

Child Development is a journey, Let First Steps be your guide.

As you and your child walk along this journey of growing and learning, you may discover that your child is not developing as he or she should. Central Indiana First Steps can help guide your family to the resources that meet your child's developmental needs. This will establish a good foundation for your child to be ready to start school when the time comes. It all starts with a referral and an evaluation.

Human learning and development are most rapid in the time from birth to age three. The earlier a family of a child diagnosed with a developmental delay can get help for their child, the better the chance of bringing that child within a normal range of development.

The old saying "an ounce of prevention is worth a pound of cure" is the wisdom behind Indiana's First Steps Early Intervention System.

"I want to say that First Steps is the best program out there for young children..."

-First Steps Parent



What is First Steps?

First Steps is a family centered early intervention program for infants and toddlers from birth to age three who may not be doing what they should for their age or have a medical condition that would likely lead to developmental delays.

To support families in their natural care giving roles, First Steps brings families together with health, education, and social service professionals to address the developmental needs of the children that are determined to be in need of therapy services. These voluntary services are typically offered in the family's home or other natural environment.



Available Services

Assistive Technology

Audiology

Developmental Therapy (DT)

Diagnostic Medical Services

Family Education

Nursing Services

Nutrition Services

Occupational Therapy (OT)

Physical Therapy (PT)

Psychological Services

Social Work Services

Speech Language Therapy (SLP)

Transportation

Vision Services

How To Get Started

If you have concerns about how your child is growing and developing, contact First Steps today. Anyone can make a referral. An Intake coordinator will talk with you about your concerns and set-up an evaluation for your child with a team of professionals.



Any family may participate in First Steps regardless of income level. Evaluations to determine eligibility are provided with no fees assessed. Ongoing therapy services may require a co-payment.

Central Indiana First Steps serves Hamilton, Hendricks, Johnson, Marion, Morgan, and Tipton Counties.



**Central Indiana First Steps
Early Intervention Program**

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Indianapolis, IN 46250

317-257-2229
Toll Free 1-866-212-1434
www.cibaby.com

Is my Child on Track?



A Checklist for Families



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What should my Child be doing?



Child's Age	Milestones/Activities	Possible Concerns
1-2 Months	<ul style="list-style-type: none"> Begins to look at surroundings Startles easily in response to a loud noise 	<ul style="list-style-type: none"> NOT showing gains in height/weight NOT able to suck and/or swallow easily
3-4 Months	<ul style="list-style-type: none"> Rolls from stomach to back Makes sounds other than crying/begins to smile Holds a rattle 	<ul style="list-style-type: none"> NOT showing gains in height/weight NOT opening hands NOT turning head towards bright light/color
4-6 Months	<ul style="list-style-type: none"> Rolls from stomach to back and back to stomach Reaches for and grasps objects Turns head to seek out sounds 	<ul style="list-style-type: none"> NOT showing gains in height/weight NOT smiling in response to others NOT rolling from back to stomach
6-9 Months	<ul style="list-style-type: none"> Creeps or crawls on hands/knees Moves toys from hand to hand Plays Peek-a-boo Balances self while sitting 	<ul style="list-style-type: none"> NOT accepting spoon feeding NOT reaching or grabbing objects NOT turning head to locate sounds NOT babbling and laughing out loud
9-12 Months	<ul style="list-style-type: none"> Pulls to a stand Picks up small objects/finger feeds Walks with one hand held Waves bye-bye 	<ul style="list-style-type: none"> NOT imitating simple sounds NOT playing with parents/siblings NOT able to sit on own NOT crawling or creeping on ground
12-15 Months	<ul style="list-style-type: none"> Says single words besides "ma ma -da da" Walks without help Uses both hands together to play 	<ul style="list-style-type: none"> NOT able to pick up small objects NOT pulling to a stand NOT able to move hands to play with a push button toy
15-18 Months	<ul style="list-style-type: none"> Looks at picture books/turns pages Feeds self with spoon Can push, pull, and dump things 	<ul style="list-style-type: none"> NOT walking along furniture NOT trying to talk, repeat words, or play games NOT showing happy and sad emotions
18-21 Months	<ul style="list-style-type: none"> Can point to a few objects/body parts Imitates sounds or animal sounds Can unzip a large zipper 	<ul style="list-style-type: none"> NOT walking without holding on NOT scribbling on paper NOT drinking from a sippy cup
21-24 Months	<ul style="list-style-type: none"> Shows a wide variety of emotions Can build a six block tower Expresses wants/needs at the table 	<ul style="list-style-type: none"> NOT able to scoot a riding toy without pedals NOT able to understand simple directions NOT helping with simple household tasks
24-27 Months	<ul style="list-style-type: none"> Can catch a large ball Begins to combine 2-3 words Has a 50+ word vocabulary 	<ul style="list-style-type: none"> NOT holding crayons with thumb and finger NOT chewing solids NOT running well/falls frequently
27-30 Months	<ul style="list-style-type: none"> Enjoys listening to stories Likes to play near other children 	<ul style="list-style-type: none"> NOT walking up and down stairs with rail or hand held NOT enjoying songs and finger plays
30-33 Months	<ul style="list-style-type: none"> Washes and dries hands Can jump in place/stand on one foot Begins to play simple group games (Ring-Around-the-Rosie) 	<ul style="list-style-type: none"> NOT completing a simple shape puzzle NOT using words to request wants and needs Does NOT insist on doing things independently



These are just guidelines. All children are unique and may develop at their own pace. Prematurity must also be taken into consideration.

Referral to the System } (317) 257-2229
Point of Entry Toll Free 1-866-212-1434

First Steps is a statewide program designed to provide all needed early intervention services to children birth to 36 months.