

MOTOR DEVELOPMENT MILESTONES

As we step into March, let's explore an essential aspect of your little one's growth journey – motor development milestones. From those adorable first wobbly attempts at lifting their head to confidently walking on their own, each milestone is a significant achievement, reflecting your baby's growing abilities.

Infant Motor Development Milestones:

- Head Control- 3 months
- Rolling Over- 6 months
- Sitting Independently- 9 months
- Crawling- 9 months
- Standing and Cruising- 12 months
- First Steps- 15 months

Why Are Motor Milestones Important?

Tracking your baby's motor milestones is more than just documenting their progress – it offers valuable insights into their overall development. Achieving these milestones indicates that your baby's muscles, coordination, and cognitive abilities are maturing as expected. Moreover, it allows providers to identify any potential developmental delays early on, ensuring timely interventions if necessary.

Tips for Encouraging Motor Development:

- Provide plenty of supervised tummy time to strengthen neck and core muscles.
- Offer safe and stimulating environments for exploration, such as soft mats and age-appropriate toys.
- Celebrate every milestone, no matter how small, to boost your baby's confidence and motivation.

As you witness your little one reaching these milestones, remember to cherish each moment and celebrate their achievements. Every wobbly step and clumsy tumble are a testament to their resilience and determination.

Wishing you and your precious bundle of joy a month filled with discovery and delight!

Thanks to Becca Fire BCBA ITDS



FAMILY RESOURCE LENDING LIBRARY

If you are in need of special items, resources or information we may be able to help!

We loan out books, toys, or special items depending on what you and your unique child might need.

We have lots of hands out on lots of subjects!

Do you have items you wish to **donate** for our families?

We would LOVE to pass them along to another family in need!



University of Central Florida's Mighty Knights!

The **Early Communication & Play (ECAP)**
Lab and **UCF Go Baby Go!** invite you to...

COME PLAY WITH US!



IS YOUR CHILD...

- Between 10 - 30 months of age?
- Experiencing a **developmental disability** that affects communication & motor skills?

Your child may be eligible to
participate in a treatment study!

Study Details...

This study explores the impact of different types
of **motor supports** on **early communication skills**.

Children will participate in **play-based activities**
with a **speech-language pathologist** and a
physical therapist at UCF.

The study will last **10 weeks**.

Families who complete all study procedures will
receive a **\$100 gift card** as a thank you!

WANT TO LEARN MORE?

Contact us for
more information:



407.823.1193



ECAPLab@ucf.edu



3280 Progress Drive
Suite # 700
Orlando, FL 32826



EARLY STEPS PLAY GROUPS

**Families with developmental delays and disabilities, ages 0 - 3
are welcome to join us for therapy related play activities
JANUARY THROUGH MAY 2024**

Palm Bay Play Group - Every 3rd Friday of each month

9:30am - 10:30am

Palm Bay Library, 1520 Port Malabar Blvd. NE, Palm Bay, FL 32905

Melbourne Play Group - Every 1st Tuesday of each month

9am - 10am

Eau Gallie Public Library, 1521 Pineapple Avenue Melbourne, FL 32935

Cocoa Play Group - Every 1st Monday of each month

10am - 11am

Catherine Schweinsberg Rood Central Library, 308 Forrest Ave, Cocoa, FL, 32922

Titusville Play Group - Every 2nd Friday of each month

9am - 10am

The Children's Center, 5650 S. Washington Ave., Titusville, FL 32780

TEXT 321-292-1370 (or call) to RSVP



Registration is open

This free conference is amazing and provides all the information you will need to navigate the exceptional needs community for ALL AGES.

FREE financial assistance for hotel stay provided by Family Café – open now!

Should you be denied, please contact mary.cancel@spacecoastes.org as we may have assistance available for current Space Coast Early Steps families!

LIKE & SHARE EACH MOMENT TOGETHER!

THE 26TH ANNUAL #FAMILY CAFE 2024

FEATURING THE GOVERNOR'S SUMMIT ON DISABILITIES

**HYATT REGENCY ORLANDO
JUNE 14-16, 2024**

THE FAMILY CAFE IS FUNDED IN PART BY THE FLORIDA DEPARTMENT OF EDUCATION, DIVISION OF PUBLIC SCHOOLS, BUREAU OF EXCEPTIONAL STUDENT EDUCATION (BESSE)

FLORIDA DEPARTMENT OF EDUCATION
fldoe.org



COMMUNITY PLAY DATE

Under 5's

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EVERY 4TH WEDNESDAY OF THE MONTH

From 9:00am - 10:30am

The Children's Center

5650 S. Washington Ave.,

Titusville 32780

RSVP to Mary: 321-292-1370

SPACES ARE LIMITED!





