

# Help your child learn every day!



## Building relationships

We want your child to have positive social-emotional skills so she will be able to make friends, give and receive affection, and engage with family members and caregivers.



goals for \_\_\_\_\_

write your child's name here

It's your turn to write goals that are individualized for your child. When your child reaches all these goals, turn the page over for more room to write new goals.

### ••• Building relationships

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## Learning new things

We want your child to gain and use knowledge and skills so he can communicate with friends and family members, understand and follow directions, learn problem-solving skills, and play with toys.



### ••• Learning new things

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## Doing it myself

We want your child to use appropriate behaviors to meet his needs so he can move from place to place, feed himself, stay safe, and dress himself.



### ••• Doing it myself

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Turn this flyer over for information and resources you can use to teach your child.



# Children learn through everyday experiences and through interactions with important people in their lives.

- ✓ You are your child's first and best teacher.
- ✓ You are the expert about your child.
- ✓ Your input matters.



## Making progress! Give me more goals!



### Building relationships

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### Learning new things

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### Doing it myself

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### Parenting Resources

These websites and apps have information on developmental milestones and tips to support your child's development.

#### The Baby Center\*

[www.babycenter.com/milestone-charts-birth-to-age-3](http://www.babycenter.com/milestone-charts-birth-to-age-3)



#### Baby Major Steps

<https://play.google.com/store/apps/details?id=com.everbum.blgm>



#### Centers for Disease Control and Prevention (CDC)\*

[www.cdc.gov/ncbddd/actearly/milestones](http://www.cdc.gov/ncbddd/actearly/milestones)



#### Just in Time Parenting\*

[www.jitp.extension.org](http://www.jitp.extension.org)



#### Vroom\*

[www.joinvroom.org](http://www.joinvroom.org)



#### Zero to Three\*

[www.zerotothree.org/parenting-resources/ages-and-stages](http://www.zerotothree.org/parenting-resources/ages-and-stages)



\*Some or most information available in Spanish.

To find the number of the ECI program in your area, or for questions or complaints, call the HHS Office of the Ombudsman at 1-877-787-8999.

For persons who are deaf or hard of hearing, please use the relay option of your choice.



Health and Human Services Commission

Early Childhood Intervention Services  
6330 Hwy 290 East Austin, Texas 78723  
[hhs.texas.gov/eci-programs](http://hhs.texas.gov/eci-programs)

