

# All in for Kids

## A Birth to 3 Program Family Newsletter

All in for Kids: Birth to 3 Program is a newsletter that helps to keep you and your family informed about the services available through the Birth to 3 Program. The newsletter is published by the Wisconsin Department of Health Services.



## Birth to 3 Program services: physical therapy

The Birth to 3 Program is an early intervention special education program. It helps children under 3 years old who have delays or disabilities. The program helps children learn, interact, and thrive at home, in childcare settings, and within the community.

Families enrolled in the Birth to 3 Program can receive many services. The services are determined by a team that includes the family and are based on the needs of the child and their family. The services identified are listed on an Individualized Family Service Plan (IFSP).

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Examples of services a family may get are special education, occupational therapy, speech therapy, assistive technology, and physical therapy.

In this newsletter, we will highlight physical therapy services.

## Physical therapy is available in the Birth to 3 Program

Watching your child grow is very exciting, and it's important to know that every child develops differently. This means that every child will develop skills and achieve milestones at their own pace. Early help with muscle development and motor skills is very important if children aren't quite doing what other children their age are doing, like rolling over, sitting up, or walking. It's pretty common—about one out of every 40 children in the U.S. needs a little extra help to meet these milestones.

The Wisconsin Birth to 3 Program supports children in all aspects of growing up, including helping them move and play. Physical therapy can be part of daily fun activities like playing, eating, or getting dressed. Making it enjoyable and not feel like extra work helps every day feel like a normal day of play.

## Why starting physical therapy early is great

Starting physical therapy early has a lot of benefits. It shows your family how to help your child:

- Be more comfortable and move safely during family activities.
- Move around their home and other places more easily.
- Use their muscles to get stronger.
- Balance using their own strength or by using safe, familiar items in their environment.
- Learn safe ways to move to avoid getting hurt.
- Play catch and be able to grab toys.
- Develop good posture, which is important for overall health as they grow.

## Talking helps

If you're concerned or have questions about how your child is moving or developing, it's important to talk about it with your Birth to 3 Program primary service provider or service coordinator. The more

## FOR YOUR INFORMATION

Is your baby's physical development on track?

Learn more by scanning the QR code below or by

visiting [healthychildren.](https://www.healthychildren.org/English/ages-stages/baby/Pages/Is-Your-Babys-Physical-Development-on-Track.aspx)

[org/English/ages-](https://www.healthychildren.org/English/ages-stages/baby/Pages/Is-Your-Babys-Physical-Development-on-Track.aspx)

[stages/baby/Pages/](https://www.healthychildren.org/English/ages-stages/baby/Pages/Is-Your-Babys-Physical-Development-on-Track.aspx)

[Is-Your-Babys-Physical-](https://www.healthychildren.org/English/ages-stages/baby/Pages/Is-Your-Babys-Physical-Development-on-Track.aspx)

[Development-on-Track.](https://www.healthychildren.org/English/ages-stages/baby/Pages/Is-Your-Babys-Physical-Development-on-Track.aspx)

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you can share about what your child can or can't do, the better they can match supports to your child's needs. Working together, you can make a plan that helps your child be their healthiest and happiest.

## Looking ahead

Physical therapy isn't just about helping with concerns about moving. It's also about laying the groundwork for a fun, active, and independent life for your child. By keeping an eye on how they're doing and staying in touch with the IFSP team, you're helping your child get ready to explore, learn, and grow to their fullest potential.

Think physical therapy could be good for your child as a part of Birth to 3? Talk to your primary service provider or service coordinator. ❖


## How individualized goals help your child and family

When your child is in the Birth to 3 Program, you will hear about IFSP outcomes. IFSP stands for Individualized Family Service Plan, and outcomes are the goals you set for your child and family. It's a plan that helps everyone work together to support your child's growth and development.

## Family comes first

Every child is unique and so is every family. That's why IFSP outcomes are tailored to fit your child and family's specific needs, strengths, and hopes for the future. It's like a personalized roadmap for you and your child's journey.

Your family is a big part of your child's development. The IFSP puts your family's goals at the center of everything. It means you and the people helping your child want to know what you hope to achieve together. This way, you all work as a team.



