional information is available, and others contribute. The final IEP will determine **WHICH** service(s) your child needs, **HOW MUCH** time is needed to accomplish your child's goals, and **WHERE** the services will be provided.

**Step 5 – Consent and Program Starts (during the school year.):** After the IEP has been written and service recommendations have been made, you will be asked to sign a document, giving consent for the services or declining the services. Services are typically offered in your neighborhood school or the school closest to your home having the recommended program.

**Step 6 – Enrollment:** To enroll your child you will need the following information: your child's birth certificate, a Florida school physical form completed within the last 12 months, and up-to-date immunization record. These documents can be obtained from your child's pediatrician or at the Hillsborough County Health Department (by appointment).

# The Child Find / Pre-Kindergarten Assessment and Educational Planning Process for School District Services





# The Individual Educational Plan Process (IEP)

## What is an IEP?

An **Individual Educational Plan (IEP)** is a written statement of the educational program designed to meet a child's individual needs. Every child who receives special education services must have an IEP.

**Special education** is instruction specifically designed to meet the educational and developmental needs of children with disabilities, or those who are experiencing developmental delays.

That's why the process of developing the IEP document is of great interest and importance to educators, administrators, and families alike.

## Who develops the IEP?

The IEP is developed by a team of individuals that includes key school staff and the child's parents. The team meets, reviews the evaluation/assessment information about the child, and determines that the child **needs** special education and related services. The team, including the parents, develops an individualized plan to address the child's **educational** needs that result from his or her disability or developmental delays. Parents may invite others, such as private therapists or early interventionists, who know the child and can provide important information to the IEP team.

Family members are equal participants of the IEP Team. Families have long-range vision and commitment to their child and hold important information about their child's strengths, learning styles, interests and needs.

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Hillsborough County Public Schools. 813-837-7777 • Website: <https://www.mysdhc.org/fdlrs>



Rev. 12-10-20

## What's involved in developing my child's IEP?



The entire IEP process is a way for you and the school to talk about your child's needs and to create a plan to meet those needs.

The IEP meeting is somewhat formal. By law, certain people must attend. All the people attending the meeting sign the IEP document to show who is there. Lots of papers are looked at and passed around. People will talk about your child, his or her needs and strengths, and what type of educational program would be appropriate. You should feel free to ask questions and offer suggestions.

During the meeting, each person takes a turn in the discussion. The discussion will include talking about:

- your child's strengths;
- your concerns for enhancing your child's education;
- the results of the most recent evaluation of your child; and
- your child's academic, developmental, and functional needs.

After educational goals are developed for your child, the IEP Team will consider the services needed to meet your child's needs and where your child will receive those services. Recommendations for placement will be offered. If you sign consent, services can begin as soon as your child is enrolled (during the school year).

During the meeting, if you are not clear on any part of the IEP process, ask the Staffing Specialist or other members of the IEP Team. After the meeting, you will be given contact numbers for school district staff who can answer your questions. You may also contact your Parent Liaison at any time for assistance.

Parent Liaison Information: <http://www.mysdhc.org/fdlrs/ps/pl>

# Making Sense of Alphabet Soup



School district personnel often use acronyms when discussing matters related to the provision of services to students with special needs or disabilities. Always ask for an explanation if you are not clear on what is being discussed. This document lists some of the more common terms you may hear as your child goes through the evaluation process.

## General Terms:

<b>ESE</b>	Exceptional Student Education	<b>IEE</b>	Independent Educational Evaluation
<b>FAPE</b>	Free Appropriate Public Education	<b>IEP</b>	Individual Educational Plan
<b>FDLRS</b>	Florida Diagnostic and Learning Resources System (Child Find)	<b>LEA</b>	Local Education Agency
<b>FERPA</b>	Family Educational Rights and Privacy Act	<b>LRE</b>	Least Restrictive Environment
<b>FLDOE</b>	Florida Department of Education	<b>SEA</b>	State Education Agency
<b>IDEA</b>	Individuals with Disabilities Education Act		

**Eligibility Categories for ESE Interventions and Supports:** Eligibility categories do not necessarily dictate a particular service delivery model. Services are determined by the Individual Education Plan (IEP) team based on the child's educational needs and the location closest to the child's home that can best meet those needs.

