

Family Resource Newsletter

A Newsletter for Families and Their Children **Served by Brevard County Early Steps**

January 2024 Edition

Social-Emotional Developmental Milestones in Infants & Toddlers

2 Months

Calms down when spoken to or picked up Looks at your face Smiles at people when they talk or smile Cries when hungry wet, tired, or wants to be held

4 Months

Smiles on own to get attention Begins making early noise sounds of laughter when prompted to laugh Looks at you, moves, or makes sound to get or keep your attention Puts hands out for you to wash them Smiles or coos at self in the mirror

6 Months

Knows familiar people Enjoys looking at self in a mirror Plays by grabbing foot when laying on back

9 Months

Is shy, clingy, or fearful of strangers Shows several facial expressions like happy, sad, angry, surprised Looks when you call their name Reacts when you leave (looks, reaches for you, or cries) Smiles or laughs when you play peek-a-boo

12 Months

Plays games such as "pat-a-cake" and "peek-a-boo" Lifts foot for shoe or sock when you dress them Rolls ball back for you to return to them when playing Shows preference for certain people and things

15 Months

Copies other children while playing Shows you an object they like Claps when excited Hugs items like dolls and stuffed toys Shows you affection (hugs, cuddles, kisses)

18 Months

Explores alone but with parent close by Points to show something of interest Looks at a few pages in a book with you Helps you dress them by pushing arm through sleeve or lifting a foot

24 Months

Notices when others are hurt or upset Looks at your face to see how you react in new situations Shows defiant behavior (doing what told not to do) Imitates others, especially adults and other children Shows more and more independence

30 Months

Plays next to other children and sometimes with them Shows you what they can do by saying, "Look at me!" Follows simple routines independently when told Dresses self in loose clothing

36 Months

Calms down within 10 minutes after you leave Notices other children and joins them in play May get upset with major changes in routine Shows affection for friends without prompting

Source: Centers for Disease Control and Prevention, (2021). Developmental milestones. https://www.cdc.gov/ncbddd/actearly/pdf/FULL-LIST-CDC LTSAE-Checklists2021_Eng_FNL2_508.pdf and Ages and Stages Questionnaire (ASQ): https://agesandstages.com/



AUTISM WORKSHOPS



Presented by Dietrich Browne Resource Teacher for the ASD Program at Brevard Public Schools

Wednesday, March 13 Social Narratives

How to address misunderstandings on both sides of the social equation. These stories create a safe way to discuss important missing information. "Always or Never" can be joined by "Often, Sometimes, and Rarely" to help describe social situations.

Wednesday, April 10 5 Point Scales

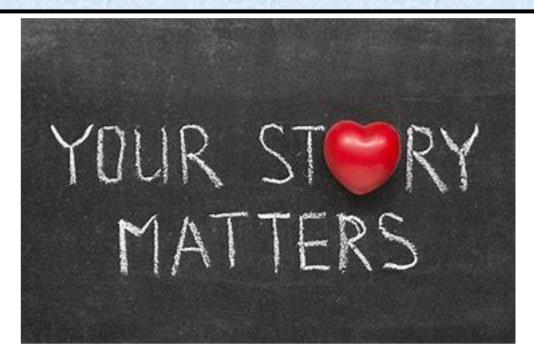
A systematic and rational way to describe nebulous gray areas of the social world. Calm or Overwhelmed only? How about 1. Calm, 2. Concerned, 3. Worried, 4. Upset or 5. Overwhelmed? 5 Point Scales can add clarity for understanding.

9:am - 10:30am Suntree Business Center, Bldg. A Conference Room 3270 Suntree Blvd., Melbourne, FL 32940

Open to Parents, caregivers and professionals

PLEASE REGISTER ON EVENTBRITE - SPACES ARE LIMITED https://www.eventbrite.com/o/space-coast-early-steps-30612270318





Share Your Story

Why Share Your Story? Our stories connect us as human beings. Each of you has a story to tell. Some parts of your story are uniquely yours while other parts are common to most of us. For example:

- I How did you feel when you first suspected that your child had a disability or delay?
- When and how did you find out about your child's disability or delay?
- How did your family become involved in Early Steps?
- How do you feel now concerning your child's disability or delay?
- How overwhelmed do you feel with all the new terminology and programs you must learn about?

Sharing your story may be easy or it may be difficult. Just remember that you can share as much or as little as you like with others. Sharing your story can be a healing exercise that helps as you face your life experiences.

An excerpt adapted from "New Star" A Family's Guide to Navigating Early Steps

If you would be interested in sharing your story to help other families,
please reach out to Mary Cancel at Mary.Cancel@spacecoastes.org or text/call 321-292-1370



Brevard Autism Coalition Presents The 12th Annual 5K Run/Walk for Autism Awareness

Saturday, February 24th, 2024

Schechter Community Center, 1089 S Patrick Dr, Satellite Beach, FL 32937

Virtual 5k available

https://runsignup.com/Race/FL/IndianHarbourBeach/5thAnnual5KRunWalkforAutismAwareness





EARLY STEPS PLAY GROUPS

Families with developmental delays and disabilities, ages 0 - 3 are welcome to join us for therapy related play activities

JANUARY THROUGH MAY 2024

Palm Bay Play Group - Every 3rd Friday of each month 9:30am - 10:30am Palm Bay Library, 1520 Port Malabar Blvd. NE, Palm Bay, FL 32905

Melbourne Play Group – Every 1st Tuesday of each month 9am – 10am Eau Gallie Public Library, 1521 Pineapple Avenue Melbourne, FL 32935 (NO PLAYGROUP IN JANUARY DUE TO HOLIDAY)

Cocoa Play Group – Every 1st Monday of each month

10am – 11am

Catherine Schweinsberg Rood Central Library, 308 Forrest Ave, Cocoa, FL, 32922
(NO PLAYGROUP IN JANUARY DUE TO HOLIDAY)

Titusville Play Group - Every 2nd Friday of each month 9am - 10am The Children's Center, 5650 S. Washington Ave., Titusville, FL 32780



Space Coast Early Steps C.A.T.C.H. of Brevard

Community Access to Child Health of Brevard, Inc. Early Intervention Services for young children with special developmental needs

For more information or referral contact:

1264 Rockledge Blvd., Suite 104 Rockledge, Florida 32955

Ph: (321) 634-3688 Fax: (321) 504-0955

Funding provided by IDEA and Florida Dept. of Health

VISIT OUR NEW WEBSITE:

https://www.spacecoastes.org/





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https://www.facebook.com/Space-Coast-Early-Steps-101089132406421

