

Child Find to School District Services



Florida Diagnostic & Learning
— RESOURCES SYSTEM —



For Children Transitioning from Child Find to School District Services

Assessment & Educational Planning Process

The Individual Education Plan (IEP) Process Making

Sense of Alphabet Soup

Parent Liaison Project

Special Ed Connection

Community Resources

Crisis Center of Tampa Bay

Positive Parenting Tips

Question & Answers

The Child Find / Pre-Kindergarten Assessment and Educational Planning Process for School District Services



Step 1 – Referral: Your child was referred to Child Find for evaluations and educational planning due to concerns about his/her developmental skills in one or more of the following areas: communication, thinking, motor, social, self-care, and health.

Step 2 – Evaluation: Before your child is evaluated, you are required to give your written consent for the evaluation. Depending upon your child's specific **educational** needs, certain professionals and/or school personnel may evaluate your child. You are an important member of your child's evaluation team and will provide critical information to the team about your child's skills. Additionally, if your child is attending a preschool or childcare setting, the team will be requesting information about your child's participation in the program.

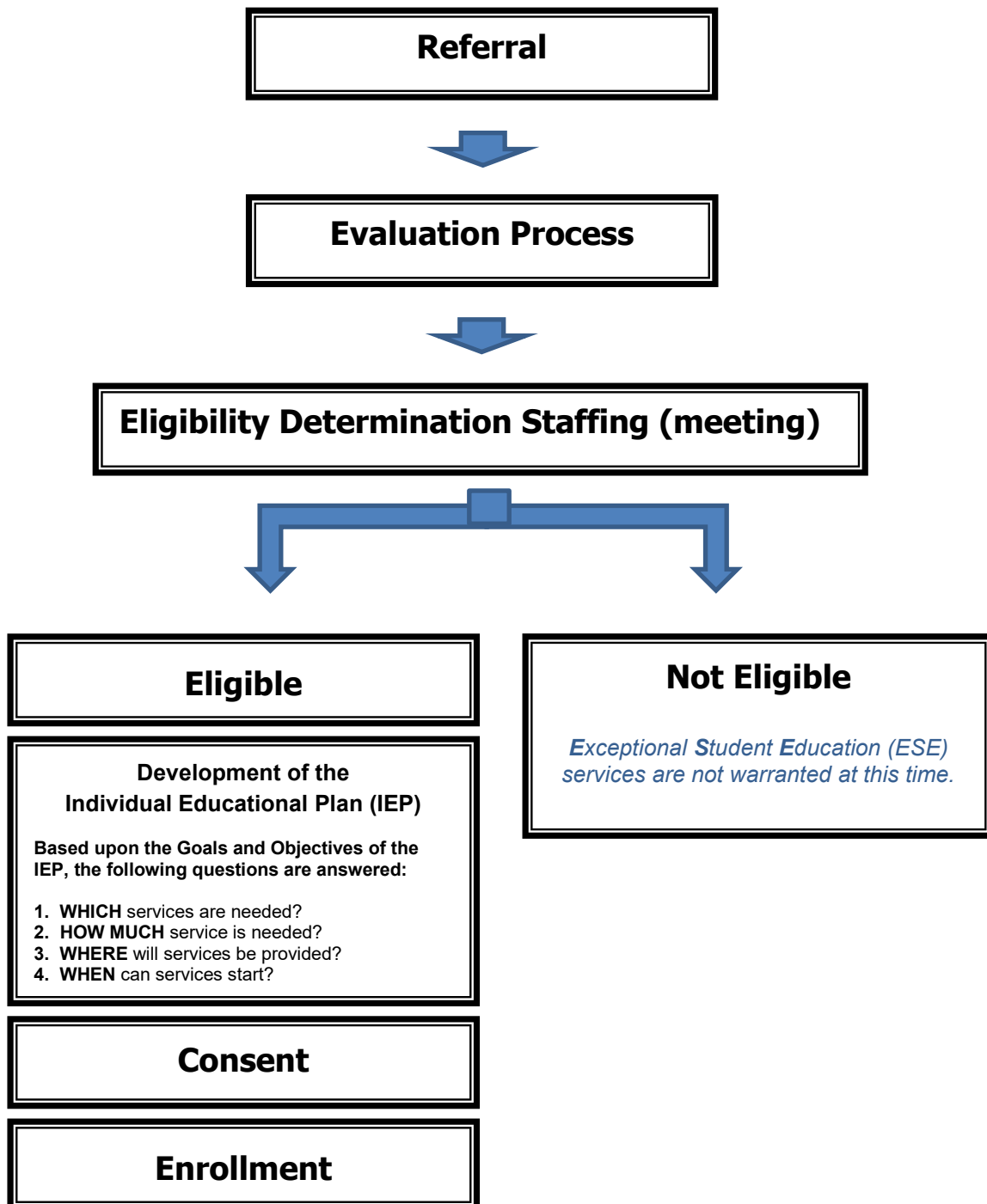
Step 3 – Determining Eligibility: Following the evaluation, you will be notified to participate in an Eligibility Determination Staffing. **A Staffing is a meeting where your child's eligibility for special education services is determined, based upon state and district criteria and thorough review and discussion of all current and relevant developmental information about your child.** You will be provided with a copy of the team's evaluation report and planning notes prior to the meeting.

