

All in for Kids

A Birth to 3 Program Family Newsletter

All in for Kids is a newsletter created to keep you and your family informed about the services available through the Birth to 3 Program. The newsletter is published by the Wisconsin Department of Health Services.



Family Input Is Key to the Individualized Family Service Plan

The Birth to 3 Program team, which includes your family, works together to create the Individualized Family Service Plan (IFSP). The IFSP is a written plan that outlines actions to boost the child's development. This plan is created specifically for the child and family to help meet your unique goals.

As the expert in the child's life and your family's priorities, you are a key partner in all stages of the IFSP:

- Creating
- Implementing (putting it into action)
- Updating

The information provided in this newsletter is published in accordance with U.S. Department of Education, Individuals with Disabilities Education Act (IDEA), Part C Regulations Early Intervention Program for Infants and Toddlers with Disabilities.

Creating the IFSP

The IFSP is based on an evaluation of the child as well as information that you provide.

The IFSP includes the goals for the child and your family and the supports and services the team decides on to help meet these goals. The team decides when and where services will be delivered and who will be providing them. Sharing your ideas and opinions at the IFSP meeting will help develop the plan that works best for your family. Before the IFSP meeting, it may help to write down your goals, concerns, and questions for the other team members. You can bring this list to the meeting to help you remember. Feel free to have family members or a friend come to the IFSP meeting to support you.

You will get a copy of the IFSP once it is created. You can use it to remember the details of the plan, keep track of progress, or share with others (such as health care providers or child care providers).

Implementing the IFSP

After the team writes the IFSP together, it is time to put it into action! Everyone on the team will need to sign it to begin services and supports. Remember, you and your family are the ones who decide whether a goal has been met or not. Goals will stay on the IFSP until you say they can be removed or should be changed.

Updating the IFSP

The IFSP changes over time, based on the goals and needs of the child and your family. The service coordinator schedules a review and update of the IFSP every six months with you and the rest of the team, but you do not have to wait. The IFSP can be updated any time you or another team member requests it. If you would like the IFSP to be reviewed or updated, ask the service coordinator.

The service coordinator can help you understand the Birth to 3 Program. If you have any questions, just ask!

Just as you received a copy of the IFSP when it was created, you will get a copy each time it is updated.

SPREAD THE WORD

If you know of a child who might be helped by the Birth to 3 Program, spread the word! Tell other parents about the program, pass along this newsletter, or share the website address with them.

DID YOU KNOW?

The service coordinator is the Birth to 3 Program team member who will:

- Guide the development and review of the IFSP.
- Help you decide on your family's goals and choices for supports and services.
- Help find providers for the supports and services for your family.

The information provided in this newsletter is published in accordance with U.S. Department of Education, Individuals with Disabilities Education Act (IDEA), Part C Regulations Early Intervention Program for Infants and Toddlers with Disabilities.

Family Participation Makes a Difference

You are a key part of the team, and your involvement in the IFSP makes it stronger. Your ideas and feedback help boost the child's learning and development. Thank you for your participation! ❖

The Wisconsin Sound Beginnings Program Can Help Children With Hearing Loss

Even before babies are born, they are learning about the world through their senses: hearing, sight, smell, taste, and touch. If a child has hearing loss, it can affect their ability to communicate and form relationships with others. Getting support early can help.

What is the Wisconsin Sound Beginnings program?

Wisconsin Sound Beginnings (WSB) is a Wisconsin Department of Health Services (DHS) program that helps babies and toddlers who have hearing loss.

WSB makes sure newborns' hearing is tested, usually before they leave the hospital. If the baby or toddler has permanent hearing loss, they are eligible for the Birth to 3 Program. The WSB team will work with the Birth to 3 Program team to support you and the child. The WSB team helps you:

- Understand the child's hearing.
- Learn ways to boost the child's development.
- Encourage communication and healthy relationships.

If you are interested, the program may also be able to connect you with others who have personal experience with hearing loss. This includes young adults with hearing loss and other families who have children with hearing loss.

Have questions about Wisconsin Sound Beginnings?

For more information about the WSB program, visit www.dhs.wisconsin.gov/newbornscreening/hearing.htm.

If you want to talk to someone about the WSB program, please get in touch with the following contacts:

- For questions about services provided with your Birth to 3 Program team, contact Chris Kometer at ckometer@cesa1.k12.wi.us or 262-777-1058.

WHAT IS HEARING LOSS?

Hearing loss is when a person is unable to hear sound partly or completely in one or both ears. It is also called a "hearing difference."

The information provided in this newsletter is published in accordance with U.S. Department of Education, Individuals with Disabilities Education Act (IDEA), Part C Regulations Early Intervention Program for Infants and Toddlers with Disabilities.

