

Taking it **ONE STEP AT A TIME**


early steps
Children's Medical Services

at 
MIAMI CHILDREN'S HOSPITAL®
Palmetto Bay Outpatient Center

April - July 2011

This newsletter is brought to you by the Early Steps Southernmost Coast Family Resource Specialists. Family Resource Specialists (FRS) provide assistance, information and support to families of children with special needs. For more details, please contact a representative in your area:

- In Miami-Dade County:
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Some Benefits Provided by Early Steps

- Brings services into the child's life rather than fitting the child into services.
- Maximizes the everyday natural learning opportunities of each child.
- Enhances the development of each child and their participation in community life.
- Provides each child with a consistent team for evaluation and services.
- Gives families options in service decisions and encourages active partnerships.
- Provides a primary service provider to work with you and your family.

Pre-K ESE

This workshop, provided by Parent to Parent of Miami, is designed to provide information and address questions about the programs and services that may be available when your child reaches three years of age and has completed the Early Steps Program. Please register online at: www.ptopmiami.org or call 305-271-9797.

The Early Steps Southernmost Coast newsletter is also available online at: www.mchpalmettobaycenter.com under the Early Steps Southernmost Coast section.



Additional services available at the **Miami Children's Hospital Palmetto Bay Outpatient Center** include:

Urgent Care Center

Personalized and prompt care provided by board-certified pediatric physicians for minor injuries and illnesses.

Weekdays: 2 p.m. to 11 p.m.

Saturday & Sunday: 11 a.m. to 11 p.m.

No appointment required

Diagnostic Services

- Digital X-ray
- Ultrasound

To schedule diagnostic services, please call 305-663-8413.

The following pediatric services are provided by appointment on weekdays during standard medical office hours:

Rehabilitation Services

- Physical, occupational and speech-language therapies

Subspecialty Services

- Neurology (provided by Neuro Network Partners)

Early Steps Southernmost Coast

- A program for children, 36 months or younger, who have or are at risk for developmental delays

Health on Wheels

- Mobile van providing general health and dental information and exams by appointment through Miami Children's Hospital Division of Preventive Medicine.

Car Seat Safety

Here's what parents should know about safely restraining children of varying ages before pulling out of the driveway:

Infants

- Infants should ride rear facing until they are at least 1 year old and weigh at least 20 pounds, to reduce the risk of cervical spine injury in the event of a crash. To protect a rear-facing child's head from injury, the top of his/her head should be at least one inch from the top of the child safety seat's shell.
- Use a rear-facing child safety seat (infant-only or convertible).
- Never use a rear facing child seat with an active frontal air bag. The force of a deploying air bag could result in serious injury or death.
- Route the harness straps according to the manufacturer instructions, generally at or slightly below shoulder level for rear facing children.
- Adjust the harnesses so they are snug and flat against the child's body, and position the harness clip at armpit level. An adult should not be able to fit more than one finger, comfortably between the child's collarbone and the harness.
- If your child's safety seat has a handle, follow the manufacturer instructions for positioning it. Most manufacturers state that handles should be kept in the down position, during transport.
- Recline the rear facing child safety seat enough so your child's head can rest flat against the child safety seat's shell. A firmly rolled towel or other soft material may help. Never recline the child safety seat flatter than 45 degrees.
- Read both the child safety seat instructions and the vehicle owner's manual for correct use and installation.
- The lap belt should be snug and flat against the upper thighs. If it fits over the abdomen, it can result in serious internal injuries in a crash.
- The shoulder belt should be snug and flat against the chest and collarbone.

Note: Never let your child put a shoulder belt under his/her arm or behind his/her back. This could result in serious injuries.

- Read both the child safety seat instructions and the vehicle owner's manual for correct use and installation of your child safety seat.

1-to 4-Year-Olds, 20 to 40 Pounds

- Use a forward-facing child safety seat (convertible or forward-facing only), with harnesses and place it in an upright position, according to manufacturer directions.
- Route the harness straps according to the manufacturer instructions, generally at or slightly above shoulder level, using reinforced slots for forward-facing children.
- Adjust the harnesses so they are snug and flat against the child's body, and position the harness clip at armpit level. An adult should not be able to fit more than one finger, comfortably between the child's collar bone and the harness.

Children Over 5 Years of Age, Weighing 40 to 80 Pounds

- Children ages 12 and under should ride properly restrained in the back seat, even if there is no air bag in the front. In general, the back seat is much safer than the front seat.
- If the child cannot sit with his or her tail bone against the seat, with knees bending naturally over the edge of the seat, then they should use a belt-positioning booster seat.
- Child must sit all the way back against the seat (high back booster shell or vehicle seat, depending on model selected).
- Both lap and shoulder belts must be used with belt positioning boosters.

Parents should check for car seat recalls periodically.

Car seat recalls should be checked prior to purchasing a car seat and periodically to ensure there haven't been any safety recalls for your model. Check for www.recalls.gov for recent recalls.

Guidelines provided by Safe Kids Worldwide. For more information on health promotion and education, visit www.mch.com and click on Preventive Medicine.

New American Academy of Pediatrics Recommendations

As of March 2011, The American Academy of Pediatrics (AAP) updated recommendations on car seats to help parents decide when to make seat transitions, advising that children should ride rear-facing to age 2 and use a booster until at least age 8. As quoted on www.healthychildren.org: "Smaller children will benefit from remaining rear-facing longer, while other children may reach the maximum height or weight before 2 years of age."

From the Early Steps State Office

The Annual Family Cafe Conference is a statewide event designed to meet the informational and networking needs of individuals with disabilities or special health care needs and their families. The conference provides you with opportunities to attend educational breakout sessions relevant to your specific needs, interact with government policy makers, network with other families and learn about services available to you. The 13th Annual Family Café Conference will be held at the Disney Coronado Springs Resort on June 3-5, 2011. Please visit www.familycafe.net for more information or contact your Family Resource Specialist.

In conjunction with the Annual Family Café Conference, Family Resource Specialists are proud to invite you to the "Early Steps...Early Wishes - A Fun Educational Playgroup For Early Steps Families". Please join us on Friday, June 3, 2011 from 1:30 pm – 4:00 pm in the Fiesta Ballroom at the Disney Coronado Springs Resort and Convention Center to celebrate your child's success in Early Steps. You will get to meet other Early Steps families from across the state to connect and share stories about your experiences. There will be activities to suit every infant and toddler including: puppet making and play, adaptive toys, face painting, free play, crafts, bubbles, and snacks. Bring your entire family and join us for a fun and interactive start to The 13th Annual Family Café Conference!