<b>ASD</b>	Autism Spectrum Disorder	<b>OHI</b>	Other Health Impaired
<b>DD</b>	Developmental Delay	<b>OI</b>	Orthopedically Impaired
<b>DHH</b>	Deaf and Hard of Hearing	<b>PI</b>	Physically Impaired
<b>DSI</b>	Dual Sensory Impaired (Hearing and vision impairment)	<b>SI</b>	Speech Impaired
<b>EBD</b>	Emotional Behavioral Disabilities	<b>SLD</b>	Specific Learning Disabilities
<b>HH</b>	Hospital/Homebound	<b>TBI</b>	Traumatic Brain Injury
<b>InD</b>	Intellectual Disabilities	<b>VE</b>	Varying Exceptionalities
<b>LI</b>	Language Impaired	<b>VI</b>	Vision Impairment

## PreK ESE Service Delivery Models:

<b>cPEEPS</b>	Community Primary Exceptional Education Preschool Services	<b>DHH</b>	Deaf and Hard of Hearing
<b>PEEPS</b>	Primary Exceptional Education Preschool Services	<b>PIVI</b>	Parent/Infant Vision Impaired Program



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Hillsborough County Public Schools. 813-837-7777 • Website: <https://www.hillsboroughschools.org/ese>



# Parent Liaison Project

Est. 1999

*Empowering Families • Enriching Communication • Navigating Education*

The Parent Liaison project is supported by Florida Diagnostic and Learning Resources System (FDLRS) and Hillsborough County Public Schools (HCPS). Our goal is to guide and empower families to become collaborative, effective advocates for their child with special needs by providing information, help and support to promote academic and social success in school and within the community. Each Exceptional Student Education (ESE) parent liaison works closely with regional district schools and staff and is a parent of a child who has received ESE services.

## Some Things We Do

- Facilitate effective communication between families and schools
- Provide families with guidance to understand educational supports and procedures
- Answer questions or refer families to appropriate school/district personnel
- Support families navigating transitions, from early intervention services through post-secondary programs (*ages 3 to 22*)
- Assist in the Individual Educational Plan (IEP) process/educational meetings
- Provide informational sessions to increase understanding of the educational process and promote family involvement
- Develop & distribute materials that benefit families of children with special needs
- Connect families with agencies that provide services and/or resources
- Facilitate FDLRS/Early Childhood Council (ECC) developmental screenings
- Share common family concerns with school district administration

## Useful Websites & Resources

Hillsborough County Public Schools  
<https://www.hillsboroughschools.org/>

Florida Diagnostic & Learning Resources System (FDLRS)  
<https://www.mysdhc.org/fdlrs>

Climate and Culture: Exceptional Student Education (ESE)  
<https://www.hillsboroughschools.org/ease>

Subscribe to our Electronic Newsletter  
<http://tinyurl.com/FDLRSENews>

Request Access to Special Ed Connection  
<https://www.mysdhc.org/fdlrs/ps/SpecialEd>

Addison G. Davis, Superintendent  
*Hillsborough County Public Schools*

Kimberly Workman, General Director  
*HCPS, Exceptional Student Education*

Michael Levine, Supervisor  
*Florida Diagnostic & Learning Resources System*



## Parent Liaisons

*Exceptional Student Education*

**Liaison School Assignments**  
<http://bit.ly/LiaisonSchools>

### ELEMENTARY SCHOOLS

Jennifer Belinc-DeGregorio, 813-815-3410  
[jennifer.belinc-degregorio@sdhc.k12.fl.us](mailto:jennifer.belinc-degregorio@sdhc.k12.fl.us)

Sandra BuShea, 813-360-1159  
[sandra.bushea@sdhc.k12.fl.us](mailto:sandra.bushea@sdhc.k12.fl.us)

Christine Poe, 813-279-1851  
[christine.poe@sdhc.k12.fl.us](mailto:christine.poe@sdhc.k12.fl.us)

### MIDDLE AND HIGH SCHOOLS

Lina Moreno, 813-773-6804  
[lina.moreno@sdhc.k12.fl.us](mailto:lina.moreno@sdhc.k12.fl.us)

### TRANSFORMATION SCHOOLS

FDLRS Parent Liaison, 813-837-7732  
[fdlrsparentservices@sdhc.k12.fl.us](mailto:fdlrsparentservices@sdhc.k12.fl.us)

### PARENT SERVICES INFORMATION

[fdlrsparentservices@sdhc.k12.fl.us](mailto:fdlrsparentservices@sdhc.k12.fl.us)

