

Taking it **ONE STEP AT A TIME**


early steps
Children's Medical Services

at 
MIAMI CHILDREN'S HOSPITAL
Palmetto Bay Center

July-August-September 2009

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 one of our representatives closest to your neighborhood:

- In Miami-Dade County:

Joan Holcomb

Phone: 786-268-2639

Fax: 305-252-2778

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- In Monroe County:

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It is with great pleasure that we announce the expansion of Miami Children's Hospital Early Steps Southernmost Coast, serving the southern half of Miami-Dade, and now also the Florida Keys. Early Steps provides early intervention services to eligible children from birth to three years old with special needs, and their families. We will work with providers throughout the Florida Keys to provide quality direct services to children eligible for Early Steps in Monroe County.

For any questions, please call us at our toll-free number: **1-888-MCH-STEPS.**

Positive Parenting Workshop Series

Sponsored by The ARC and The Children's Trust

Make Parenting a Pleasure

This seminar will allow parents to have the opportunity to interact with other parents and discuss the challenges of parenting as they learn different ideas on how to enjoy family time more, reduce stress, and focus on how to encourage positive behavior in their children and maintain happiness in their family life.

For more information or to register, please call one of our representatives closest to your neighborhood:

- Kendall: 305-279-4141. Ask for Maritza or Nathalia.
- Florida City: 305-246-3530 or 305-246-4933. Ask for Maria.



Health Resources

- Parents with uninsured children can apply for Medicaid or Kidcare, the health insurance options offered by national and state governments, respectively.
- The Children's Trust HealthConnect initiative can help you find free or low-cost medical insurance and health services. Please call the 211 Helpline for more details.
- Miami Children's Hospital Health On Wheels visits schools and provide medical exams and immunizations to children in need. This program also seeks to help parents learn more about medical insurance that may be available to them. For more information, please call 305-663-6854.

Did you know?

If your child has developmental delays in a few areas, you may be able to receive Supplementary Security Income (SSI). In addition to developmental delays or chronic medical care needs, families must also meet income eligibility. For more details, please call 1-800-772-1213 or visit: www.ssa.gov

Free Admission Days at Local Museums

- **Historical Museum of Southern Florida**

101 W Flagler St.
Miami, FL 33130

305-375-1492

hmsf.org

Free admission on the second Saturday of the month (starting in September) from 12 pm to 4 pm.

- **Miami Art Museum**

101 W Flagler St.
Miami, FL 33130

305-375-3000

miamiartmuseum.org

Free admission for families every second Saturday of the month.

- **Miami Children's Museum on Watson Island**

980 MacArthur Causeway
Miami, FL 33132

305-373-5437

miamichildrensmuseum.org

Free admission every third Friday of the month from 3 pm to 9 pm.

- **The University of Miami's Lowe Art Museum**

1301 Stanford Drive
Coral Gables, FL 33124

305-284-3535

lowemuseum.org

Adults pay \$7; Free admission for children under 12.

Please note that we recommend that you contact the museum to ensure this promotion is still going on prior to visiting.

Upcoming Summer Holidays

Happy 4th of July



In the United States, **Independence Day**, commonly known as the Fourth of July (or the Fourth), is a federal holiday commemorating the adoption of the Declaration of Independence on July 4, 1776, and declaring independence from the Kingdom of Great Britain. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, picnics, concerts, baseball games, political speeches and ceremonies, and various other public and private events celebrating the history, government, and traditions of the United States.

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.



Useful Bug Safety Information For The Summer

- Don't use scented soaps, perfumes or hair sprays on your child.
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- Avoid dressing your child in clothing with bright colors or flowery prints.
- To remove a visible stinger from skin, gently scrape it off horizontally with a credit card or your fingernail.
- Combination sunscreen/ insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.
- Insect repellents containing DEET are most effective against ticks, which can transmit Lyme Disease, and mosquitoes, which can transmit West Nile Virus and other viruses.
- The current CDC and AAP recommendation for children over 2 months of age is to use 30 percent DEET. DEET should not be used on children under 2 months of age.
- The concentration of DEET in products may range from less than 10 percent to over 30 percent. Ten percent DEET only protects for about 30 minutes – inadequate for most outings.
- The concentration of DEET varies significantly from product to product, so read the label of any product you purchase. Children should wash off repellents when back indoors.



Bug safety information provided by:
www.teachmorelovemore.org