

Early Steps to School District Services





For Children Transitioning from Early Steps to School District Services

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The Child Find / Pre-Kindergarten Assessment and Educational Planning Process for Children Transitioning from Early Steps to School District Services



Step 1 – Referral: Your child was referred to Child Find for educational planning and possible evaluations due to concerns about his/her developmental skills in one or more of the following areas: communication, thinking, motor, social, self-care, and health. Children served by the Early Steps program are required to have an exit evaluation. The results will be sent to Child Find.

Step 2 – Evaluation: Depending upon your child’s specific **educational** needs, certain professionals and/or school personnel will review evaluations and other information about 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. An information review/evaluation appointment will be scheduled for your child, and a determination will be made if more evaluations are warranted at that appointment. If additional evaluations **are** needed in order to determine eligibility they will be completed with your consent at that appointment. If additional evaluations are **not** needed, the evaluator will discuss Early Steps’ exit evaluation results with you, and your child’s information will be forwarded to the Staffing Department to schedule an Eligibility Determination Staffing meeting.

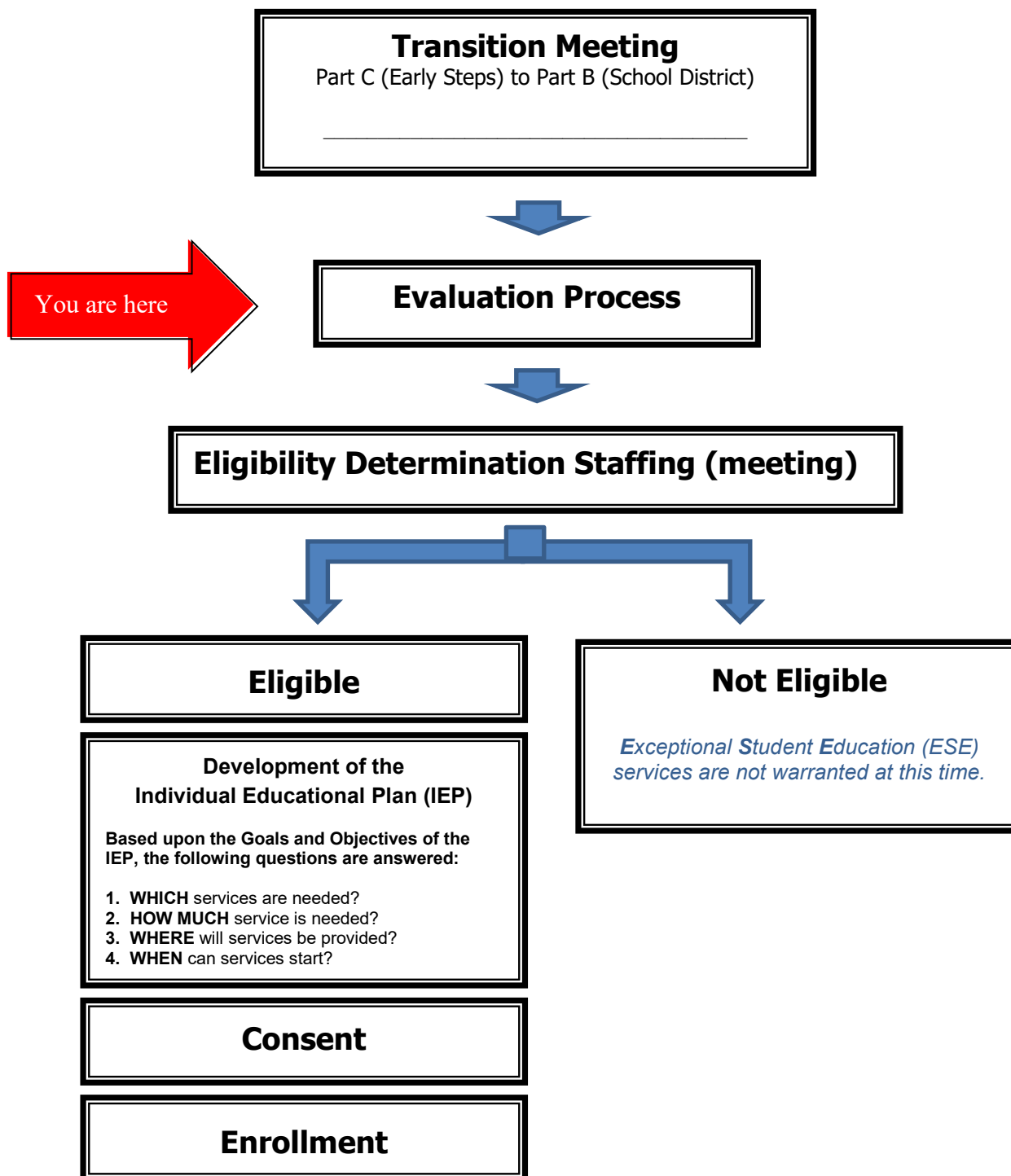
Step 3 – Determining Eligibility: Following the review of your child’s information and/or evaluation, you will be notified to participate in an Eligibility Determination Staffing. **A Staffing is a meeting where your child’s eligibility for special education services is determined, based upon state and district criteria and thorough review and discussion of all current and relevant developmental information about your child.** If additional evaluations were completed, you will be provided with a copy of the evaluation reports 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 Children Transitioning from Early Steps to School District Services