Step 4 – Development of the Individual Educational Plan (IEP): If your child is found eligible for special education services, the Staffing committee seamlessly transitions into the educational planning team. As a member of the educational planning team, you will assist in developing your child's **Individual Educational Plan (IEP)**. The Assessment team will develop a **DRAFT** of the Present Level of Academic Achievement and Functional Performance Narrative and offer suggestions for Goals and Objectives. Please understand that these sections of the plan are **DRAFT ONLY**. Changes can be, and usually are, made during the meeting as new or additional information is available, and others contribute. The final IEP will determine **WHICH** service(s) your child needs, **HOW MUCH** time is needed to accomplish your child's goals, and **WHERE** the services will be provided.

Step 5 – Consent and Program Starts (during the school year.): After the IEP has been written and service recommendations have been made, you will be asked to sign a document, giving consent for the services or declining the services. Services are typically offered in your neighborhood school or the school closest to your home having the recommended program.

Step 6 – Enrollment: To enroll your child you will need the following information: your child's birth certificate, a Florida school physical form completed within the last 12 months, and up-to-date immunization record. These documents can be obtained from your child's pediatrician or at the Hillsborough County Health Department (by appointment).

The Child Find / Pre-Kindergarten Assessment and Educational Planning Process for School District Services





The Individual Educational Plan Process (IEP)

What is an IEP?

An **Individual Educational Plan (IEP)** is a written statement of the educational program designed to meet a child's individual needs. Every child who receives special education services must have an IEP.

Special education is instruction specifically designed to meet the educational and developmental needs of children with disabilities, or those who are experiencing developmental delays.

That's why the process of developing the IEP document is of great interest and importance to educators, administrators, and families alike.

Who develops the IEP?

The IEP is developed by a team of individuals that includes key school staff and the child's parents. The team meets, reviews the evaluation/assessment information about the child, and determines that the child **needs** special education and related services. The team, including the parents, develops an individualized plan to address the child's **educational** needs that result from his or her disability or developmental delays. Parents may invite others, such as private therapists or early interventionists, who know the child and can provide important information to the IEP team.

Family members are equal participants of the IEP Team. Families have long-range vision and commitment to their child and hold important information about their child's strengths, learning styles, interests and needs.

What's involved in developing my child's IEP?



The entire IEP process is a way for you and the school to talk about your child's needs and to create a plan to meet those needs.

The IEP meeting is somewhat formal. By law, certain people must attend. All the people attending the meeting sign the IEP document to show who is there. Lots of papers are looked at and passed around. People will talk about your child, his or her needs and strengths, and what type of educational program would be appropriate. You should feel free to ask questions and offer suggestions.

During the meeting, each person takes a turn in the discussion. The discussion will include talking about:

- your child's strengths;
- your concerns for enhancing your child's education;
- the results of the most recent evaluation of your child; and
- your child's academic, developmental, and functional needs.

After educational goals are developed for your child, the IEP Team will consider the services needed to meet your child's needs and where your child will receive those services. Recommendations for placement will be offered. If you sign consent, services can begin as soon as your child is enrolled (during the school year).