- For questions about parent-to-parent support, contact Connie Stevens at cstevens4@wisc.edu or 608-577-3895. ❖

Winter Fun With Babies and Toddlers

If you are looking for activities to do with kids, winter in Wisconsin gives you a choice: Do you feel like a cozy indoor activity? Or do you want to get out in the snow? Either way, you will make memories with the child and teach them important new skills at the same time. Here are some ideas for activities to try this winter:

- **Make a paper countdown chain:** This is not just for decoration—hang it in your home and tear off one link each day to count down to an exciting event such as a holiday, a birthday, or a family trip:
 1. Cut paper into strips about 1 inch wide by 5 inches long. Make one strip for each day you want to count down.
 2. Show the child how to make a circle with the first paper strip by bringing the two ends together and gluing or taping them.
 3. To make the next link, put another paper strip through the center of the first paper circle and then glue or tape its ends together.
 4. Keep adding a new link to the last one you made and soon you will have a chain!
- **Bundle up and enjoy the outdoors:** Winter in Wisconsin is full of chances for outside activities that give the child's motor skills a boost, like:
 - Throwing snowballs.
 - Sledding.
 - Climbing a snowy hill.
 - Making a low ridge out of packed snow and jumping over it together.
 - Putting a face on a snowman.
 - Collecting things like pinecones, acorns, and rocks in a bag or bucket and then sorting them into groups.
- **Snuggle up and read:** Reading is one of the most important activities you can do with the child. It is a great way to relax together after a busy day. It also strengthens the child's language skills and helps get them ready to read on their own someday.



WINTER FAMILY FUN

JOIN OUR EMAIL LIST

For faster delivery, sign up to receive the electronic version of this newsletter and other emails about the Birth to 3 Program. Go to www.dhs.wisconsin.gov/aboutdhs/alerts.htm and then scroll down and click the "Birth to 3 Program Information for Families" link on the left side.

The information provided in this newsletter is published in accordance with U.S. Department of Education, Individuals with Disabilities Education Act (IDEA), Part C Regulations Early Intervention Program for Infants and Toddlers with Disabilities.

Choose some winter-themed books and get the child involved as you read. Ask them what happened at the beginning, middle, and end of the story. When you're done with the book, try pretending to be different characters and act out the story together.

- **Make time for chats:** Talk about what happened during your day and what will happen tomorrow. Ask simple questions about the child's day, such as "What was the best part?," "Were there any hard parts?," or "How did you feel?" Listen carefully to what the child says so they know their thoughts and feelings are important to you. Even if the child cannot answer all your questions yet, they are listening and learning important social-emotional skills. ❖

Helpful Resources for Families

More information about IFSPs:

www.pacer.org/ec/early-intervention/ifsp.asp

Tips for safer holiday get-togethers during the pandemic:

www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/celebrations.html

Tips for talking about COVID-19 vaccinations with family and friends:

www.dhs.wisconsin.gov/covid-19/vaccine-talk.htm

Searchable web page for COVID-19 and flu vaccinations near you:

www.vaccines.gov/search

Searchable web page for COVID-19 vaccinations near you:

211wisconsin.communityos.org/guided_search_zip_lookup/render/ds

New to the Birth to 3 Program? Take a look at these new resources:

The First 1,000 Days brochure gives an overview of the program:

www.dhs.wisconsin.gov/library/p-02928.htm

The Early Intervention booklet helps you understand how early intervention helps your family and the child learn and grow together:

www.dhs.wisconsin.gov/library/p-03022.htm

WHAT ARE SOCIAL-EMOTIONAL SKILLS?

Social-emotional skills help a child manage their feelings, build relationships with others, and show attachment to important people in their life.

The information provided in this newsletter is published in accordance with U.S. Department of Education, Individuals with Disabilities Education Act (IDEA), Part C Regulations Early Intervention Program for Infants and Toddlers with Disabilities.

The Birth to 3 Program Services at a Glance guide explains the supports and services available:

www.dhs.wisconsin.gov/library/p-03011.htm

Articles and information for families of children with disabilities:

www.parentcenterhub.org

Previous issues of All in for Kids: Birth to 3 Program newsletters:

www.dhs.wisconsin.gov/birthto3/family/index.htm (scroll down to the Publications tab at bottom of page)

FOR YOUR INFORMATION

Everyone 5 years of age and older can get a free COVID-19 vaccination from their health care provider, community-based vaccination clinics, local and tribal health departments, or pharmacies. Visit www.dhs.wisconsin.gov/covid-19/vaccine-get.htm to learn how. Children 2 years of age and older are encouraged to add more layers of protection, such as wearing a mask. Learn more on the DHS COVID-19 Resources for Parents and Guardians webpage: www.dhs.wisconsin.gov/covid-19/parents.htm.

The information provided in this newsletter is published in accordance with U.S. Department of Education, Individuals with Disabilities Education Act (IDEA), Part C Regulations Early Intervention Program for Infants and Toddlers with Disabilities.

All in for Kids is a newsletter published by the Wisconsin Department of Health Services for children and families in the Wisconsin Birth to 3 Program.

The Wisconsin Birth to 3 Program is an early intervention program committed to serving children under the age of 3 with developmental delays and disabilities and their families. The program partners with families to assist the child's development and support the family's knowledge, skills, and abilities as they interact with and raise their child. For more information, visit www.dhs.wisconsin.gov/children/index.htm.

Para leer este boletín en español, visite www.dhs.wisconsin.gov/library/akidsb-3-2021.htm.

Xav nyeem tsab ntawv xov xwm no ua Lus Hmoob, mus xyuas www.dhs.wisconsin.gov/library/akidsb-3-2021.htm.

For other languages (繁體中文, 简体中文, Deutsch, العربية, русский, 한국어, Tiếng Việt, Deitsch, ພາສາລາວ, Français, Polski, हिंदी, Shqip, Tagalog, Soomaali): 608-266-8560.