Dear Families:

simplifying Transition

It may seem as if early intervention has just started and it is already time to talk about change. The more you know and understand about the transition process, the more comfortable you will feel, as you and your child get ready to move beyond Early Steps services.

The formal transition process for your child begins approximately at 2 years 6 months of age, and with the help of the enclosed information, we will help guide you through the next few months. We encourage you to participate in the complete transition process and take advantage of all the supports and services that are available to you and your family.



Age: Birth to Age 3
Focus: Early Intervention/ Family Support
Type of Plan: Individualized Family Support Plan (IFSP)
Service model: Home and community based



Age: Age 3 through 21
Focus: Child Focused Special Education Services
Type of Plan: Individual Educational Plan (IEP)
Service model: School District services with an educational focus.

What Happens Next?



EVALUATIONS

ELIGIBILITY FOR SERVICES

Before a child can receive special education and related services, the child must be evaluated. Completing the Child Find packet and returning it promptly begins the process of gathering information to guide the assessment process. Typically, your Early Steps service provider will complete an exit evaluation when your child is around 33 to 34 months. The results of this assessment will help the members of the Child Find PreK Assessment Team paint a complete picture of your child and determine if additional assessments are needed.

Other evaluations may or may not include:

- Individualized testing
- Observation
- Review of medical records
- Information from family members, doctors, and others.

Based on the assessment and other information obtained, the PreK Assessment Team will make recommendations about services for your child.

At the Eligibility Staffing meeting, and as part of the Individual Educational Plan (IEP) Team, you will help make the decision about the services your child may require. Services will be offered based on your child's needs as identified in the Individual Educational Plan.

If your child is not eligible for special education services, visiting community programs for young children may help you decide your child's next step.

Commonly Asked Questions:



simplifying Transition

Q: Why does my child have to leave Early Steps by his or her third birthday?

A: According to the federal law, Individuals with Disabilities Education Act, after age 36 months, your child is no longer eligible for Early Steps. Your Early Steps Service Coordinator will refer your child to Child Find for coordination of evaluation and eligibility requirements prior to the third birthday to determine eligibility for special education services.

Q: What happens after my Early Steps transition conference?

A: You should receive a Child Find questionnaire a few months prior to your child's third birthday. Please complete and return to Child Find. A member of the Team will contact you approximately two to three months prior to the child's third birthday.

Q. What is the process for accessing school district prekindergarten programs for children with disabilities or special needs?

A. The school district process is as follows:



Your child is evaluated to determine if he or she is eligible for services. An eligibility meeting will be scheduled near the 3rd birthday. If eligible, an Individual Educational Plan (IEP) is developed and services will be offered based on your child's needs

Q. How can I find information about other programs available in my community for children with disabilities and special needs?

A. Your Early Steps Service Coordinator, Parent Liaison, and/or Family Support and Resource Centers can provide information about community resources. You can also visit <https://www.mysdhc.org/fdlrs/cf/evaluation> for more information.

Q. Does my child need to be potty trained prior to receiving services?

A. No, potty training is an important and routine part of the prekindergarten program and will be a coordinated effort between home and school.