During the meeting, if you are not clear on any part of the IEP process, ask the Staffing Specialist or other members of the IEP Team. After the meeting, you will be given contact numbers for school district staff who can answer your questions. You may also contact your Parent Liaison at any time for assistance.

Parent Liaison Information:

<https://hillsborough.fdlrs.org/parent-services/parent-liaison-project>

Making Sense of Alphabet Soup



School district personnel often use acronyms when discussing matters related to the provision of services to students with special needs or disabilities. Always ask for an explanation if you are not clear on what is being discussed. This document lists some of the more common terms you may hear as your child goes through the evaluation process.

General Terms:

ESE	Exceptional Student Education	IEE	Independent Educational Evaluation
FAPE	Free Appropriate Public Education	IEP	Individual Educational Plan
FDLRS	Florida Diagnostic and Learning Resources System (Child Find)	LEA	Local Education Agency
FERPA	Family Educational Rights and Privacy Act	LRE	Least Restrictive Environment
FLDOE	Florida Department of Education	SEA	State Education Agency
IDEA	Individuals with Disabilities Education Act		

Eligibility Categories for ESE Interventions and Supports: Eligibility categories do not necessarily dictate a particular service delivery model. Services are determined by the Individual Education Plan (IEP) team based on the child's educational needs and the location closest to the child's home that can best meet those needs.

ASD	Autism Spectrum Disorder	OHI	Other Health Impaired
DD	Developmental Delay	OI	Orthopedically Impaired
DHH	Deaf and Hard of Hearing	PI	Physically Impaired
DSI	Dual Sensory Impaired (Hearing and vision impairment)	SI	Speech Impaired
EBD	Emotional Behavioral Disabilities	SLD	Specific Learning Disabilities
HH	Hospital/Homebound	TBI	Traumatic Brain Injury
InD	Intellectual Disabilities	VE	Varying Exceptionalities
LI	Language Impaired	VI	Vision Impairment

PreK ESE Service Delivery Models:

cPEEPS	Community Primary Exceptional Education Preschool Services	DHH	Deaf and Hard of Hearing
PEEPS	Primary Exceptional Education Preschool Services	PIVI	Parent/Infant Vision Impaired Program



Brought to you by Florida Diagnostic and Learning Resources System (FDLRS), Parent Services.
Hillsborough County Public Schools. 813-837-7777 • Website: <https://hillsborough.fdlrs.org>

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Parent Liaison Project

Est. 1999

Empowering Families • Enriching Communication • Navigating Education

The Parent Liaison project is supported by Florida Diagnostic and Learning Resources System (FDLRS) and Hillsborough County Public Schools (HCPS). Our goal is to guide and empower families to become collaborative, effective advocates for their child with special needs by providing information, help and support to promote academic and social success in school and within the community. Each Exceptional Student Education (ESE) parent liaison works closely with regional district schools and staff and is a parent of a child who has received ESE services.

Some Things We Do

- Facilitate effective communication between families and schools
- Provide families with guidance to understand educational supports and procedures
- Answer questions or refer families to appropriate school/district personnel
- Support families navigating transitions, from early intervention services through post-secondary programs (ages 3 to 22)
- Assist in the Individual Educational Plan (IEP) process/educational meetings
- Provide informational sessions to increase understanding of the educational process and promote family involvement
- Develop & distribute materials that benefit families of children with special needs
- Connect families with agencies that provide services and/or resources
- Facilitate FDLRS/Early Childhood Council (ECC) developmental screenings
- Share common family concerns with school district administration

Useful Websites & Resources

Hillsborough County Public Schools
<https://www.hillsboroughschools.org/>

Florida Diagnostic & Learning Resources System (FDLRS)
<https://hillsborough.fdlrs.org>

Diversity, Equity, & Inclusion: Exceptional Student Education (ESE)
<https://www.hillsboroughschools.org/eae>

FDLRS News & Updates
<https://bit.ly/FDLRSsignup>

Request Access to Special Ed Connection
<https://bit.ly/SpEdC>

Addison G. Davis, Superintendent
Hillsborough County Public Schools

Dr. Antoine Hickman, Executive Director
HCPS, Exceptional Student Education & Student Services