813-837-7732 (English)  
813-837-7728 (Español)

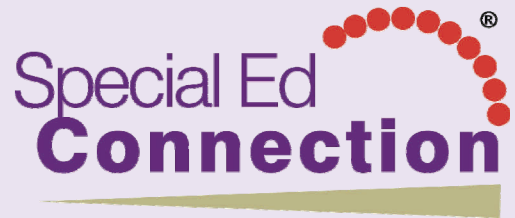
*Communications*  
Corinne Smith, 813-837-7872  
[corinne.smith@sdhc.k12.fl.us](mailto:corinne.smith@sdhc.k12.fl.us)

*Program Manager*  
Debbie Valdes, 813-837-7733  
[debbie.valdes@sdhc.k12.fl.us](mailto:debbie.valdes@sdhc.k12.fl.us)





FLORIDA DEPARTMENT OF  
**EDUCATION**  
fldoe.org



Florida Department of Education is proud to provide access to **Special Ed Connection**® to parents of students with disabilities.

**Special Ed Connection**® is a web-based resource that parents can use to gain an understanding of what special education is and how it works, as their child enters, progresses through and exits the world of special education requirements. From legal rights to practical application and from student referrals to IEPs, **Special Ed Connection**® explains specific procedures and provides real-world application strategies so parents can learn the complexities surrounding special education supports and services.

Here are highlights of just a few of the many components that will be made available for your use:

**Smart Starts** – The best starting point to gain an interpretation and a better understanding of almost 450 special education topics. You'll find that *SmartStarts* provide practical guidance, based on federal regulations and case law. From assistive technology to chronic health conditions to measuring progress, each *SmartStart* will help you understand the law and how it applies to your individual child's situation.

**Special Ed Online Dictionary** – Provides straightforward definitions of more than 1,400 widely used terms, enabling enhanced dialogue about special education issues. Straight-to-the-point explanations are provided so you'll understand the meaning of terms such as *prior written notice*, *least restrictive environment*, *transition services*, *functional behavioral assessment*, and *behavioral intervention plan*—giving you the ability to be more actively involved in meeting your child's educational needs.

**News and Updates** – Stay current on the latest news and developments in the special education community—including news about legislation, best practice strategies from special education experts, updates from experts regarding new techniques being used in the special education community and more!

**Special Ed Round-Ups** – Provide you with an easy way to quickly locate practical guidance and gain access to valuable resources on a host of important special education issues from autism to bullying to postsecondary transition and more.

To find out more about gaining access to this exciting resource —  
contact Debbie Valdes / FLDRS Parent Services  
phone: 813-837-7733 or email: [debbie.valdes@sdhc.k12.fl.us](mailto:debbie.valdes@sdhc.k12.fl.us)

# Community Resources



## **Children's Board Family Resource Centers**

<https://www.familysupporthc.org/>

The Children's Board Family Resource Centers are located throughout Hillsborough County and offer programs and services emphasizing family support, child development, health and safety, and learning success.



## **Champions for Children**

### *Parents as Teachers*

<https://cfctb.org/services/parents-as-teachers-pat/>

Parents as Teachers is a home visiting program to promote healthy development and school readiness for children and families, prenatal through kindergarten.

### *Positive Parenting Partnership (P3)*

<https://cfctb.org/services/positive-parenting-partnership-p3/>

Provides tailored interventions designed to positively impact parenting skills; healthy relationships among co-parents; marriage and couple stability; financial health; and increase parenting confidence.



## **School Readiness**

[https://www.elchc.org/programs\\_services/school-readiness/](https://www.elchc.org/programs_services/school-readiness/)

Offers supports, such as physical well-being, social and emotional development as well as resources to children and families needed to be ready to enter into school and succeed.



# CRISIS CENTER OF TAMPA BAY

Help. Hope. Healing.



## Community Resource Guide

### CRISIS CENTER SERVICES

- 2-1-1 Tampa Bay** – Information & Referral and Crisis Counseling – 2-1-1; TTY 969-4944
- FL Veteran Support Line** – 1-844-MYFLVET (693-5838)
- Child Development Info Line** – 813-425-GROW(4769) or 2-1-1
- Trauma Recovery Services** – Trauma Counseling Services for Children & Adults – 264-9955
- Sexual Assault Services** – Sexual Assault Forensic Medical Unit – 2-1-1
- TransCare** – Emergency Medical and/or Mental Health Transportation - 681-4422
- Volunteer Services** - 969-4991

Search our community resources online at:

[www.211atyourfingertips.org](http://www.211atyourfingertips.org)

Service providers add or update your program information here.

