



The following chart can help you think about your child’s development and concerns that may arise. For more details about these developmental steps, the materials provided by the Infant & Toddler Connection of Virginia *Parents Are Often the First to Know When Their Baby Needs a Helping Hand*) and the Virginia Depart-

Finding Early Childhood Programs

If you are concerned about your child's development, you can talk with your child's doctor or nurse and community specialists in early childhood development. They will work with you to find out more about your

Healthy Minds, developed by Zero to Three
and the American Academy of Pediatrics.

When you call, an educator or specialist from the infant program or school will talk with you about your concerns and try some simple activities with your child to compare your child's progress with children of the same age. If your baby or preschooler seems to be developing more slowly in some area, other specialists (in communication, movement, or learning) will help assess your child's development. You are an important member of this process, because you can describe what you see your child doing everyday. If these assessments show that your child is delayed in development, special services will be offered to help you support your child's growth and learning.

If your baby or child is not delayed in development, other early childhood programs may be available, such as playgroups for babies and parents, or preschool classes through Head Start, Even Start, or the Virginia Preschool Initiative. These early childhood programs help you give your baby, toddler, or preschooler the very best start in life - right from the beginning.

Birth to two years	<p>Infant and Toddler Connection of Virginia</p> <p>(All communities have early intervention services available.)</p>	<p>1-800-234-1448</p> <p>www.infantva.org</p>	<ul style="list-style-type: none"> • Free developmental screening and review of your concerns • Help from specialists in communication, movement, learning, and health • Ongoing visits
Two to five years	<p>Local public schools</p> <p>(All communities have preschool special education; most communities have other types of preschool</p>	<p>Contact your local public school and ask for their Preschool Coordinator or Parent Resource Center</p> <p>Call the Virginia Department of Education: 1-804-225-2865</p>	<ul style="list-style-type: none"> • Free developmental screening and review of your concerns • Help from specialists in communication, movement, learning, and health • Transportation
Three to five years		<p>Contact Virginia Head Start Collaboration Coordinator: 757-823-2758 or info@vaheadstart.org</p>	<ul style="list-style-type: none"> • Free developmental screening and review of your concerns • Help from specialists in communication, movement, learning, and health • Preschool classes • Transportation



Read Twenty Minutes a Day

Project HOPE-Virginia, Education for Virginia's Children and Youth
www.wm.edu/hope 757-221-4002 Toll free 877-455-3412



Talk About the Story as You Read

Project HOPE-Virginia, Education for Virginia's Children and Youth
www.wm.edu/hope 757-221-4002 Toll free 877-455-3412



Get Others in on the Reading Act

Project HOPE-Virginia, Education for Virginia's Children and Youth
www.wm.edu/hope 757-221-4002 Toll free 877-455-3412



Read at Nap Time

Project HOPE-Virginia, Education for Virginia's Children and Youth
www.wm.edu/hope 757-221-4002 Toll free 877-455-3412

Of course, thirty minutes is better. Allow enough time to finish a story or chapter and to talk about it. Use poetry to begin and end a story time.

A tip from: Child Care Action Campaign <http://www.kidsandpolitics.org/>

If the story is set in the city, talk about how the pictures of buildings in the book look like buildings in your town. If there are things the child doesn't understand, explain as you read. Listen to the child's comments and insights. Let her know that her thoughts are valuable. The talk surrounding a book is important, too.

A tip from: Child Care Action Campaign <http://www.kidsandpolitics.org/>

Have big brothers and sisters join in by reading to younger ones while you are busy. The child needs to see that everybody gets pleasure from reading. The child also discovers that, though the words are the same, everybody reads the story differently. He sees that reading allows for individuality and creativity.

A tip from: Child Care Action Campaign <http://www.kidsandpolitics.org/>

When children are overly tired and bouncing off the wall, read them a story. Start with a short poem or two. The magic of words and the sound of your soothing voice calms down even the most energetic kid.

A tip from: Child Care Action Campaign <http://www.kidsandpolitics.org/>

Healthy Minds

- How can we give our children the experiences that nurture their growing brains? Seven flyers describe important play ideas for different developmental stages, birth to three years.
www.zerotothree.org/healthyminds/main.html

I Am Your Child

- Whoopi Goldberg, Jamie Lee Curtis, and other well-known stars are featured in these videos about parenting and early development. A parent resource guide to accompany the videos is available.
www.iamyourchild.org

Topics include:

- *The First Years Last Forever* (a good start in development)
- *Ready to Learn* (early communication & reading)
- *Quality Child Care* (choosing the right child care)
- *Safe from the Start* (safety tips)
- *Preparing for Parenthood* (healthy pregnancy)
- *Your Healthy Baby* (health & nutrition needs)
- *Discipline* (emotions and behavior)

Learning & Growing Together

- This www.zerotothree.org/LearningGrowing/LGHome.html is full of helpful tips for parents about understanding infants' unique styles and how they communicate through behavior.

The Magic of Everyday Moments

- These www.zerotothree.org/EverydayMoments/EMHome.html show how we encourage babies' development during meals, baths, shopping trips, and other