Michael Levine, Supervisor
Florida Diagnostic & Learning Resources System



PARENT & FAMILY SERVICES INFORMATION

Program Manager
Debbie Valdes, 813-837-7777 ext. 7732
debbie.valdes@hcps.net

Parent Liaisons

Exceptional Student Education

ESE Region 1

Jennifer Belinc-DeGregorio, 813-815-3410
jennifer.belinc-degregorio@hcps.net

ESE Region 2

Lina Moreno, 813-773-6804
lina.moreno@hcps.net

ESE Region 3

vacant, 813-837-7777 ext. 7732
fdlrsparentservices@hcps.net

ESE Region 4

Barbara Otis, 813-825-3988
barbara.otis2@hcps.net

ESE Region 5

Sandra BuShea, 813-360-1159
sandra.bushea@hcps.net

ESE Region 6

Christine Poe, 813-279-1851
christine.poe@hcps.net

ESE Region 7

LaNaye Wilson, 352-585-9993
lanaye.wilson@hcps.net

ESE Region 8

Lexie Harvey, 813-738-2535
lexie.harvey@hcps.net

ESE Region 9

Jessica Toulme, 813-252-0153
jessica.toulme@hcps.net

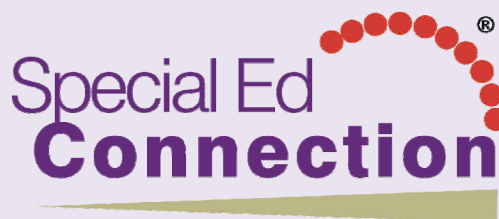
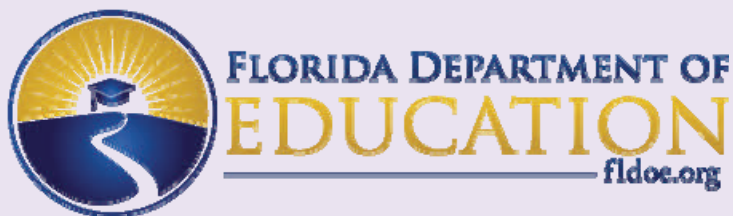
Liaison School Assignments
<https://bit.ly/RegionC>

fdlrsparentservices@hcps.net

813-837-7777 ext. 7732 (English)
813-837-7777 ext. 7728 (Español)

Communications

Corinne Smith, 813-837-7777 ext. 7872
corinne.smith@hcps.net



Florida Department of Education is proud to provide access to **Special Ed Connection**® to parents of students with disabilities.

Special Ed Connection® is a web-based resource that parents can use to gain an understanding of what special education is and how it works, as their child enters, progresses through and exits the world of special education requirements. From legal rights to practical application and from student referrals to IEPs, **Special Ed Connection**® explains specific procedures and provides real-world application strategies so parents can learn the complexities surrounding special education supports and services.

Here are highlights of just a few of the many components that will be made available for your use:

Smart Starts – The best starting point to gain an interpretation and a better understanding of almost 450 special education topics. You'll find that *SmartStarts* provide practical guidance, based on federal regulations and case law. From assistive technology to chronic health conditions to measuring progress, each *SmartStart* will help you understand the law and how it applies to your individual child's situation.

Special Ed Online Dictionary – Provides straightforward definitions of more than 1,400 widely used terms, enabling enhanced dialogue about special education issues. Straight-to-the-point explanations are provided so you'll understand the meaning of terms such as *prior written notice*, *least restrictive environment*, *transition services*, *functional behavioral assessment*, and *behavioral intervention plan*—giving you the ability to be more actively involved in meeting your child's educational needs.

News and Updates – Stay current on the latest news and developments in the special education community—including news about legislation, best practice strategies from special education experts, updates from experts regarding new techniques being used in the special education community and more!

Special Ed Round-Ups – Provide you with an easy way to quickly locate practical guidance and gain access to valuable resources on a host of important special education issues from autism to bullying to postsecondary transition and more.

To find out more about gaining access to this exciting resource —
contact Debbie Valdes / FLDRS Parent Services
phone: 813-837-7733 or email: debbie.valdes@hcps.net

Community Resources



Children's Board Family Resource Centers

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

The Children's Board Family Resource Centers are located throughout Hillsborough County and offer programs and services emphasizing family support, child development, health and safety, and learning success.



