

Dear Families,

At Early Steps, we believe that parents are a child's first and most important teachers. That's why we're here to empower you to be confident, competent, and involved every step of the way. In this newsletter, we'll share some of our core strategies and tips to help you build a strong foundation for your child's growth and development.

### Understanding Your Role

You are your child's first and most important teacher. Early intervention is about equipping you with the skills to support your child's development. By staying engaged in daily routines, you can make a big difference in their progress.

### Practical Tips for Daily Routines

Here are some simple strategies to support your child's growth at home:

- Talk, read, and sing: Boost language and communication.
- Follow their interests: Play and explore together to build skills.
- Use routines: Everyday tasks like getting dressed or eating can be learning moments.

### Your Early Steps Team is Here for You!

We know that raising a child with special needs can sometimes feel overwhelming, but you are not alone. Your Early Steps team is here to guide, support, and celebrate your family's journey. Together, we can help your child reach their full potential.

If you have any questions, concerns, or if you'd like to learn more about our community activities or playgroups, please don't hesitate to reach out to us. We're here to help, and we look forward to continuing this journey with you. Let's work together to build a brighter future for your child!



### **Celebrating Our Generous Lunch Symposium Sponsors!**

We are thrilled to take a moment to celebrate and express our deepest gratitude to the incredible sponsors who made our 2024 Inspire and Aspire Lunch Symposium possible. This special event is our way of honoring the extraordinary providers who work tirelessly to support children with developmental delays and disabilities. These dedicated professionals go above and beyond, meeting children where they are—whether at home or in daycare—to provide the essential services that transform lives. Their commitment and passion make a world of difference for the families they serve, and it is only fitting that we take this time to recognize and celebrate their hard work.

Our sponsors play a crucial role in making this event a reality. Their generous contributions allow us to create an event that truly honors and celebrates our providers in the way they deserve. Thanks to the support from Simply Healthcare, Benefitability, Mike Erdman Toyota/Nissan, Counting Coppers, and Indian River Networks, we were able to provide a memorable experience filled with learning, team building, and appreciation. These sponsors understand the importance of the work our providers do, and their contributions ensure that we can continue to offer the high-quality support and resources that are so vital to our community.

We cannot thank our sponsors enough for their generosity. Their support not only helps us afford the logistics of such a significant event but also reinforces the value of community partnerships in driving positive change. Together, we are able to make a lasting impact on the lives of the children and families we serve, ensuring that our providers are recognized and appreciated for their dedication. Thank you to **Simply Healthcare, Benefitability, Mike Erdman Toyota/Nissan, Counting Coppers, and Indian River Networks** for helping us make the 2024 Inspire and Aspire Lunch Symposium a resounding success!



# 2024 Annual Inspire and Aspire Symposium







[The award for Provider of the Year goes to... Karen Minette!](#) 🎉

A huge congratulations to Karen for being honored with the Above and Beyond Award, chosen by her peers! Karen was selected for this award because of her unwavering commitment to excellence, kindness, and dedication to both families and staff. She is truly a shining example of what it means to go above and beyond in everything she does.

Karen's approach is all about meeting the whole child's needs and supporting their families every step of the way. In her own words, "The real reason I continue in this profession is the satisfaction I get from seeing my kids progress developmentally and the smile I see on mom's face!"

We couldn't be prouder to have someone like Karen on our team. Her passion and dedication make a world of difference in the lives of the families we serve. Let's all celebrate Karen and the amazing work she does!

FULLY ENCLOSED, SHADED WATER PLAY FOR UNDER'S 5'S OPEN TO ALL CHILDREN  
(IN SUMMER OLDER SIBLINGS ARE WELCOME JUST WATCH OUT FOR UR LITTLE ONES!)  
BRING A BATHING SUIT, TOWEL AND A DRINK/SNACKS IF YOU WOULD LIKE - FREE

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!**



THE CHILDREN'S CENTER



early  
steps





## 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



**OUR OFFICES WILL BE CLOSED ON  
MONDAY, SEPTEMBER 2<sup>ND</sup>, 2024  
IN OBSERVANCE OF LABOR DAY**

**Are you facing issues that you would like addressed?**

**Do you have concerns that you want heard?**

**Send questions and try to attend!**

**MUST RSVP**

**Open to professionals, organizations and families.**

FAMILIES AND ADULTS WITH INTELLECTUAL  
AND DEVELOPMENTAL DISABILITIES (I/DD)

## **Brevard County Candidate Forum**

**SAVE THE DATE: 20 SEPTEMBER, 9:00AM TO 3:00PM  
AT SPACE COAST HEALTH FOUNDATION**

**COME MEET AND SPEAK WITH OUR LOCAL  
REPRESENTATIVES**

**FOR QUESTIONS, PLEASE EMAIL:  
[AUSOMEANNOUNCEMENTS@GMAIL.COM](mailto:AUSOMEANNOUNCEMENTS@GMAIL.COM)**

IN ASSOCIATION WITH:



Angels Bridging Gaps Inc.  
Love Bees-Full-In - Each One Teaches Two

SUPPORTING  
OUR ASD KIDS

the parker foundation  
for Autism and Child Development

**shares are appreciated!**

FREE MY GYM VIERA PLAYGROUP  
FOR EARLY STEPS FAMILIES  
MUST SIGN UP

My Gym Viera September Sign up link  
(or use QR code below):