Interpreters available for 150 languages

**Suicidal Callers**..... **1-800-273-TALK (8255)**  
 Poison Information Center..... 1-800-222-1222

### ABANDONED BABY PROGRAM

For help or Information Call ..... **2-1-1**

### ABUSE - CHILD & ADULT

Abuse Reporting Hotline..... 1-800-96-ABUSE  
 Champions for Children ..... 673-4646  
 Child Protection Team..... 250-6670  
 Family Network Team Program ..... 272-2888  
 Eckerd Community Alternatives..... 727-461-2990  
 Joshua House..... 263-3469  
 The Spring of Tampa Bay ..... 247-7233

### ADDICTION & SUBSTANCE ABUSE

ACTS..... 246-4899  
 Al-Anon / Alateen..... 881-9372  
 Alcoholics Anonymous (24hrs)..... 933-9123  
 The Centre..... 251-8437  
 DACCO..... 984-1818  
 Florida Substance Abuse Hotline..... 1-800-662-4357  
 Narcotics Anonymous..... 879-4357  
 Operation PAR..... 1-888-727-6398  
 Phoenix Houses of Florida – Teen & Adult Outpatient..... 881-1000  
 Salvation Army Adult Rehabilitation Center..... 972-0471  
 Tampa Crossroads (Offender Services)..... 238-8557  
 Turning Point of Tampa..... 1-800-397-3006  
 Windmoor Healthcare..... 1-888-834-2946

### CHILD CARE & YOUTH SERVICES INFORMATION

Big Brothers & Big Sisters..... 769-3600  
 Boy Scouts, Gulf Ridge Council..... 872-2691  
 Frameworks of Tampa Bay..... 514-9555  
 Boys & Girls Club..... 875-5771  
 Family Services/Early Learning Coalition..... 906-5041  
 Computer Mentors..... 236-1191  
 \*Child Development Info Line..... **425-GROW(4769) or 2-1-1**  
 Girl Scouts Suncoast Council..... 281-4475  
 FDLRS..... 837-7777  
 Healthy Start..... 307-8016  
 Hills. Co. Child and Family Counseling Free ext.53108..... 264-3807  
 Hills. Co. Youth Shelter and Respite-Free ext. 53159..... 264-3807  
 Hillsborough County Head Start/Early Head Start..... 272-5140  
 Hillsborough County Parks & Recreation..... 635-3500  
 Hillsborough County Public Schools Head Start..... 744-8941  
 PACE Center for Girls..... 739-0410  
 SEEDS..... 901-3439  
 Voluntary Pre-Kindergarten..... 204-1727  
 Youth Advocate Programs..... 248-3980  
 YMCA..... 224-9622

### COUNSELING & MENTAL HEALTH

Adult Emergency Services..... 272-2958  
 Camelot Community Care..... 635-9765  
 Catholic Charities..... 631-4370  
 Children's Crisis Center..... 272-2882  
 Hills. Co. Child and Family Counseling-Free ext. 53108..... 264-3807  
 Life Center of the Suncoast..... 237-3114  
 Northside Mental Health Center..... 977-8700  
 Tampa Jewish Family Services..... 960-1848  
 Tampa Veteran's Center..... 238-8557

### EDUCATION

Adult & Community Education ..... 740-7750  
 Hillsborough Community College ..... 253-7000  
 Hillsborough County Public Schools..... 272-4000  
 Hispanic Services Council ..... 936-7700  
 Public Library Cooperative..... 273-3652  
 Readers In Motion..... 932-5228

### EMPLOYMENT

The Centre..... 251-8437  
 Career Resource Center - CDC of Tampa..... 231-4362 ext. 301  
 City of Tampa Employment Services ..... 274-8911  
 Employment Opportunity Program ..... 272-5040  
 Goodwill Industries ..... 727-523-1512  
 Vocational Rehabilitation ..... 233-3600  
 Career Source..... 930-7400