Champions for Children

Parents as Teachers

<https://cfctb.org/services/parents-as-teachers-pat/>

Parents as Teachers is a home visiting program to promote healthy development and school readiness for children and families, prenatal through kindergarten.

Positive Parenting Partnership (P3)

<https://cfctb.org/services/positive-parenting-partnership-p3/>

Provides tailored interventions designed to positively impact parenting skills; healthy relationships among co-parents; marriage and couple stability; financial health; and increase parenting confidence.



School Readiness

https://www.elchc.org/programs_services/school-readiness/

Offers supports, such as physical well-being, social and emotional development as well as resources to children and families needed to be ready to enter into school and succeed.



CRISIS CENTER OF TAMPA BAY

Help. Hope. Healing.



Community Resource Guide

CRISIS CENTER SERVICES

2-1-1 Tampa Bay – Information & Referral and Crisis Counseling – 2-1-1; TTY 969-4944
FL Veterans Support Line – 1-844-MYFLVET (693-5838)
First Responder Support Line – 1-866-4FL-HERO (435-4376)
Child Development Infoline - 813-425-GROW(4769) or 2-1-1
Trauma Recovery Services – Trauma Counseling Services for Children & Adults – 264-9955
Sexual Assault Services – Sexual Assault Forensic Medical Unit – 2-1-1
TransCare – Emergency Medical and/or Mental Health Transportation - 681-4422
Volunteer Services - 969-4996

Search our community resources online at:

www.211atyourfingertips.org

Service providers add or update your program information here.

