

All in for Kids

A Birth to 3 Program Family Newsletter

All in for Kids is a newsletter created 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.



Feeding Your Child During the Baby Formula Recall and Shortage

There is a national shortage of baby formula. This situation has caused many families stress and might be overwhelming. This story gives you information and tips to help navigate this difficult time. In February, Abbott issued a recall of their powder formulas. Since the recall, other companies that make and distribute baby formula have not been able to keep up with demand.

What To Do if You Cannot Find Formula

Many babies on standard formulas can switch to any formula that is available, including store brands. This could be a good option for a few days while trying to find your baby's normal formula.

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If you are having trouble finding formula, check smaller stores or drug stores. They may have more stock than big stores.

If you do not have formula, or do not have enough, talk with your child's health care provider or Women, Infants, and Children (WIC) program clinic before feeding them something other than formula. To prevent health problems for your baby, here are some things you should not do:

- Never water down baby formula or make your own.
- Do not give your child cow's milk before they are 1 year old.

Food pantries, charitable organizations, and others may be able to help with formula as well. WIC clinics can help connect you to local food pantries. Find your local WIC clinic at www.dhs.wisconsin.gov/wic/local-projects.htm.

Shopping online may help you find formula without traveling. Also, some online stores may have more formula in stock right now than their local locations.

For more information about the formula recall, go to the Wisconsin Department of Health Services (DHS) WIC webpage at www.dhs.wisconsin.gov/wic/index.htm.

The Birth to 3 Program Supports Children and Families During the Summer

The seasons have changed, and summer means fun, warm weather, and getting outside! It also may mean that your family's usual routines and schedules have changed. The summer months can provide different ways for your child to grow and learn. The Birth to 3 Program is here to help support your family and boost your child's development all year long.

Updating the Individualized Family Service Plan for the Summer

If you are interested, you and the rest of the Birth to 3 Program team can work together to think of ways to support your child in summer activities. Talk to the service coordinator on your team; they can set up an Individualized Family Service Plan (IFSP) meeting. At this meeting, the team can discuss your family's concerns, priorities, strengths, and resources. The IFSP can then be updated to reflect new goals, routines, activities, and locations for services to support your child during the summer.

WHAT IS AN IFSP?

The Birth to 3 Program team, which includes your family, works together to create an IFSP. An IFSP is a written plan that guides and supports the efforts to boost your child's development up to age 3. This plan is based on identified needs to help meet the unique goals of your family and child.

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Here are some ideas for ways to switch things up this summer that could help boost your child's development:

- **New environments**—Summer's warm, sunny days mean service providers can support your child in new places. A park, a beach, or even your own yard are great places to work on their development. The Birth to 3 Program team can help you decide if a new environment is right for your family—just ask!
- **Working toward a goal through new activities or practicing skills in new ways**—Summer lets your child try new activities and practice skills in ways that the cold winter months don't allow. For example, new activities might include camping or planting a garden. Practicing a skill in a new way could be using a spoon in a sand box.
- **New goals for your child to work toward**—It is easier to work toward certain goals when there is no snow on the ground. For example, walking on uneven surfaces like gravel, being comfortable touching grass, or going down the slide at the playground.
- **More chances to get together with others**—Summer is a great time to reconnect with family and friends. Make plans to visit relatives or get together with neighbors you have not seen since winter.
- **Special events**—Head out to a summer-only event, such as a baseball game, the county fair, or a local festival. This can help with socialization and can be a great way for your child to take part in the community.

Talk with the Birth to 3 Program team if you are interested in making changes to the IFSP this summer. ❖

Summer Family Fun for Babies and Toddlers

Are you looking for ideas for summer kids' activities outside of the Birth to 3 Program? When you are thinking of ways to keep a young child busy, keep in mind that things do not need to be fancy to be fun. Babies and toddlers learn by playing. Simple, everyday objects are often better than gadgets or complicated toys. Here are some ideas for activities using things you already have around the house:

- **Water swap**—Find two buckets or large bins, a plastic cup, and a sponge. Then head outside and fill one bucket with water. Show your child how to move water from the full bucket to the empty one by scooping and pouring with the cup or by letting the sponge soak and



SUMMER FAMILY FUN

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then squeezing it out. Try adding baby shampoo to make bubbles—babies and toddlers will love to make their toys and hands disappear under the foam!

- **“Paint” with water**—Fill a bucket with water, grab a clean paintbrush or rag, and let your child “paint” the front door, sidewalk, or fence. This is a great activity to develop motor skills and coordination, and there is no clean-up afterward!
- **Go for a walk**—To a baby or toddler, the world around them is new and interesting. Explore the outdoors on a walk to the park, around the block, or even just around your own yard. Talk about the things you see and hear.

