

## Welcome to Holland

by Emily Perl Kingsley

When you're going to have a baby, it's like planning a fabulous vacation trip - to Italy. You buy a bunch of guide books and make your wonderful plans. The Coliseum. The Michelangelo David. The gondolas in Venice. You may learn some handy phrases in Italian. It's all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says, "Welcome to Holland."

"Holland?!" you say. "What do you mean Holland?? I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy."

But there's been a change in the flight plan. They've landed in Holland and there you must stay.

The important thing is that they haven't taken you to a horrible, disgusting, filthy place, full of pestilence, famine and disease. It's just a different place.

So you must go out and buy new guide books. And you must learn a whole new language. And you will meet a whole new group of people you would never have met.

It's just a different place. It's slower-paced than Italy, less flashy than Italy. But after you've been there for a while and you catch your breath, you look around.... and you begin to notice that Holland has windmills.... and Holland has tulips. Holland even has Rembrandts.

But everyone you know is busy coming and going from Italy... And for the rest of your life, you will say "Yes, that's where I was supposed to go. That's what I had planned."

But... if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things... about Holland.

WATER PLAY  
MAY - SEPTEMBER



# COMMUNITY PLAY DATE

*Under 5's*

.....  
**EVERY 4TH WEDNESDAY OF THE MONTH**

**From 9:00am - 10:30am**

**The Children's Center  
5650 S. Washington Ave.,  
Titusville 32780**

**RSVP to Mary: 321-292-1370  
SPACES ARE LIMITED!**







## 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:

- ❑ 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](mailto:Mary.Cancel@spacecoastes.org) or text/call 321-292-1370

# Early Wishes

A fun and engaging playgroup at the  
Family Café Conference



## Calling all children and families!

Florida's Early Steps Program is proud to host an interactive playgroup for infants and toddlers. Join us for family photos, face-painting, puppet shows, adaptive books and toys, story time and free play.

Friday, June 14, 2024  
1:30 pm–4:00 pm  
Hyatt Regency Orlando  
Orlando North Ballroom

Children must be accompanied by an adult to participate.

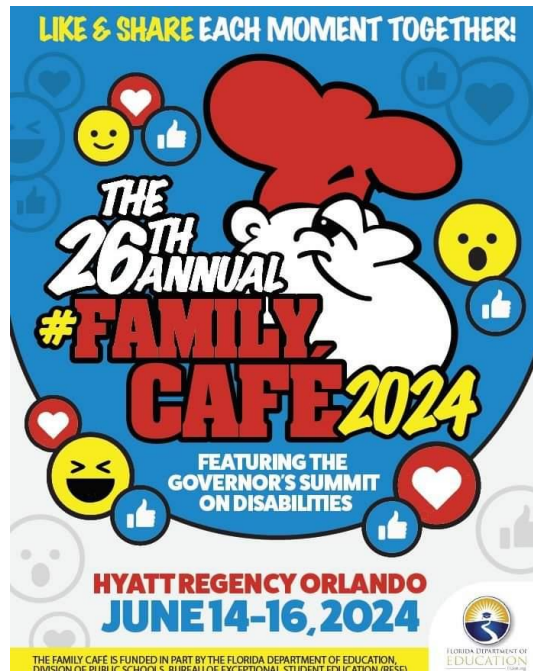
During this event, you'll have the opportunity to meet with other families and interact with Early Steps staff and Family Resource Specialists.

To learn more about Early Steps, visit [FloridaEarlySteps.com](https://FloridaEarlySteps.com)



Early Wishes is sponsored by the Florida Department of Health Children's Medical Services.





Guess what?

**The program for The 26th Annual Family Cafe is here!**

See everything Florida's premier disability event has to offer, including full descriptions of more than 200 breakout sessions on all kinds of topics, a complete list of exhibitors, details about all three keynotes, and a full agenda of every performance, activity, and event happening at the 26th Annual Family Cafe!

Website: [2024FamCAFE Program web.pdf \(familycafe.net\)](#)

**The 26th Annual Family Cafe is just three weeks away**, and we can't wait to see you there!

With the event right around the corner, **online registration is now closed**. But don't worry, **you can still register on site!** Just visit the On-Site Registration area at the Registration Desk on the Convention Level when you arrive.