Interpreters available for 150 languages

Suicidal Callers..... **1-800-273-TALK(8255)**

Poison Information Center.....1-800-222-1222

ABANDONED BABY PROGRAM

For help or Information Call **2-1-1**

ABUSE - CHILD & ADULT

Abuse Reporting Hotline..... 1-800-96-ABUSE

Champions for Children.....673-4646

Child Protection Team.....250-6670

Eckerd Connects727-461-2990

Joshua House.....949-8946

The Spring of Tampa Bay247-7233

ADDICTION & SUBSTANCE ABUSE

ACTS.....246-4899

Al-Anon / Alateen.....881-9372

Alcoholics Anonymous (24hrs).....933-9123

The Centre.....251-8437

DACCO.....984-1818

Florida Substance Abuse Hotline.....1-800-662-4357

Narcotics Anonymous.....879-4357

Operation PAR.....1-888-727-6398

Phoenix Houses of Florida – Teen & Adult Outpatient.....881-1000

Salvation Army Adult Rehabilitation Center.....972-0471

Tampa Crossroads (Offender Services).....238-8557

Turning Point of Tampa.....1-800-397-3006

Windmoor Healthcare.....1-888-834-2946

CHILD CARE & YOUTH SERVICES INFORMATION

Big Brothers & Big Sisters.....769-3600

Boy Scouts, Gulf Ridge Council.....872-2691

Frameworks of Tampa Bay.....514-9555

Boys & Girls Club.....875-5771

Family Services/Early Learning Coalition.....906-5041

Computer Mentors.....236-1191

***Child Development Infoline**..... **425-GROW(4769) or 2-1-1**

Girl Scouts of West Central Florida.....281-4475

FDLRS.....837-7777

Healthy Start.....307-8016

Hills. Co. Child and Family Counseling Free ext.53108.....264-3807

Hills. Co. Youth Shelter and Respite-Free ext. 53159.....264-3807

Hillsborough County Head Start/Early Head Start.....272-5140

Hillsborough County Parks & Recreation.....635-3500

Hillsborough County Public Schools Head Start.....744-8941

PACE Center for Girls.....739-0410

SEEDS.....901-3439

Voluntary Pre-Kindergarten.....515-2340

Youth Advocate Programs.....740-0549

YMCA.....224-9622

COUNSELING & MENTAL HEALTH

Adult Emergency Services.....272-2958

Camelot Community Care.....635-9765

Catholic Charities.....631-4370

Children's Crisis Center.....272-2882

Hills. Co. Child and Family Counseling-Free ext. 53108.....264-3807

Life Center of the Suncoast.....237-3114

Northside Mental Health Center.....977-8700

Tampa Jewish Family Services.....960-1848

Tampa Veteran's Center.....238-8557

EDUCATION

Adult & Community Education.....740-7750

Hillsborough Community College.....253-7000

Hillsborough County Public Schools.....272-4000

Hispanic Services Council.....936-7700

Public Library Cooperative.....273-3652

Readers In Motion.....932-5228

EMPLOYMENT

The Centre.....251-8437

Career Resource Center - CDC of Tampa.....248-9738

City of Tampa Employment Services.....274-8911

Goodwill Industries727-523-1512

Vocational Rehabilitation233-3600

Career Source.....930-7400

FINANCIAL ASSISTANCE

ACCESS Florida Information Line/DCF.....1-866-762-2237

Lee Davis Neighborhood Service Center.....272-5220

Plant City Neighborhood Service Center.....757-3871

Ruskin Neighborhood Resource Center.....671-7647

University Area Neighborhood Service Center.....975-2153

West Tampa Neighborhood Service Center.....272-5074

Salvation Army Family Services Program ext. 115.....226-0055

Social Security Administration1-800-772-1213

Women, Infants & Children - WIC.....307-8074

FIRE DEPARTMENTS

Hillsborough County Fire Department272-6600

Plant City Fire Department757-9199

Tampa Fire Department274-7011

Temple Terrace Fire Department506-6700

FOOD

Community Food Bank.....960-1848

ECHO Emergency Care Help - Brandon685-0935

Food Stamps.....1-866-762-2237

Meals on Wheels - Tampa.....238-8410

United Food Bank & Services of Plant City764-0625

HOMELESS / TRANSITIONAL SERVICES

Abe Brown Ministries.....	247-3285
Dawning Family Service.....	875-2024
Hills. Co. Residential Care (youth under 18) ext. 53159.....	264-3807
Homeless Veterans Program.....	903-4477
Mary & Martha House (Women & Children).....	645-7874
Metropolitan Ministries.....	209-1200
New Beginnings Men.....	374-2275
Salvation Army	
Hope House - Men's Transitional ext. 264.....	226-0055
Red Shield Lodge - Men & Women.....	549-0641

HOUSING / HOUSING COUNSELING

City of Tampa Department of Code Enforcement.....	274-5545
Consumer Credit Counseling Services.....	1-800-750-2227
Hillsborough County Dept. of Code Enforcement.....	274-6600
Housing Authority of the City of Tampa.....	253-0551
Volunteers of America.....	321-6956
www.FloridaHousingSearch.org.....	1-877-428-8844

LAW ENFORCEMENT

Florida Highway Patrol.....	558-1800
Hillsborough County Sheriff's Office.....	247-8200
Plant City Police Department.....	757-9200
Tampa Police Department.....	231-6130
Temple Terrace Police Department.....	506-6500
University of South Florida Police.....	974-2628

LEGAL ASSISTANCE

Bay Area Legal Services.....	232-1343
Children's Justice Center.....	272-7179
Child Support Enforcement.....	850-488-5437
Consumer Protection & Professional Responsibility Agency.....	903-3430
Guardian Ad Litem.....	272-5110
Hillsborough County Victim's Assistance.....	272-6472
Lawyer Referral Service.....	221-7780
Mediation & Diversion Services.....	272-5642
Public Defender.....	272-5980
State Attorney's Office.....	272-5400

MEDICAL & DENTAL SERVICES

All Children's Hospital.....	727-898-7451
Brandon Outreach Clinic.....	654-1388
Children's Medical Services.....	396-9743
Consult - A - Nurse.....	1-800-257-0944
Dover Health Center.....	349-7710
Florida KidCare.....	888-540-5437
Healthcare for Homeless Veterans.....	972-7015
Hillsborough County Health Department.....	307-8000
Hillsborough Healthcare.....	272-5040
James A. Haley Veteran's Hospital.....	972-2000
Judeo Christian Health Clinic.....	870-0395
LifePath Hospice.....	877-2200
Medicaid Area 6 Field Office.....	350-4800
Moffitt Cancer Center.....	745-4673
Plant City Family Care.....	653-6100
Pregnancy Care Center of Plant City.....	759-0886
Ruskin Health Center.....	349-7800
Shriners' Hospital for Children.....	972-2250
Tampa Family Health Center.....	866-0930
West Tampa Health Center.....	490-1426
Woman to Woman.....	930-7103