And for a special ending to a hot summer day, have some ice cream or another cold treat! ❖

New Developmental Milestones Lists Can Help Children Get Services Sooner

Developmental milestones are skills that children gain as they develop and grow. These skills fall into four areas:

- Language/communication
- Social/emotional (forming relationships and understanding and managing emotions)
- Cognitive (learning, thinking, and problem-solving)
- Movement and physical development

Often, skills build on each other. For example, a baby first learns to pull up, then to stand, and then to walk. Each of those skills is a developmental milestone.

Every child develops at their own pace. However, sometimes a child may not reach a milestone by a certain age. If that happens, supports or services from the Birth to 3 Program could help boost their development.

Developmental Milestones Lists Have Been Improved

At check-up appointments, health care providers use a list of milestones based on the child’s age to help see how they are developing. These lists were recently updated and improved. Some of the changes include:

- **Additional checklists**—Now there is a milestones checklist for every check-up from age 2 months to 5 years.

JOIN OUR EMAIL LIST

For faster delivery, sign up to receive the electronic version of this newsletter and other emails about the Birth to 3 Program. Go to www.dhs.wisconsin.gov/aboutdhs/alerts.htm and then scroll down and click the "Birth to 3 Program Information for Families" link on the left side.

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- **More social and emotional milestones**—For example, your child gets your attention by looking at you, moving, or making sounds.
- **New questions for parents or caregivers**—As a parent or caregiver, you know information that can help the health care provider. At a check-up, they will ask questions such as “Is there anything your child does or does not do that concerns you?”
- **Suggested tips and activities that may boost your child’s development and help build positive relationships**—Health care providers often share tips or best practices with families. For example, “Talk, read, and sing to your baby. This will help them learn to speak and understand words later.”

You can find the lists of developmental milestones and download the free Milestone Tracker app at [cdc.gov/milestones](https://www.cdc.gov/milestones). The app is available in English and Spanish for Android and Apple devices.

Because you know your child best, you are viewed as the expert. Doctors, nurses, and other health care providers can be powerful partners in helping your child’s development. At check-ups, feel free to share what you have noticed about your child’s development and tell the health care provider about any concerns. You can discuss how the Birth to 3 Program may be able to help your child and family. ❖

New Videos Help Explain the Birth to 3 Program

In partnership with Family Voices of Wisconsin, we are excited to announce the release of two new videos for families. These five-minute videos aim to help you understand how the Birth to 3 Program provides early intervention services.

- “Birth to 3 Program: Why is Early Intervention Important?” explains what early intervention is, why it is important, and how the Birth to 3 Program can help. Watch it at youtu.be/F_2b1Z0oD4w.
- “Birth to 3 Program: Why is a Natural Environment Important?” explains what natural environments are and why providing services in a child’s natural environment is important for learning. Watch it at youtu.be/ZO7ELUA1Qnc.

We hope you find these videos helpful! You also may want to share them with family and friends to help them better understand how the Birth to 3 Program supports children and their families. ❖

SPREAD THE WORD

If you know of a child who might be helped by the Birth to 3 Program, spread the word! Tell other parents about the program, pass along this newsletter, or share the website address with them.

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Helpful Resources for Families

Latest information about COVID-19, including information about vaccinations for children, vaccine booster doses, and testing:

www.dhs.wisconsin.gov/covid-19/index.htm

Tips for talking about COVID-19 vaccinations with family and friends:

www.dhs.wisconsin.gov/covid-19/vaccine-talk.htm

Parenting tips for stressful times from the Wisconsin Office of Children's Mental Health, including short videos with advice from mental health professionals and parents and flyers in English and Spanish:

children.wi.gov/Pages/TrainingsVideos/Parenting.aspx

New to the Birth to 3 Program? Take a look at these resources:

The Early Intervention booklet helps you understand how early intervention helps your family and child learn and grow together:

www.dhs.wisconsin.gov/library/p-03022.htm

The Birth to 3 Program Services at a Glance guide explains the supports and services available:

www.dhs.wisconsin.gov/library/p-03011.htm

Previous issues of All in for Kids: Birth to 3 Program newsletters:

www.dhs.wisconsin.gov/birthto3/family/index.htm (Scroll down to the Publications & Videos tab at bottom of page.)

FOR YOUR INFORMATION

Vaccination is the most effective way to prevent COVID-19. You can also help stop its spread by:

- Wearing a mask on public transportation or at crowded gatherings. You can wear a mask even if it is not required.
- Staying home when feeling sick.
- Getting tested if you have symptoms or after close contact with someone who has COVID-19.

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All in for Kids is a newsletter published by the Wisconsin Department of Health Services for children and families in the Wisconsin Birth to 3 Program.

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 www.dhs.wisconsin.gov/children/index.htm.

Para leer este boletín en español, visite www.dhs.wisconsin.gov/library/akidsb-3-2022.htm.

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