

## What Is First Steps?

First Steps is Indiana's **early intervention** program for children birth to age 3 who would benefit from additional support to meet their developmental milestones. First Steps supports families and caregivers by helping their children learn and grow through their family's everyday activities. Children learn to build relationships with other children and adults, develop independence, play and grow.

### What is early intervention?

Early Intervention describes the services and supports that are available to babies and young children with developmental delays and disabilities and their families. This may include speech therapy, physical therapy, and other types of services based on the needs of the child and family.

## Who Is Eligible?

Families with children from birth to their third birthday who:

- Are not reaching appropriate milestones for their age
- Are diagnosed with certain conditions

If you think your child or a child you know may be experiencing **developmental delays**, contact your physician or First Steps for further information and support. The sooner you reach out to First Steps the more we can do for you and your child.

### What are developmental delays and disabilities?

Developmental delays and disabilities may include impairment in physical, learning, language or behavior areas. These conditions begin during the developmental period and may impact day-to-day functioning beyond a child's early years.

## Getting Started

First Steps is committed to families across Indiana. Here's how you can get started.

Anyone can refer a child to First Steps. Whether you are a parent, family member, service provider, doctor or someone else in a baby's or toddler's life, you can connect that child with First Steps and help them learn and grow. Contact First Steps directly to assess eligibility for your child or a child you know.

If it is determined that a child is eligible and in need of early intervention services after an assessment, a service coordinator will work to get the best available support for your child and family.



Get started by going to our website for more information, FAQs and to find your local First Steps provider.

**FirstSteps.in.gov**



@FirstStepsIndiana  
FirstSteps.IN.gov



# The First Steps Are the Most Important

As a parent, you know your child best, but it can be hard to know what to expect in terms of development. First Steps is Indiana's go-to resource to help you through the process.

FirstSteps.IN.gov



## What Does First Steps Look Like?

The goal of First Steps is to help Hoosier families make sure their infants and toddlers receive services that work best for their growth and learning along with their family's needs.

We provide services on an individual basis. You and your child are the most important part of the program, and we customize our support services to reflect cultures, priorities and preferred learning styles that best fit your wants and needs. Babies and toddlers develop and learn through meaningful everyday routines with people and places they know. We connect families with services to help wherever it's most convenient and familiar, many times in-home.

**“The care and the investment by the individual providers were so child focused, it was a wonderful thing.”**

Mark, First Steps parent



**“The most rewarding thing about First Steps is they help parents see their child for who they really are.”**

Megan, First Steps parent

## Track Your Child's Development

A child's learning and development is most rapid in their first three years of life. That's why it's so important to give your child the best start possible.



SCAN ME

Learn more about [developmental milestones](#) by scanning this QR code on your mobile device.

## What are developmental milestones?

Developmental Milestones are skills children learn as they grow. Children reach milestones in how they play, learn, speak, act, and move.