PARENTING SERVICES

abcProgram ext. 1128.....	673-4646
Children's Board Family Resource Center in Brandon.....	740-4634
Children's Board Family Resource Center in Central Tampa.....	204-1741
Fathers Resource & Networking Center - FRANC.....	673-4646
Federation of Families for Children's Mental Health.....	622-7930
Children's Board Family Resource Center in N. Tampa.....	558-1877
Parent Resource Center.....	272-0673
Champions for Children.....	673-4646
Project Link, Inc.....	276-5671
Children's Board Family Resource Center in S. County.....	641-5600
Children's Board Family Resource Center in Town N' Country.....	356-1703
Parent Liaison Project.....	837-7740
Layla's House.....	443-5004

PERSONS WITH DISABILITIES

Service Source of Florida.....	727-538-7370
United Cerebral Palsy of Tampa Bay.....	239-1179 ext. 272
Agency for Persons with Disabilities.....	233-4300
Community Care for Disabled Adults.....	727-450-7277
Disability Determinations - Department of Health.....	806-8950
Division of Vocational Rehabilitation - Dept. of Education.....	233-3600
Florida Division of Blind Services.....	871-7190
Florida Relay Service - Dial 7-1-1 or.....	1-800-222-3448
TTY.....	1-800-955-8771
Hillsborough County Health & Social Services.....	272-5040
MacDonald Training Center.....	870-1300
Self Reliance.....	375-3965
TTY.....	375-3972
Tampa Lighthouse for the Blind.....	251-2407

SENIOR SERVICES

United Cerebral Palsy of Tampa Bay - Respite.....	239-1179
Area Agency on Aging Elder Helpline.....	1-800-963-5337
Alzheimer's Association.....	684-1296
Crimes Against the Elderly Unit.....	247-0548
Elder Care Locator.....	1-800-677-1116
Elder Justice Center.....	276-2726
Retired & Senior Volunteer Program.....	932-5228
Senior Citizens Nutrition & Activities Program - SCNAP.....	307-3566
Senior Home Improvement Program - SHIP.....	251-8437
Serving Health Insurance Needs of Elders - SHINE.....	800-963-5337
Senior Advocacy Unit.....	232-1343

TRANSPORTATION

HARTLINE.....	254-4278
Sunshine Line.....	272-7272

VOLUNTEER OPPORTUNITIES

Project Link, Inc.....	276-5671
Retired & Senior Volunteer Program.....	932-5228
Volunteer Center - United Way of Tampa Bay.....	274-0999

VETERAN & MILITARY SERVICES

Office of Veteran's Affairs.....	635-8316
Military OneSource.....	1-800-342-9647
Veterans Assistance Center.....	238-8557
Homeless Veterans Program.....	903-4477
*FL Veterans Support Line.....	844-MYFLVET(693-5838)



Children's Board
HILLSBOROUGH COUNTY

www.ChildrensBoard.org

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Positive Parenting Tips for Healthy Child Development

Preschoolers (3-5 years of age)

Developmental Milestones

Skills such as naming colors, showing affection, and hopping on one foot are called developmental milestones. Developmental milestones are things most children can do by a certain age. Children reach milestones in how they play, learn, speak, behave, and move (like crawling, walking, or jumping).

As children grow into early childhood, their world will begin to open up. They will become more independent and begin to focus more on adults and children outside of the family. They will want to explore and ask about the things around them even more. Their interactions with family and those around them will help to shape their personality and their own ways of thinking and moving. During this stage, children should be able to ride a tricycle, use safety scissors, notice a difference between girls and boys, help to dress and undress themselves, play with other children, recall part of a story, and sing a song.

For more details on developmental milestones, warning signs of possible developmental delays, and information on how to help your child's development, visit the "Learn the Signs. Act Early." campaign website.

<http://www.cdc.gov/ncbddd/actearly/index.html>

Positive Parenting Tips

Following are some things you, as a parent, can do to help your preschooler during this time:

- Continue to read to your child. Nurture her love for books by taking her to the library or bookstore.
- Let your child help with simple chores.
- Encourage your child to play with other children. This helps him to learn the value of sharing and friendship.
- Be clear and consistent when disciplining your child. Explain and show the behavior that you expect from her. Whenever you tell her no, follow up with what he should be doing instead.
- Help your child develop good language skills by speaking to him in complete sentences and using "grown up" words. Help him to use the correct words and phrases.
- Help your child through the steps to solve problems when she is upset.
- Give your child a limited number of simple choices (for example, deciding what to wear, when to play, and what to eat for snack).