### FINANCIAL ASSISTANCE

ACCESS Florida Information Line/DCF..... 1-866-762-2237  
 Lee Davis Neighborhood Service Center..... 272-5220  
 Plant City Neighborhood Service Center..... 757-3871  
 Ruskin Community Resource Center..... 671-7647  
 University Area Neighborhood Service Center..... 975-2153  
 West Tampa Neighborhood Service Center..... 272-5074  
 Salvation Army Family Services Program ext. 300..... 226-0055  
 Social Security Administration ..... 1-800-772-1213  
 Women, Infants & Children - WIC..... 307-8074

### FIRE DEPARTMENTS

Hillsborough County Fire Department ..... 272-6600  
 Plant City Fire Department ..... 757-9199  
 Tampa Fire Department..... 274-7011  
 Temple Terrace Fire Department ..... 506-6700

### FOOD

Community Food Bank..... 960-1848  
 Cook's Hat ..... 236-6237  
 ECHO Emergency Care Help - Brandon ..... 685-0935  
 Food Stamps..... 1-866-762-2237  
 Meals on Wheels - Tampa..... 238-8410  
 Meals on Wheels - Plant City..... 754-9932  
 Metropolitan Ministries - Outreach & Prevention..... 209-1044  
 United Food Bank & Services of Plant City ..... 764-0625

## HOMELESS / TRANSITIONAL SERVICES

Abe Brown Ministries.....	247-3285
Alpha House.....	875-2024
Hills. Co. Residential Care (youth under 18) ext. 53159.....	264-3807
Homeless Veterans Program.....	979-3563
Mary & Martha House (Women & Children).....	641-7027
Metropolitan Ministries.....	209-1200
New Beginnings Men.....	374-2275
Salvation Army	
Hope House - Men's Transitional ext. 264.....	226-0055
Red Shield Lodge - Men & Women.....	221-4440

## HOUSING / HOUSING COUNSELING

City of Tampa Department of Code Enforcement.....	274-5545
Consumer Credit Counseling Services.....	1-800-750-2227
Hillsborough County Dept. of Code Enforcement.....	274-6600
Housing Authority of the City of Tampa.....	253-0551
Volunteers of America.....	282-1525
www.FloridaHousingSearch.org.....	1-877-428-8844

## LAW ENFORCEMENT

Florida Highway Patrol.....	632-6859
Hillsborough County Sheriff's Office.....	247-8200
Plant City Police Department.....	757-9200
Tampa Police Department.....	231-6130
Temple Terrace Police Department.....	506-6500
University of South Florida Police.....	974-2628

## LEGAL ASSISTANCE

Bay Area Legal Services.....	232-1343
Baker Act / Marchman Act - Courthouse.....	276-8100
Children's Justice Center.....	272-7179
Child Support Enforcement.....	1-800-622-5437
Consumer Protection & Professional Responsibility Agency.....	903-3430
Guardian Ad Litem.....	272-5110
Hillsborough County Victim's Assistance.....	272-6472
Lawyer Referral Service.....	221-7780
Mediation & Diversion Services.....	272-5642
Public Defender.....	272-5980
State Attorney's Office.....	272-5400

## MEDICAL & DENTAL SERVICES

All Children's Hospital.....	727-898-7451
Brandon Outreach Clinic.....	654-1388
Children's Medical Services.....	396-9743
Consult - A - Nurse.....	1-800-257-0944
Dover Health Center.....	349-7700
Florida KidCare.....	863-660-3047
Healthcare for Homeless Veterans.....	979-3563
Hillsborough County Health Department.....	307-8000
Floyd Kelton Health Center.....	307-8055
Plant City Health Center.....	307-8057
University Area Community Health Center.....	307-8058
Hillsborough Healthcare.....	272-5040
James A. Haley Veterans Hospital.....	972-2000
Judeo Christian Health Clinic.....	870-0395
LifePath Hospice.....	877-2200
Medicaid Area 6 Field Office.....	350-4800
Moffitt Cancer Center.....	745-4673
MomCare Hillsborough.....	233-2800
Plant City Family Care.....	653-6100
Pregnancy Care Center of Plant City.....	759-0886
Ruskin Health Center.....	349-7800
SunCoast Health Center Pediatrics.....	341-7450
Shriner's Hospital for Children.....	972-2250
Tampa Family Health Center.....	490-1957
West Tampa Health Center.....	490-1426
Woman to Woman.....	930-7103

