

I am here for you,
as your Family Resource
Specialist (FRS).

I have served twenty eight
years with Early Steps, and
understand the importance of
family involvement with early
intervention services.

I have experienced the joy and
concerns that go with caring
for my child with special needs,
and am here to provide you
with community resources,
support connections, and steps
for transition to Pre-K

Serving: Escambia,
Santa Rosa, Okaloosa and
Walton Counties.

Please email to RSVP for
activities!

icofield@ascension.org

My google phone number is
1-985-259-6780

**Irma Cofield,
Family Resource
Specialist**



**Our Kindermusik Playgroups and Parent Chats Sessions will remain virtual
group until otherwise decided by Sacred Heart and the
Early Steps State Office.**



Early Steps Western Panhandle

Join in the fun for our Playgroups & Parent Chat Sessions...

KINDERMUSIK PLAYGROUPS: Monday, April 5th & 19th @ 9:30 am

Join a virtual Kindermusik class from the safety and comfort of home! This
class will promote language, motor, and social skills through parent-child
activities that are led by Sarah Lalic, Occupational Therapist and Kindermusik
educator.

**You must RSVP to Irma Cofield Thursday April 1st & 15th to receive the
meeting link and password to enter the Kindermusik playgroup.**

**PARENT CHAT & LEARNING SESSIONS: Thursday evening, April 15th &
29th @ 7:00pm**

This is a great time of parent to parent connection and information sharing!
The Early Steps, Empowerment Parent Resource Center (EPRC) and
Pensacola Exceptional Parent Connection (PEPC). This is a group of parents
who have a child in Early Steps or graduated.

Join Zoom Meeting

<https://clicktime.symantec.com/3Q5Ti9jz5wzgzBSCe8cGtov7Vc?u=https%3A%2F%2Fzoom.us%2Fj%2F97465999243%3Fpwd%3DaFlyTi91dCtzQ0puV3NFdUIKc1EwUT09>

Meeting ID: 974 6599 9243

Passcode: 850

April 15th @ 7:00 pm: Parent Chat Session for support and sharing various
information. Join in to get empowered with information and meet other parents.

April 22nd @ 7:00 pm: SPECIAL EVENING PRESENTATION: Infant & Child Yoga

Special speaker, Rena' Kersey has practiced as a Pediatric Occupational
Therapist for 39 years with all ages of children. She is a Certified Kids Yoga
Teacher with a Kidding Around Yoga Style. Rena' is passionate about helping
and inspiring children and their families to spend healthy and happy quality
time together to strengthen their family
bond.

Family/Kids Yoga & Self Expressions offers great benefits: enhances
breathing, strength, flexibility, balance, coordination, cardio, alignment, focus,
concentration and visualization. Children love learning through play to become
more mindful. It allows everyone to build stamina and self-confidence to
connect with their inner wisdom and peace of mind.

Other therapeutic benefits include: helping children reduce stress and develop
relaxation strategies, reduce anxiety, sleep better, increase neuromuscular
development, improve self-esteem and positive body image, and boost the
immune system to be healthy as can be!



Extra Extra - Read all about it...

“Making the Most of Your Early Steps Journey”

Why do I need Early Steps?

What to Expect? Where do I start?



Join in for our Welcome to Early Steps presentation on the

3rd Wednesday of Every Month at 10:30 am April 21st

To confirm your place please RSVP to Irma at icofield@ascension.org

- Overview of Early Steps services
- Meet your Family Resource Specialist
- Get Empowered with Information/Resources
 - Connect with other Parents

2021 FAMILY SURVEY - INSTRUCTIONS

BACKGROUND:

Part C of the Individuals with Disabilities Education Act (IDEA) requires lead agencies to report on family outcomes resulting from families' participation in early intervention. Specifically, states must report the extent to which families report that early intervention helped them.

To address this federal reporting requirement, Early Steps implements a process for families to submit a family survey. The results of the survey will be reported in Florida's Annual Performance Report to the Office of Special Education Programs (OSEP), on the Early Steps website, and to Local Early Steps to help improve the Early Steps system.

TIME PERIOD FOR DISTRIBUTION OF THE SURVEYS:

The family survey process begins on **February 1, 2021** and concludes on **May 1, 2021**.

ELIGIBLE FAMILIES:

Early Steps is surveying families who had an (IFS) Individual Family Support Plan on or before November 1, 2020 and are exiting Early Steps between February 1, 2021 and May 1, 2021 based on the following closure reasons:

"Any family who leaves our program between February 1, 2021 and May 1, 2021 will be offered the opportunity to complete an exit survey."

- If you fall into this category you will receive an email with more detailed information.
- If you fall in this category and do not receive information, please contact me or your Service Coordinator before your child exit our services.



Support Connections



Escambia & Santa Rosa Counties

Autism Pensacola Inc.: 850-434-7171 Website: www.autismpensacola.org Email: info@autismpensacola.org

Emerald Coast Exceptional Families: 850-396-1008 ECExceptionalFamilies@gmail.com or <https://www.emeraldcoastexceptionalfamilies.org/>

Empowerment Parent Resource Center: 850-444-8554 Website: www.EPRCNWFL.com
Facebook at Empowerment Parent Resource Center

Epilepsy Support: 850-433-1395 Website: www.epilepsyfl.org

Genes of Joy: Parents of children with Down Syndrome, Christi 850-377-0018, Katie 850-375-0800 or genesofjoy@gmail.com; website: <https://www.genesofjoy.org/>

Mended Little Hearts of Pensacola: On Facebook Parents of children with heart conditions:
Ashley Baxley AshleyBaxley@mendedlittlehearts.us

Pediatric Stroke Warriors of Pensacola: Rebecca Scherer 352-572-9018 or rebeccascherer84@gmail.com for meetings and Facebook.

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 Grandparents Raising Grandchildren and other Relatives: Call 850-432-1475 ext.175 to confirm meeting date & location, child care provided, Reservations requested!

Pensacola Parents of Multiples: Parents of twins, triplets and multiple births:
PensacolaParentsofMultiples@hotmail.com or 850-384-1231 Find on Facebook too.

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

Emerald Coast Exceptional Families: 850-396-1008 ECExceptionalFamilies@gmail.com or <https://www.emeraldcoastexceptionalfamilies.org/>

Empowerment Parent Resource Center: 850-444-8554 Website: www.projectempowernwfl.org
Facebook at Empowerment Parent Resource Center

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

EPIC- Exceptional Parents Incredible Children, Inc.: 229-854-1180 rand.fernandez@gmail.com
Website: <https://clicktime.symantec.com/3VqHLUkWc1zwCVozLcH5gwU7Vc?u=www.epicnwfl.org>

Rockin' the 21: Down Syndrome support connection on Facebook ; Jean Mitchell (850)582-0313 jmmitch75@gmail.com, Emily Lamberson emily.lamberson@gmail.com

If you are unable to connect with a group contact me, Irma, Family Resource Specialist for assistance by emailing icofield@ascension.org