Child Safety First

As your child becomes more independent and spends more time in the outside world, it is important that you and your child are aware of ways to stay safe. Here are a few tips to protect your child:

- Tell your child why it is important to stay out of traffic. Tell him not to play in the street or run after stray balls.
- Be cautious when letting your child ride her tricycle. Keep her on the sidewalk and away from the street and always have her wear a helmet.
- Check outdoor playground equipment. Make sure there are no loose parts or sharp edges.
- Watch your child at all times, especially when he is playing outside.
- Be safe in the water. Teach your child to swim, but watch her at all times when she is in or around any body of water (this includes kiddie pools).
- Teach your child how to be safe around strangers.
- Keep your child in a forward-facing car seat with a harness until he reaches the top height or weight limit allowed by the car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it will be time for him to travel in a booster seat, but still in the back seat of the vehicle. The National Highway Traffic Safety Administration has information on how to keep your child safe while riding in a vehicle.

Healthy Bodies

- Eat meals with your child whenever possible. Let your child see you enjoying fruits, vegetables, and whole grains at meals and snacks. Your child should eat and drink only a limited amount of food and beverages that contain added sugars, solid fats, or salt.
- Limit screen time for your child to no more than 1 to 2 hours per day of quality programming, at home, school, or child care.
- Provide your child with age-appropriate play equipment, like balls and plastic bats, but let your preschooler choose what to play. This makes moving and being active fun for your preschooler.

A pdf of this document for reprinting is available free of charge from

<http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/preschoolers.html>

Additional Information:

<http://www.cdc.gov/childdevelopment>

1-800-CDC-INFO (800-232-4636) <http://www.cdc.gov/info>

QUESTIONS & ANSWERS

Are there any free tools that are available to me to help educate me?

[Special Ed Connection](#) - Florida Diagnostic & Learning Resources System

I need financial assistance for my childcare, who can help?

[School Readiness Program](#) - Early Learning Coalition

[Additional Resources](#)

Is my child close to meeting his/her developmental milestones?

[Your Child at 3 Years \(milestones\)](#) - Centers for Disease Control and Prevention

[Your Child at 4 Years \(milestones\)](#) - Centers for Disease Control and Prevention

[Milestone Checker Age 0 to 5](#) - Early Childhood Council of Hillsborough County

Is there parent training available that I can attend?

[Parents as Teachers](#) - Champions for Children

[Positive Parenting Partnerships \(P3\)](#) - Champions for Children

[FDLRS Parent Services Workshops](#) - FDLRS Parent Services

[Additional Resources](#)

Is there someone I can call for general questions or help?

[Parent Liaison Project](#) - Florida Diagnostic & Learning Resources System

My child is 4, can he/she attend VPK?

[VPK Education Program](#) - Office of Early Learning

Once my child has turned 3, what programs are available to my child within the community?

[School Readiness Program](#) - Early Learning Coalition

[VPK Education Program](#) - Office of Early Learning

[Head Start](#) - Office of Early Learning

What are my rights under the Individuals with Disabilities Education Act (IDEA)?

[Procedural Safeguards](#) - Florida Department of Education

What resources in the community are available for my child or our family?

[Family Resource Centers](#) - Children's Board Hillsborough County

[Parents as Teachers](#) - Champions for Children

[Positive Parenting Partnerships \(P3\)](#) - Champions for Children

[Community Resource Guide](#) - Crisis Center of Tampa Bay

[Additional Resources](#)

What type of resources are available for counseling and mental health?

[Community Resource Guide](#) - Crisis Center of Tampa Bay

Do you have any tips for parents?

[Positive Parenting Tips](#) - Centers for Disease Control and Prevention

[Healthy Child Development \(Age 2-3 Years\)](#) - Centers for Disease Control and Prevention

[Healthy Child Development \(Age 3-5 Years\)](#) - Centers for Disease Control and Prevention

Where can I find childcare or other service providers in my community?

[Child Care Resource & Referral](#) - Early Learning Coalition