

As your Family Resource Specialist (FRS), I have served with the Early Steps Program for twenty four years and know the importance of family involvement in the development and care of your child.

I have experienced the joys and concerns that go with caring for a child with special needs.

I am here to provide you with information and opportunities for you and your child.

I can also provide you with community resources, support groups, steps for transition to Pre-K and assist with understanding Early Steps services.

Please call or email for any assistance.

I am here for you at your request.

Your Contact for Resources, Support or to RSVP for Events:
Irma Cofield
Family Resource Specialist



Phone: 850-416-6789

Email:

icofield@ascension.org



John's Early Steps Journey from his Mom, Jennifer

At John's 2 year well-check appointment in August 2016, his pediatrician confirmed what we already knew: he had a speech delay. He had other ways of communicating with us, but his vocabulary consisted of less than five words. She gave us a referral for therapy, and soon John had 2 speech therapy appointments and 1 occupational therapy appointment per week. We quickly learned that our insurance was not going to cover very much of the cost. We then learned about Early Steps and I called the office. I was happy to find out about all the services and support available to families like ours.

Our Service Coordinator, Vanessa, might be the kindest person I've ever had the good fortune to meet. She took care of us through the evaluation process, answered all of our questions, and constantly provided a helpful and supportive presence. In February 2017, John was admitted to the program. It was such a relief to know that we could make decisions based on what was best for John, not on what we could afford.

Over the past 6 months, we've taken advantage of so many of the opportunities the Early Steps program has offered to us. John loves his afternoons at the Imagination Station and his mornings at the Gulf Breeze

Funplex. Janelle's (ITDS) visits to our home were both helpful to us and fun for John. The early intervention groups at the YMCA provided another opportunity for John to get out his "wiggles" with a group of his peers. The picky eaters workshop gave us some options to try during mealtime. He's made such great progress in both speech and behavior, and we have no doubt that the therapies and activities made available to us through the Early Steps program helped make that happen.

John's 3rd birthday is this month, and the Early Steps team did a great job of helping us get the ball rolling to transition from this program to the school district resources. John is going to continue speech therapy sessions twice a week at Scenic Heights Elementary school.

While we are excited to move onto the next chapter, we are going to miss our Early Steps family so much!

*Thank
you all
for
everything
you've
done
for us!*



Escambia

Join in our Playdates and Workshops on various subjects:
Please Call or Email Irma to RSVP for your place & childcare.
Childcare is provided in playgroup setting during the learning session.

3T's- Tune In, Take Turns, Talk More

Join in to learn ways that parents are the first teachers and the importance of using normal routine time to connect and communicate with your baby. It is this interaction, as you know, that is key to helping children develop to the fullest of their ability.

Presenters from the Studer Community Institute.

Friday, Oct. 6th
10:00-11:00am
Pearl Nelson Center
916 E. Fairfield Dr.
Pensacola



Playdates at the Imagination Station

Oct. 3rd & 17th, Nov. 7th & 21st, Dec. 5th & 19th
1:00-3:00pm
351 Cedar St. Pensacola

Located at the Blue Wahoo Stadium-Maritime Park. We have reserved the center for Early Steps families only!

The Imagination Station contains books, educational toys, touch screen technology and a chance for children and adults to enjoy playing and learning together. This activity center is like no other in this region and is unique to the Public Broadcast Service system nationwide.

Join us for fun & making friends!



What is Sensory Processing?

Come learn more about sensory processing and how to identify your child's specific sensory needs in order to understand and implement strategies within your everyday routines.

Many children have difficulty processing information through their senses. This can be very frustrating for them and the others around them. This can often affect their ability to perform their self-care skills, attend to learning activities in their environment, and interact with their peers.

Presented by Kari Cashio OTR/L

Friday, November 17th
10:00-11:00AM
Pearl Nelson Center
916 E. Fairfield Dr. Pensacola



Transition to Pre-K

Come to receive step by step instructions for the Exceptional Student Education (ESE) Pre-K enrollment process.

This workshop is great for parents of children that are getting ready for Pre-K transition.

There will be a time for your questions and answers about the transition from Early Steps to Pre-K.