<https://www.mygym.com/signin/lge/lgesignin?ClassIdStr=EzGLgqBBQf2ceh3GKi0pJw%3d%3d>

**Welcome!**  
*Please Sign In*  
Scan below to sign in for  
this event



All families must sign in to participate







# EARLY STEPS PLAY GROUPS

**Inclusive playgroup for all children with or without disabilities,  
Ages 0 to 3**

**Join us for therapy related play activities  
SEPTEMBER THROUGH DECEMBER 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**

**Cocoa Play Group - Every 1st Wednesday of each month**

**10am - 11am**

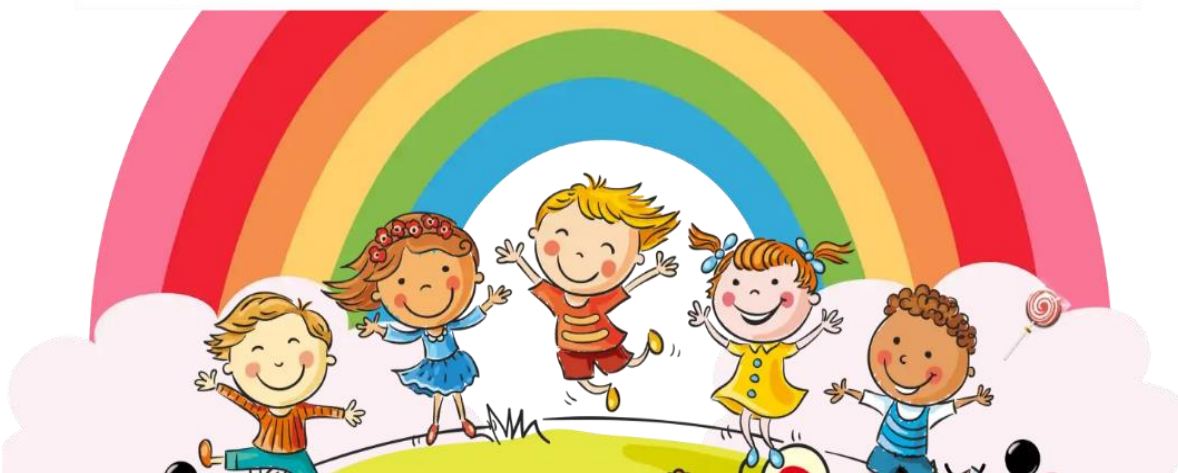
**Catherine Schweinsberg Rood Central Library, 308 Forrest Ave, Cocoa, FL,  
32922**

**Titusville Play Group - Every 2nd Friday of each month**

**9am - 10am**

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

**TEXT 321-292-1370 (or call) to RSVP**





## FAMILY RESOURCE LENDING LIBRARY

If you are in need of special items, resources or information we may be able to help! We loan out books, toys, or special items depending on what you and your unique child might need. We have lots of hands out on lots of subjects! Do you have items you wish to **donate** for our families? We would LOVE to pass them along to another family in need!



## **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, September 6th**

Cracker Barrell Old Country Store  
1175 Palm Bay Rd NE,  
Melbourne, FL 32905



# Child Passenger Safety Week

Learn about the correct selection, installation, use, and purpose of child restraints. Certified Child Passenger Safety Technicians will be available to check your seat and answer any questions you have about its correct use.

Parents or guardians in need of a seat will be able to purchase one at a reduced cost. Proof of need is required.  
Limit one seat per child per family.

## Pre-registration REQUIRED

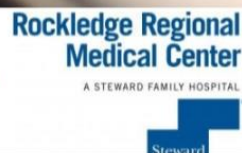
For Rockledge 321-634-6101	For Palm Bay 321-726-2759	For Titusville 321-634-6101
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Rockledge, FL  
Monday, September 16th, 2024  
9AM-12PM

Palm Bay, FL  
Thursday, September 19th, 2024  
9AM-12PM

Titusville, FL  
Friday, September 20th, 2024  
9AM-12PM

Rockledge, FL  
Saturday, September 21st, 2024  
9AM-12PM





**UCF**

## University of Central Florida's Mighty Knights!

The **Early Communication & Play (ECAP) Lab** and **UCF Go Baby Go!** invite you to...

# COME PLAY WITH US!



## IS YOUR CHILD...

- Between 10 - 30 months of age?
- Experiencing a developmental disability that affects communication & motor skills?

Your child may be eligible to participate in a treatment study!

### Study Details...

This study explores the impact of different types of motor supports on early communication skills.

Children will participate in play-based activities with a speech-language pathologist and a physical therapist at UCF.

The study will last 10 weeks.

Families who complete all study procedures will receive a \$100 gift card as a thank you!

## WANT TO LEARN MORE?

Contact us for  
more information:



407.823.1193



[ECAPLab@ucf.edu](mailto:ECAPLab@ucf.edu)



3280 Progress Drive  
Suite # 700  
Orlando, FL 32826



**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 WEBSITE:**

<https://www.spacecoastes.org/>



**LIKE OUR NEW FACEBOOK PAGE!**

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



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Family Resource Specialist/Family Advocate  
Space Coast Early Steps  
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Rockledge, FL 32955  
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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!