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## Help that fits your life with a plan that grows

The IFSP isn't just a list of services. It also includes what type of supports and services you and your child will receive, including details like when, where, and how often. These details help reach the goals and outcomes you set for your child and family. IFSP outcomes make sure activities and home visits fit easily into your daily life.

As your child grows, your IFSP will change. It's created with your input and is updated to reflect what your child and family need over time. Think of it as a changing document that grows with your child.

## Outcomes that matter

The outcomes are at the heart of the IFSP for your child. These outcomes are based on what's important to you and your family. To help your child accomplish these IFSP outcomes, it is most effective when done throughout the day as part of your family's everyday activities and routines, like bath time or play time. These activities are meant to bring meaningful changes to your child's and family's life. For example, if an outcome for your child is to walk independently, then the team can build that goal into everyday activities such as moving from the living room to the kitchen for mealtimes.

The best part about these outcomes is that you can see your child making progress. Whether it's that your child will play with toys and eat meals with the family by sitting on their own or learning to use a spoon, you'll know when they're moving forward. These achievements are celebrated steps towards independence.

## Focused on what your child loves

The IFSP considers what your child enjoys doing. This means the outcomes are not only about helping your child learn and grow, but making sure they have fun doing it. If your child loves a certain activity, then the IFSP can include it.

## BUILT FOR FAMILIES

The IFSP is your child and family's roadmap to success. It's customized, focuses on what you think is important, and adapts as your child grows. It's a way to make sure your child gets to enjoy being a kid while learning and developing at their own pace, with you cheering them on every step of the way.



### Checking in and moving forward

Your family and the team will regularly check how things are going with the IFSP at least every six months. You may also ask to update goals and outcomes or the IFSP at *any* time. This helps everyone make sure the plan still fits your child’s needs as they grow and change.

### Easy to understand and celebrating together

Everything in the IFSP is written in clear language, so you know exactly what it means and how it helps your child. No complicated terms or jargon. This means that IFSP outcomes are also written in clear language. Clear language helps everyone on the team know when your child or family reaches an outcome or goal. It’s all about making sure you feel comfortable and confident with the plan. If you do not understand or agree with something on the IFSP, you should always ask about it.

Reaching an outcome is a big deal! The IFSP helps everyone see and celebrate these moments. It’s about acknowledging every step forward, big or small, as part of your child’s journey to a bright future. ❖

## Keep your family safe from lead

### How do children get lead poisoning?

Most childhood lead poisoning is from house paint in older homes. Lead was used in some house paint before being banned in 1978. When paint breaks down, it turns into flakes or dust that covers toys, furniture, floors, windowsills, and porches. When a child chews on these items or gets lead dust on their hands and puts their hands into their mouth, they can get lead poisoning.

Lead is also found in:

- Drinking water in a house or city with lead pipes.
- Dust that adults bring home from jobs where they are around lead, such as house painting or home renovation.

## DID YOU KNOW?

Children who have lead poisoning may be found eligible for the Birth to 3 Program.

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## How can a parent's lead exposure at work affect their child?

Some jobs, like plumbing, welding, and working on cars involve materials with lead in them. There are two ways your lead exposure at work can affect your child.

- During pregnancy, lead can travel from the pregnant worker's blood into the blood of the developing fetus. High lead levels during pregnancy increase the risk of pregnancy complications. Even low levels of lead can cause behavior and learning problems in children.
- Take-home lead can happen when anyone who works with lead may bring the lead dust or particles home on their body, clothes, or personal items. This lead dust is a risk to any children who may come into contact with it.

## How do I know if my child has lead poisoning?

A blood test is the only way to find out if your child has lead poisoning. Most children with lead in their blood do not have symptoms. Your child's health care provider may recommend a lead test during a routine check-up. If they do not, you can ask for one. Blood lead testing is covered by Wisconsin Medicaid and many private insurers.