Remember, you can always find the latest updates at The Annual Family Cafe page on our website at [familycafe.net/annual-family-cafe/](http://familycafe.net/annual-family-cafe/), including info on hotel availability.

**See you soon!**

## FREE SUMMER KIDS MOVIES



For a list of places near you, check it out here:

<https://fun4spacecoastkids.com/Whats-Happening/Summer-Kids-Movies/>

**HAPPY FATHERS DAY**  
**SUNDAY, JUNE 16<sup>TH</sup>**



## FREE FUN AROUND TOWN

Looking for free fun this Summer around Brevard County?  
Fun for Space Coast Kids has a whole lot of amazing things to do on their website:

<https://fun4spacecoastkids.com/Fun-Around-Town/Free-Fun/>



[Summer BreakSpot Food Service Program – Florida kids count on Summer BreakSpot for meals when school is out.](#)

## Early Steps Joyful Music Therapy Playgroups Online

The First Friday of every month, 10AM-11AM

Friday, June 7th

This will be the only date we meet ONLINE/VIRTUALLY in June

Time: 10:00am-10:45am

Click [Here](#) to register the 10AM virtual class

*It will add more fun to your online class if you have the following items with you.*

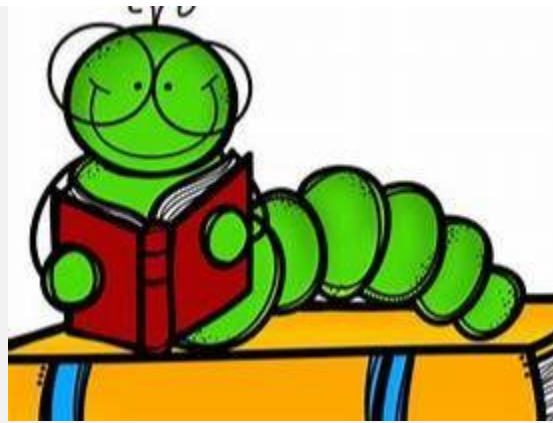
a scarf or small towel

something that can be shook and makes noise

2 sticks or 2 spoons or 2 not sharpened pencil.

\*If you have additional questions, please contact Rose Lumm via email not Joyful Music. ([Rose.Lumm@orlandohealth.com](mailto:Rose.Lumm@orlandohealth.com))





*Check out your local library and see all the great things they are offering!*

### Autism Care Today SOS

Autism Care Today SOS is a program dedicated to supporting the immediate and imperative needs of those impacted with autism. We recognize that some individuals diagnosed with autism who are in immediate personal danger or harm are unable to wait up to 12 weeks for a response to their request. The Autism Care Today SOS Program is designed to provide immediate support for these families based upon need and the program funds available: [Apply for Grant - Autism Care Today \(act-today.org\)](https://www.act-today.org/apply-for-grant/?fbclid=IwAR062RmtGarqy51236WIW7mazXacC2cHsREz9fRZnNTNwFihJHPWgASVnyQ)

<https://www.act-today.org/apply-for-grant/?fbclid=IwAR062RmtGarqy51236WIW7mazXacC2cHsREz9fRZnNTNwFihJHPWgASVnyQ>



*Spring Time*  
**SENSORY**  
ACTIVITIES

**GROW A SENSORY GARDEN**



**OUTDOOR SCAVENGER HUNT**



**ANIMAL WALKS/ YOGA POSES**



**HOPSCOTCH**



**INSECT CRAWLS**



**MAKE WATER BASED SENSORY BOTTLES FOR VISUAL AND AUDITORY INPUT**



**MAKE AN OUTDOOR OBSTACLE COURSE**

Seeds For Special Needs

@seedsforspecialneeds



# Keep Kids Safe from Drowning

Drowning happens when you least expect it.

In Florida, drowning is one of the leading causes of preventable death in children 1–4 years of age. To reduce the risk of drowning, use multiple **layers of protection** and restrict unsupervised access to water sources such as pools, hot tubs, canals, ponds, ditches, bathtubs, toilets and more.