## PARENTING SERVICES

abcProgram.....	226-2301
Children's Board Family Resource Center in Brandon.....	740-4634
Children's Board Family Resource Center in Central Tampa.....	204-1741
Fathers Resource & Networking Center - FRANC.....	356-1293
Federation of Families for Children's Mental Health.....	622-7930
Children's Board Family Resource Center in N. Tampa.....	558-1877
Parent Resource Center.....	272-0673
Champions for Children.....	673-4646
Project Link, Inc.....	276-5671
Children's Board Family Resource Center in S. County.....	641-5600
Children's Board Family Resource Center in Town N' Country.....	356-1703
Parent Liaison Project.....	837-7777
Layla's House.....	443-5004

## PERSONS WITH DISABILITIES

Service Source of Florida.....	727-538-7370
United Cerebral Palsy of Tampa Bay.....	239-1179 ext. 272
Agency for Persons with Disabilities.....	233-4300
Community Care for Disabled Adults.....	337-5982
Disability Determinations - Department of Health.....	806-8950
Division of Vocational Rehabilitation - Dept. of Education.....	233-3600
Florida Division of Blind Services.....	871-7190
Florida Relay Service - Dial 7-1-1 or.....	1-800-222-3448
TTY.....	1-800-995-8771
Hillsborough County Health & Social Services.....	272-5040
MacDonald Training Center.....	870-1300
Self Reliance.....	375-3965
TTY.....	375-3972
Tampa Lighthouse for the Blind.....	251-2407

## SENIOR SERVICES

United Cerebral Palsy of Tampa Bay - Respite.....	239-1179
Area Agency on Aging Elder Helpline.....	1-800-963-5337
Alzheimer's Association.....	684-1296
Community Care for the Elderly.....	272-5250
Crimes Against the Elderly Unit.....	247-0548
Elder Care Locator.....	1-800-677-1116
Elder Justice Center.....	276-2726
Life Enrichment Senior Center.....	932-0241
Lutheran Services-Guardianship & Case Management.....	800-651-1853
Pearlenas Adult Activity Center.....	559-9545
Retired & Senior Volunteer Program.....	932-5228
Senior Citizens Nutrition & Activities Program - SCNAP.....	272-5250
Senior Home Improvement Program - SHIP.....	232-3200
Serving Health Insurance Needs of Elders - SHINE.....	740-3888
Senior Advocacy Unit.....	232-1343

## TRANSPORTATION

HARTLINE.....	254-4278
Sunshine Line.....	272-7272

## VOLUNTEER OPPORTUNITIES

Project Link, Inc.....	276-5671
Retired & Senior Volunteer Program.....	272-6956
Volunteer Center - United Way of Tampa Bay.....	274-0999

## VETERAN & MILITARY SERVICES

Office of Veterans Affairs.....	975-2181
Military OneSource.....	1-800-342-9647
Veterans Assistance Center.....	238-8557
Homeless Veterans Program.....	903-4477
*FL Veterans Support Line.....	1-844-MYFLVET(693-5838)



Children's Board  
HILLSBOROUGH COUNTY

[www.ChildrensBoard.org](http://www.ChildrensBoard.org)

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# Positive Parenting Tips for Healthy Child Development

## Preschoolers (3-5 years of age)

### Developmental Milestones

Skills such as naming colors, showing affection, and hopping on one foot are called developmental milestones. Developmental milestones are things most children can do by a certain age. Children reach milestones in how they play, learn, speak, behave, and move (like crawling, walking, or jumping).

As children grow into early childhood, their world will begin to open up. They will become more independent and begin to focus more on adults and children outside of the family. They will want to explore and ask about the things around them even more. Their interactions with family and those around them will help to shape their personality and their own ways of thinking and moving. During this stage, children should be able to ride a tricycle, use safety scissors, notice a difference between girls and boys, help to dress and undress themselves, play with other children, recall part of a story, and sing a song.

*For more details on developmental milestones, warning signs of possible developmental delays, and information on how to help your child's development, visit the "Learn the Signs. Act Early." campaign website.*

<http://www.cdc.gov/ncbddd/actearly/index.html>

### Positive Parenting Tips

**Following are some things you, as a parent, can do to help your preschooler during this time:**

- Continue to read to your child. Nurture her love for books by taking her to the library or bookstore.
- Let your child help with simple chores.
- Encourage your child to play with other children. This helps him to learn the value of sharing and friendship.
- Be clear and consistent when disciplining your child. Explain and show the behavior that you expect from her. Whenever you tell her no, follow up with what he should be doing instead.
- Help your child develop good language skills by speaking to him in complete sentences and using "grown up" words. Help him to use the correct words and phrases.
- Help your child through the steps to solve problems when she is upset.
- Give your child a limited number of simple choices (for example, deciding what to wear, when to play, and what to eat for snack).