Q. When can my child begin receiving services?

A. Your child must be three years old, found eligible for services, the IEP completed, and your written consent obtained. After enrolling your child, he or she may begin services any time during the school year.

Q. Does my child have to receive services if he or she is eligible for services?

A. No. If your child is eligible but you do not wish to enroll in a program, there is no obligation to do so. Mandatory school age is 6 years old in Florida, or 5 years old for children who turn 6 prior to February 1, during the current school year. Be sure to discuss all options available to your child during the eligibility meeting.

For additional information, contact Child Find at 813-837-7777





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.

Brought to you by Florida Diagnostic and Learning Resources System (FDLRS), Parent Services.
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:

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

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

PreK ESE Service Delivery Models:

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



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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

Sandra BuShea, 813-360-1159
sandra.bushea@sdhc.k12.fl.us

Christine Poe, 813-279-1851
christine.poe@sdhc.k12.fl.us

MIDDLE AND HIGH SCHOOLS

Lina Moreno, 813-773-6804
lina.moreno@sdhc.k12.fl.us

TRANSFORMATION SCHOOLS

FDLRS Parent Liaison, 813-837-7732
fdlrsparentservices@sdhc.k12.fl.us

PARENT SERVICES INFORMATION

fdlrsparentservices@sdhc.k12.fl.us

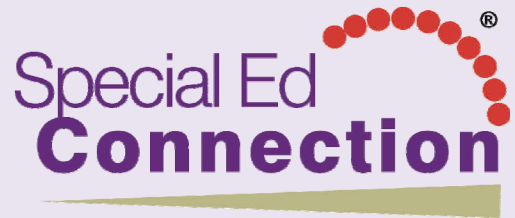
813-837-7732 (English)
813-837-7728 (Español)

Communications
Corinne Smith, 813-837-7872
corinne.smith@sdhc.k12.fl.us

Program Manager
Debbie Valdes, 813-837-7733
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

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/

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

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

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Children's Board of Hillsborough County

Help Me Grow is financed by
Children's Board of Hillsborough County

Your Child at 3 Years



Child's Name _____

Child's Age _____

Today's Date _____

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by age 3. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

What Most Children Do by this Age:

Social/Emotional

- Copies adults and friends
- Shows affection for friends without prompting
- Takes turns in games
- Shows concern for a crying friend
- Understands the idea of "mine" and "his" or "hers"
- Shows a wide range of emotions
- Separates easily from mom and dad
- May get upset with major changes in routine
- Dresses and undresses self

Language/Communication

- Follows instructions with 2 or 3 steps
- Can name most familiar things
- Understands words like "in," "on," and "under"
- Says first name, age, and sex
- Names a friend
- Says words like "I," "me," "we," and "you" and some plurals (cars, dogs, cats)
- Talks well enough for strangers to understand most of the time
- Carries on a conversation using 2 to 3 sentences

Cognitive (learning, thinking, problem-solving)

- Can work toys with buttons, levers, and moving parts
- Plays make-believe with dolls, animals, and people
- Does puzzles with 3 or 4 pieces
- Understands what "two" means
- Copies a circle with pencil or crayon
- Turns book pages one at a time
- Builds towers of more than 6 blocks
- Screws and unscrews jar lids or turns door handle

Movement/Physical Development

- Climbs well
- Runs easily
- Pedals a tricycle (3-wheel bike)
- Walks up and down stairs, one foot on each step

You Know Your Child Best.

Act early if you have concerns about the way your child plays, learns, speaks, acts, or moves, or if your child:

- Is missing milestones
- Falls down a lot or has trouble with stairs
- Drools or has very unclear speech
- Can't work simple toys (such as peg boards, simple puzzles, turning handle)
- Doesn't speak in sentences
- Doesn't understand simple instructions
- Doesn't play pretend or make-believe
- Doesn't want to play with other children or with toys
- Doesn't make eye contact
- Loses skills he once had

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay and ask for a developmental screening.

If you or the doctor is still concerned

1. Ask for a referral to a specialist and,
2. Call any local public elementary school for a free evaluation to find out if your child can get services to help.

For more information, go to cdc.gov/Concerned.