## Layers of Protection

### Supervise

**Proper supervision is the most effective drowning prevention.**

- Know your surroundings and possible drowning risks to your child at home and when traveling.
- Ensure young children are always supervised by a trusted caregiver.
- Assign a Water Watcher and use touch-supervision.
- Never leave a child alone near water, even for a second.

### Swim Safety

- Seconds count! CPR training saves lives.
- Water survival skills training and swim lessons can help reduce drowning risk for children between the ages 1–4.
- By their 4th birthday, most children are ready for swim lessons.
- Swim lessons are not a replacement for supervision.
- Make a family drowning prevention plan and ensure all family members know how to swim.

### Barriers & Alarms

**Use barriers to water access.**

- Install and maintain 4-foot pool fencing and self-closing, self-latching gates and doors.
- Secure and lock all doors, windows and pet doors.
- Install door chimes or alarms.
- Routinely check for needed repairs to fencing, gates and barriers.

### Did You Know?

- While most child drowning incidents occur in a pool, nearly 70% of those children were not expected to be in the pool at that time.
- Distracted caregivers are a primary factor in child drowning incidents.
- Most drowning happens without a sound.
- Drowning incidents are preventable.

To learn more, visit:

**WaterSmartFL.com**

**WaterSmartFL**  
WATER SAFETY IS EVERYONE'S RESPONSIBILITY

**Florida  
HEALTH**





# Cómo Proteger a los Niños del Ahogamiento

El ahogamiento ocurre cuando menos se espera.

En Florida, el ahogamiento es una de las principales causas de muerte evitable en niños de 1 a 4 años. Para reducir el riesgo de ahogamiento, utilice múltiples **capas de protección** y restrinja el acceso no supervisado a fuentes de agua como piscinas, jacuzzis, canales, estanques, acequias, bañeras, inodoros y mucho más.



## Capas de Protección

### Supervisión

La supervisión adecuada es la forma más eficaz de prevenir los ahogamientos.

- Conozca su entorno y los posibles riesgos de ahogamiento para su hijo/a en su hogar y cuando viaje.
- Asegúrese de que los niños pequeños siempre estén supervisados por un cuidador de confianza.
- Asigne un vigilante del agua y utilice la supervisión táctil.
- Nunca deje a un niño solo cerca del agua, ni siquiera durante un segundo.

### Seguridad en la Natación

- ¡Los segundos cuentan! La capacitación en reanimación cardiopulmonar (RCP) salva vidas.
- La capacitación en técnicas de supervivencia en el agua y las clases de natación pueden ayudar a reducir el riesgo de ahogamiento en niños de 1 a 4 años.
- Cuando cumplen 4 años, la mayoría de los niños están preparados para recibir clases de natación.
- Las clases de natación no sustituyen la supervisión.
- Haga un plan familiar de prevención de ahogamiento y asegúrese de que todos los miembros de la familia sepan nadar.

### Barreras y Alarmas

Utilice barreras para acceder al agua.

- Coloque y mantenga un cerco de piscina de 4 pies, y puertas de cierre y bloqueo automáticos.
- Asegure y cierre todas las puertas, ventanas y puertas de mascotas.
- Instale campanas o alarmas en las puertas.
- Compruebe periódicamente si es necesario reparar el cerco, las puertas y las barreras.

### ¿Lo Sabía?

- Aunque la mayoría de los ahogamientos infantiles se producen en una piscina, no se esperaba que casi el 70 % de esos niños estuvieran en la piscina en ese momento.
- La distracción de los cuidadores es uno de los principales factores del ahogamiento infantil.
- La mayoría de los ahogamientos se producen sin ruido.
- Los ahogamientos son evitables.