## What to do if your child may have been exposed to lead

If your child is exposed to lead, you can get help by:

- Talking with your child's health care provider. They can order a blood lead test, explain the test results, and let you know if next steps are needed.
- Contacting your local public health department. Every county and tribe have a local health department that can provide services and connect you to resources available in your area. You can find contact information for your local health department at [dhs.wi.gov/lh-depts/counties.htm](https://dhs.wi.gov/lh-depts/counties.htm).

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## Resources

The resources below can help you to know if you or your family are at risk for lead exposure and what to do about it.

- **New!** Universal lead testing of all kids under 6 (Fact Sheet)
  - Learn more at: [dhs.wi.gov/publications/p03557.pdf](https://dhs.wi.gov/publications/p03557.pdf)
- Lead-Safe Wisconsin: Protecting Adults from Lead Exposure
  - Learn more at: [dhs.wi.gov/adult-lead/workers.htm](https://dhs.wi.gov/adult-lead/workers.htm)
- Keeping Your Family Safe: Don't Bring Lead Home from Your Job (Fact Sheets available in English, Spanish and Hmong)
  - Learn more at: [dhs.wi.gov/publications/p01737.pdf](https://dhs.wi.gov/publications/p01737.pdf)
- Lead Testing: Also Important In Adults (Fact Sheet for Healthcare Providers)
  - Learn more at: [dhs.wi.gov/publications/p01293.pdf](https://dhs.wi.gov/publications/p01293.pdf)
- Are you pregnant?
  - Learn more at: [stacks.cdc.gov/view/cdc/117862](https://stacks.cdc.gov/view/cdc/117862) ❖

## The Birth to 3 Program wants your family stories and photos!

The All in for Kids newsletter is for families. We want to feature your photos and experiences for other readers to enjoy! You can share things like:

- A positive interaction with the Birth to 3 Program.
- An example of how the Birth to 3 Program has helped your family or child.
- A photo or story of an activity you did with your child.
- A photo of artwork or something else your child has made.

Email your family story or photo to [dhsbirthto3@dhs.wisconsin.gov](mailto:dhsbirthto3@dhs.wisconsin.gov) with "All in for Kids" in the subject line. You can also send ideas for stories you would like to see in the newsletter. We look forward to hearing from you! ❖

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## Learn more about the Birth to 3 Program

The First 1,000 Days brochure gives an overview of the program: [dhs.wi.gov/library/collection/p-02928](https://dhs.wi.gov/library/collection/p-02928).

The Birth to 3 Program Services at a Glance guide explains the supports and services available: [dhs.wi.gov/library/collection/p-03011](https://dhs.wi.gov/library/collection/p-03011).

The Early Intervention Services for Infants and Toddlers With Delays and Disabilities in Wisconsin booklet helps you understand how early intervention helps your family and child learn and grow together: [dhs.wi.gov/library/collection/p-03022](https://dhs.wi.gov/library/collection/p-03022).

Previous issues of the All in for Kids newsletter: Birth to 3 Program are available online: [dhs.wi.gov/library/collection/akidsb-3-2023](https://dhs.wi.gov/library/collection/akidsb-3-2023). ❖

## JOIN OUR EMAIL LIST

For faster delivery, sign up to get the electronic version of this newsletter and other emails about the Birth to 3 Program. Go to [dhs.wi.gov/aboutdhs/alerts.htm](https://dhs.wi.gov/aboutdhs/alerts.htm) and scroll down and click the Birth to 3 Program Information for Families link.

Don't forget to tell your family and friends in the Birth to 3 Program to sign up as well!

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The Wisconsin Birth to 3 Program is an early intervention program committed to serving children under the age of 3 with developmental delays and disabilities and their families. The program partners with families to assist the child's development and support the family's knowledge, skills, and abilities as they interact with and raise their child. For more information, visit [dhs.wi.gov/children/index.htm](https://dhs.wi.gov/children/index.htm).

Para leer este boletín en español, visite [dhs.wi.gov/library/collection/akidsb-3-2024](https://dhs.wi.gov/library/collection/akidsb-3-2024).

Xav nyeem tsab ntawv xov xwm no ua Lus Hmoob, mus xyuas [dhs.wi.gov/library/collection/akidsb-3-2024](https://dhs.wi.gov/library/collection/akidsb-3-2024).

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