Presented by

Marlene McCulley, Social Worker and
Angela Barnes, ESE Pre-K Coordinator for
Escambia County School System

Friday, Dec. 1st
10:00 - 11:00AM
Pearl Nelson Center
916 E. Fairfield Dr.
Pensacola



Santa Rosa

Join in our for Playdates and the workshop. You must RSVP to Irma for your place!
The entry fee for playdates will be paid by Family Involvement Funds.

Kindermusik Playgroup

Come join our Kindermusik Play Group where your child will engage in music-and-movement activities that promote language and social-emotional skills, early math and literacy, physical coordination, and creativity. This group is led in a family-centered way to promote at home learning as well.

Sarah Lalic, Licensed Kindermusik Educator & Occupational Therapist

You must RSVP only room for 10 children & parents.

The Pace Studio

4634 Lori Lane, Pace, FL

Tuesday, Oct.24th & Nov.28th

Starts promptly 9:30-10:15am



Playdates at the Fun Plex

Join in for a fun play time for your child. Also this is a great time to connect with other parents.

There are all kinds of areas to play, run and jump.

Oct. 11th, Nov 8th & Dec 6th

10:30-11:30am

3123 Gulf Breeze Pkwy. Gulf Breeze,

FL 32563



Okaloosa & Walton

Playdates at the Beach Elite Gym

Join in for a fun in-door playtime. There are bouncing areas so your child can jump, run and play.

This is also a great time to meet other parents.

Hosted by Irma, FRS

Oct. 9th, Nov. 13th & Dec. 11th

10:30 - 11:30am

306 Duval St.

Ft. Walton Beach, FL 32547

Story-Time in Crestview

Join in to try something new...

This story time is designed for you and your child to engage in story, music and movement lead by Ms. Heather, Librarian Children learn from listening and active play through stories.

Oct.5th & Nov, 2nd Doors open at 10:00 -

Story time begins at 10:15am

Crestview Library 1445 Commerce Dr. Crestview, FL 32539

Kitchen Chemistry Workshop

Put on an apron and prepare to get messy! Join us for a hands-on, fun evening of sensory experiences / kitchen crafts you can do with your kiddos. Want to try making play dough? What about making Oobleck? Feel what your child does when s/he gets a toy car out of jello. We'll have all the ingredients - all you need to do is show up! You'll get to take home what you make, along with all the recipes. We'll also share "one-step" activities such as pudding play. All of these activities incorporate language and cognitive development, motor skills, and sensory experiences. If your child doesn't like to touch pudding or finger paint, we'll share ways of adapting the activity so s/he can still participate without touching it.

Tracy Sherman SLP and Debbie Diemand, ITDS

Thursday, Oct. 19th

6:00 - 7:30PM

Children's Center

343 Holmes Blvd. NW, FWB

Must RSVP for your place and childcare!

Support Connections



ESCAMBIA & SANTA ROSA COUNTIES

Apraxia Support: Jennifer Boswell 850-398-6758
or emeraldcoastlife@gmail.com

Autism Pensacola Inc.: 850-434-7171

Website: www.autismpensacola.org Email: info@autismpensacola.org

22Q.11 Deletion and other syndromes linked to 22Q: Angela Helvey
520-444-9498 or daveangela2002@yahoo.com

Down Syndrome Society of NW Florida: Amy 850-292-4796 amyesmith33@yahoo.com,
or Melissa 850-390-5786

<https://www.facebook.com/pages/Down-Syndrome-Society-of-West-Florida>

Emerald Coast Hands and Voices: Parents of children that are deaf or hard of hearing
Kay Wise wisewoman_kc@live.com

Emerald Coast Exceptional Families: 850-396-1008

ECExceptionalFamilies@gmail.com or <https://www.emeraldcoastexceptionalfamilies.org/>

Epilepsy Parent Support Group: 850-433-1395 Website: www.efof.org

Facing Forward: Parents of children with facial abnormalities; Frances Shell 850-476-2701

Pensacola Grandparents Raising Grandchildren and other Relatives: Call 850-432-1475
to confirm meeting date & location, child care provided, Reservations requested!