Para obtener más información, visite:  
**WaterSmartFL.com**

**WaterSmartFL**  
UNIVERSITY OF FLORIDA HEALTH

**Florida  
HEALTH**

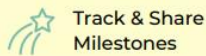
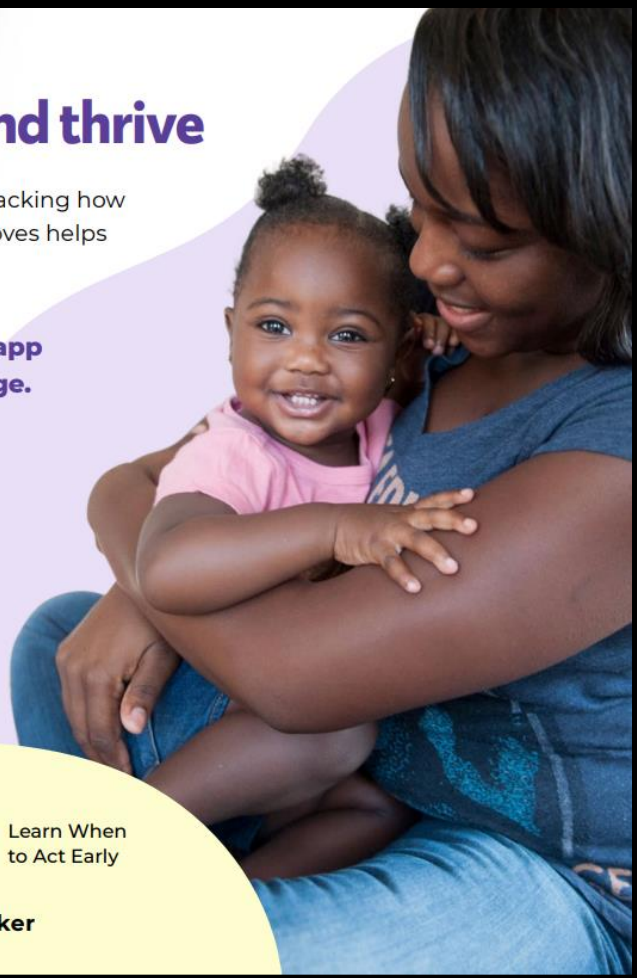
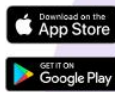




## Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

**Download CDC's free Milestone Tracker app to find fun and easy activities for each age.**



Track & Share  
Milestones



Get Tips &  
Activities



Learn When  
to Act Early

Learn more at [cdc.gov/MilestoneTracker](https://cdc.gov/MilestoneTracker)



### BREAKFAST SUPPORT GROUP

Please join us for resources, friendship and support. We will share our journey together!

Food and/or drinks available for purchase.

All ages welcome!

Friday, June 7th

Cracker Barrel Old Country Store

1175 Palm Bay Rd NE,

Melbourne, FL 32905



7th  
Annual



FREE

Space Coast

# Baby & Kids EXPO

*Saturday, July 13th 10:00-2:00pm*

- ✓ Programs & Resources • Giveaways • Free Activities
- ✓ Baby Bump Painting • Soft Play Zone • Balloon Twister
- ✓ Temp Tattoos • Photo Booth • Dozens of Vendors
- ✓ Informative Workshops • Mommy & Me Classes

**RSVP: [SPACECOASTBABY.EVENTBRITE.COM](http://SPACECOASTBABY.EVENTBRITE.COM)**

**MELBOURNE** 1700 W New Haven Avenue  
SQUARE Melbourne, FL 32904

To become a vendor, email [Info@TouchofMagicEvents.com](mailto:Info@TouchofMagicEvents.com)

**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/>



**LIKE OUR NEW FACEBOOK PAGE!**

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



Mary Cancel  
Family Resource Specialist/Family Advocate  
Space Coast Early Steps  
1264 Rockledge Blvd., Suite 103  
Rockledge, FL 32955  
[Mary.Cancel@spacecoastes.org](mailto:Mary.Cancel@spacecoastes.org)  
Cell (text or call): (321) 292-1370

**CHECK OUT OUR WISHLIST:**

[https://www.amazon.com/hz/wishlist/l/s/2GMM3ZYZA9H69?ref=wl\\_share](https://www.amazon.com/hz/wishlist/l/s/2GMM3ZYZA9H69?ref=wl_share)

If you would like to help families and  
therapists on Amazon, every item is needed  
and always appreciated.

Thank you for your support!