DON'T WAIT.
Acting early can make a real difference!



www.cdc.gov/ActEarly
1-800-CDC-INFO (1-800-232-4636)



Download CDC's
Milestone Tracker App



Learn the Signs. Act Early.

Help Your Child Learn and Grow



You can help your child learn and grow. Talk, read, sing, and play together every day. Below are some activities to enjoy with your 3-year-old child today.

What You Can Do for Your 3-Year-Old:

- Go to play groups with your child or other places where there are other children, to encourage getting along with others.
- Work with your child to solve the problem when he is upset.
- Talk about your child's emotions. For example, say, "I can tell you feel mad because you threw the puzzle piece." Encourage your child to identify feelings in books.
- Set rules and limits for your child, and stick to them. If your child breaks a rule, give him a time out for 30 seconds to 1 minute in a chair or in his room. Praise your child for following the rules.
- Give your child instructions with 2 or 3 steps. For example, "Go to your room and get your shoes and coat."
- Read to your child every day. Ask your child to point to things in the pictures and repeat words after you.
- Give your child an "activity box" with paper, crayons, and coloring books. Color and draw lines and shapes with your child.
- Play matching games. Ask your child to find objects in books or around the house that are the same.
- Play counting games. Count body parts, stairs, and other things you use or see every day.
- Hold your child's hand going up and down stairs. When she can go up and down easily, encourage her to use the railing.
- Play outside with your child. Go to the park or hiking trail. Allow your child to play freely and without structured activities.

Milestones adapted from CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics.

This milestone checklist is not a substitute for a standardized, validated developmental screening tool.

www.cdc.gov/ActEarly | 1-800-CDC-INFO (1-800-232-4636)



Learn the Signs. Act Early.

Positive Parenting Tips for Healthy Child Development

Toddlers (2-3 years of age)

Developmental Milestones

Skills such as taking turns, playing make believe, and kicking a ball, 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 jumping, running, or balancing).

Because of children's growing desire to be independent, this stage is often called the "terrible twos." However, this can be an exciting time for parents and toddlers. Toddlers will experience huge thinking, learning, social, and emotional changes that will help them to explore their new world, and make sense of it. During this stage, toddlers should be able to follow two- or three-step directions, sort objects by shape and color, imitate the actions of adults and playmates, and express a wide range of emotions.

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 toddler during this time:

- Set up a special time to read books with your toddler.
- Encourage your child to take part in pretend play.
- Play parade or follow the leader with your toddler.
- Help your child to explore things around her by taking her on a walk or wagon ride.
- Encourage your child to tell you his name and age.
- Teach your child simple songs like Itsy Bitsy Spider, or other cultural childhood rhymes.
- Give your child attention and praise when she follows instructions and shows positive behavior and limit attention for defiant behavior like tantrums. Teach your child acceptable ways to show that she's upset.



Child Safety First

Because your child is moving around more, he will come across more dangers as well. Dangerous situations can happen quickly, so keep a close eye on your child. Here are a few tips to help keep your growing toddler safe:

- Do NOT leave your toddler near or around water (for example, bathtubs, pools, ponds, lakes, whirlpools, or the ocean) without someone watching her. Fence off backyard pools. Drowning is the leading cause of injury and death among this age group.
- Encourage your toddler to sit when eating and to chew his food thoroughly to prevent choking.
- Check toys often for loose or broken parts.
- Encourage your toddler not to put pencils or crayons in her mouth when coloring or drawing.
- Do NOT hold hot drinks while your child is sitting on your lap. Sudden movements can cause a spill and might result in your child's being burned.
- Make sure that your child sits in the back seat and is buckled up properly in a car seat with a harness.

Healthy Bodies

- Talk with staff at your child care provider to see if they serve healthier foods and drinks, and if they limit television and other screen time.
- Your toddler might change what food she likes from day to day. It's normal behavior, and it's best not to make an issue of it. Encourage her to try new foods by offering her small bites to taste.
- Keep television sets out of your child's bedroom. Limit screen time, including video and electronic games, to no more than 1 to 2 hours per day.
- Encourage free play as much as possible. It helps your toddler stay active and strong and helps him develop motor skills.

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

<http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/toddlers2.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