## Child Safety First

As your child becomes more independent and spends more time in the outside world, it is important that you and your child are aware of ways to stay safe. Here are a few tips to protect your child:

- Tell your child why it is important to stay out of traffic. Tell him not to play in the street or run after stray balls.
- Be cautious when letting your child ride her tricycle. Keep her on the sidewalk and away from the street and always have her wear a helmet.
- Check outdoor playground equipment. Make sure there are no loose parts or sharp edges.
- Watch your child at all times, especially when he is playing outside.
- Be safe in the water. Teach your child to swim, but watch her at all times when she is in or around any body of water (this includes kiddie pools).
- Teach your child how to be safe around strangers.
- Keep your child in a forward-facing car seat with a harness until he reaches the top height or weight limit allowed by the car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it will be time for him to travel in a booster seat, but still in the back seat of the vehicle. The National Highway Traffic Safety Administration has information on how to keep your child safe while riding in a vehicle.

## Healthy Bodies

- Eat meals with your child whenever possible. Let your child see you enjoying fruits, vegetables, and whole grains at meals and snacks. Your child should eat and drink only a limited amount of food and beverages that contain added sugars, solid fats, or salt.
- Limit screen time for your child to no more than 1 to 2 hours per day of quality programming, at home, school, or child care.
- Provide your child with age-appropriate play equipment, like balls and plastic bats, but let your preschooler choose what to play. This makes moving and being active fun for your preschooler.

A pdf of this document for reprinting is available free of charge from

<http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/preschoolers.html>

## **Additional Information:**

<http://www.cdc.gov/childdevelopment>

**1-800-CDC-INFO (800-232-4636)** <http://www.cdc.gov/info>

# QUESTIONS & ANSWERS

## **Are there any free tools that are available to me to help educate me?**

[Special Ed Connection](#) - Florida Diagnostic & Learning Resources System

## **I need financial assistance for my childcare, who can help?**

[School Readiness Program](#) - Early Learning Coalition

[Additional Resources](#)

## **Is my child close to meeting his/her developmental milestones?**

[Your Child at 3 Years \(milestones\)](#) - Centers for Disease Control and Prevention

[Your Child at 4 Years \(milestones\)](#) - Centers for Disease Control and Prevention

[Milestone Checker Age 0 to 5](#) - Early Childhood Council of Hillsborough County

## **Is there parent training available that I can attend?**

[Parents as Teachers](#) - Champions for Children

[Positive Parenting Partnerships \(P3\)](#) - Champions for Children

[FDLRS Parent Services Workshops](#) - FDLRS Parent Services

[Additional Resources](#)

## **Is there someone I can call for general questions or help?**

[Parent Liaison Project](#) - Florida Diagnostic & Learning Resources System

## **My child is 4, can he/she attend VPK?**

[VPK Education Program](#) - Office of Early Learning

## **Once my child has turned 3, what programs are available to my child within the community?**

[School Readiness Program](#) - Early Learning Coalition

[VPK Education Program](#) - Office of Early Learning

[Head Start](#) - Office of Early Learning

## **What are my rights under the Individuals with Disabilities Education Act (IDEA)?**

[Procedural Safeguards](#) - Florida Department of Education

## **What resources in the community are available for my child or our family?**

[Family Resource Centers](#) - Children's Board Hillsborough County

[Parents as Teachers](#) - Champions for Children

[Positive Parenting Partnerships \(P3\)](#) - Champions for Children

[Community Resource Guide](#) - Crisis Center of Tampa Bay

[Additional Resources](#)

## **What type of resources are available for counseling and mental health?**

[Community Resource Guide](#) - Crisis Center of Tampa Bay

## **Do you have any tips for parents?**

[Positive Parenting Tips](#) - Centers for Disease Control and Prevention

[Healthy Child Development \(Age 2-3 Years\)](#) - Centers for Disease Control and Prevention

[Healthy Child Development \(Age 3-5 Years\)](#) - Centers for Disease Control and Prevention

## **Where can I find childcare or other service providers in my community?**

[Child Care Resource & Referral](#) - Early Learning Coalition