AUTISM WORKSHOPS



**Presented by Dietrich Browne
Resource Teacher for the ASD Program
at Brevard Public Schools**

Wednesday, March 13

Social Narratives

How to address misunderstandings on both sides of the social equation. These stories create a safe way to discuss important missing information. "Always or Never" can be joined by "Often, Sometimes, and Rarely" to help describe social situations.

Wednesday, April 17

5 Point Scales

A systematic and rational way to describe nebulous gray areas of the social world. Calm or Overwhelmed only? How about 1. Calm, 2. Concerned, 3. Worried, 4. Upset or 5. Overwhelmed? 5 Point Scales can add clarity for understanding.

9:am - 10:30am

**Suntree Business Center, Bldg. A Conference Room
3270 Suntree Blvd., Melbourne, FL 32940**

Open to Parents, caregivers and professionals

PLEASE REGISTER ON EVENTBRITE - SPACES ARE LIMITED

<https://www.eventbrite.com/o/space-coast-early-steps-30612270318>



SENSORY SPECIAL NEEDS FRIENDLY EASTER BUNNY

Hosted By: SONbeams Ministry at Bethany Church



EASTER

Photos with the Easter Bunny

Saturday, March 9th

Held at: Bethany Preschool

3300 Lakewood Dr. West Melbourne, FL 32904

Bring your cameras to take pictures with the Easter Bunny.
Crafts and activities will set up for our VIP's as well.



Reservations Required

Questions? Tbloodgood@bcsmelbourne.com



LOOKING FOR ST. PATRICKS EVENTS?

CHECK OUT:

<https://fun4spacecoastkids.com/Whats-Happening/St.-Patricks-Day-Events/>





April

6th

11-2

FREE
Water
DAY



**Fred Poppe Regional
Park
Palm Bay, Florida**



**SPONSORSHIP
OPPORTUNITIES**



**a special
day
for
special
families**

water slides,
bounce houses,
carnival snacks,
water activities,
character pictures,
dunk tank

www.soakautism.com

Teddy Bear Clinic **FREE!**



The Children's Center
5650 S Washington Ave,
Titusville, FL 32780
Ages 3-10

Saturday, March 9
9 - 10am
10 - 11am

The Teddy Bear Clinic is a kid-friendly, fun, and informative opportunity for children and families to engage in medical play and education in a non-threatening environment to relieve stress and anxiety surrounding health care experiences.

Registration is Required

To learn more and register for
this event, visit
ParrishHealthCare.com/Events
or scan the QR code



(321) 264-0855

parrishhealthcare.com

*Healing Families-Healing Communities**

DO YOUR LAUNDRY ON US...

Laundry of Love



Saturday, March 23, 2024

8:00 — 12:00 pm

COVID-19 Safety Protocol will be followed on-site.

Laundry detergent, fabric softener, bleach and all expenses for washing and drying will be provided. All you have to do is bring your laundry and YOU! We are showing love to the community one load at a time.

3 Convenient Locations

Cocoa	Titusville	Melbourne
1224 Dixon Blvd.	616 S. Park Ave.	1844 Post Rd.

ECKERD CONNECTS, THE REAL CHURCH AND MY COMMUNITY CARES ARE PARTNERING TO PROVIDE ALL OF YOUR LAUNDRY NEEDS.



Eckerd Connects | Family Support Services | 3819 Murrell Rd., Suite E, Rockledge, FL 32955
P: (321) 735-7249 | brevardhousing@eckerd.org | Eckerd.org/housing



1st Sunday Morning of Each Month

9am to 11am

2250 W Coastal Ln, West Melbourne, FL 32904

Chuck E. Cheese's now offers a sensory-friendly experience on the *first* Sunday of every month. Our trained and caring staff is there to make sure families who have children with special needs have a fun filled visit.

BREAKFAST SUPPORT MEETINGS

Join us for support, friendship, and breakfast (food and drinks are available for purchase)

ALL Ages Welcome!

9:30am -11am

Friday, March 29, 2024

Cracker Barrel, 1175 Palm Bay Rd., Melbourne, FL 32905



Space Coast Early Steps C.A.T.C.H. of Brevard

Community Access to Child Health of Brevard, Inc.
Early Intervention Services for young children with
special developmental needs

For more information or referral contact:

1264 Rockledge Blvd., Suite 104
Rockledge, Florida 32955

Ph: (321) 634-3688 Fax: (321) 504-0955

Funding provided by IDEA and Florida Dept. of Health

VISIT OUR NEW WEBSITE:

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



LIKE OUR NEW FACEBOOK PAGE!

<https://www.facebook.com/Space-Coast-Early-Steps-101089132406421>



Mary Cancel
Family Resource Specialist/Family Advocate
Space Coast Early Steps
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Rockledge, FL 32955
Mary.Cancel@spacecoastes.org
Cell (text or call): (321) 292-1370