Mended Little Hearts / Hearts of Hope: Parents of children with heart conditions:
Heather mendedlittleheartsofpensacola@gmail.com or (850) 972-8160.

Pensacola Exceptional Parents Connection: Parents of Children with various exceptionalities:
including Down Syndrome, Cerebral Palsy, Autism, Spina Bifida and intellectual
and developmental disabilities. Angela abeddy01@gmail.com or 384-7330 or
Amy amyimaxwell@att.net or 393-8808

Pensacola Parents of Multiples: Parents of twins, triplets and multiple births:
PensacolaParentsofMultiples@hotmail.com or 850-449-4208

Face-book at <https://www.facebook.com/pensacolamultiples>

Preemies of Pensacola on Facebook: [Facebook.com/Groups/PreemiesOfPensacola](https://www.facebook.com/Groups/PreemiesOfPensacola)
To connect with other families from the NICU at Children's Hospital-Sacred Heart

OKALOOSA & WALTON COUNTIES

Apraxia Support: Contact Jennifer Boswell 850-398-6758
emeraldcoastlife@gmail.com

Autism Spectrum on the Emerald Coast, Inc.: Executive Director, Brad Burnette
(850) 496-3062 or Brad@ASECFL.com Website: www.ASECFL.com

22Q.11 Deletion and other syndromes linked to 22Q: Contact Angela Helvey
520-444-9498 or daveangela2002@yahoo.com

Epilepsy Parent Support Group: 850-433-1395 Website: www.efof.org

If you are unable to make connection with group contact, call Irma,
your Family Resource Specialist, for assistance at 850-416-6789 or icofield@ascension.org





Early Steps serving Escambia, Santa Rosa, Okaloosa and Walton Counties
5150 Bayou Blvd. POB Suite 1-N, Pensacola, FL 32503

Contact information:

Family Resource Specialist, Irma Cofield # 850-416-6789
icofield@ascension.org

Program Manager, Debbie Goldberg # 850-416-6476
deborah.goldberg@ascension.org

RESOURCE WEBSITES:

<https://www.cdc.gov/ncbddd/actearly/milestones-app.html>

<http://www.rdmag.com/news/2017/05/handheld-screen-time-linked-speech-delays-young-children>

<http://yourcpf.org/what-is-cp/>

<http://www.floridadisaster.org/index.asp>

<http://www.GreaterPensacolaParents.com>

<http://www.sacred-heart.org/autism>

<http://fndusa.org/> Family Network on Disabilities

<http://www.babysignlanguage.com/dictionary/>

<http://www.lifeprint.com> Signing website

<http://www.candokiddo.com/play>

<http://helpthemshine.com/HTS> Guidelines for Special need children.pdf

<https://pathways.org/milestones/>

<http://www.readingbrightstart.org/>

<http://www.state.lib.la.us/literacy-and-reading/early-literacy/nursery-rhyme-printable-mini-books>

<http://www.floridahealth.gov/programs-and-services/people-with-disabilities/bright-expectations/>

<http://www.5210nwfl.com> Let's Go Northwest Florida- resources

http://www.floridahealth.gov/AlternateSites/CMS-Kids/families/early_steps/

<http://www.elcescambia.org/ParentResources.aspx>

<http://www.elcsantarosa.com/ccrrform.htm> - Childcare Services for Santa Rosa County

<http://kidshealth.org/parent/>

<http://www.zerotothree.org/military>

<http://www.zerotothree.org/child-development/>

<http://www.zerotothree.org/child-development/play/tips-and-tools-play.html>

<http://www.fdlrswestgate.org> - Florida Diagnostic & Learning Resource System

<http://www.211nwfl.org> Community Resources or Call 2-1-1

<http://www.pamf.org/children/common/development/>

<http://www.pamfblog.org/2012/05/tips-for-successful-potty-training/>

<http://www.pamfblog.org/2013/11/toddler-tantrums/>

<http://www.pamfblog.org/2015/04/early-child-development/>

<http://www.pamfblog.org/2014/12/child-speech-development/>

<http://www.playingwithwords365.com/how-to-help-your-child-talk-the-ebook/>

<http://www.dsdiagnosisnetwork.org/>