

Family Infant Toddler (FIT) Program for Children Birth to 3

New Mexico

What is the Family Infant Toddler (FIT) Program?

The FIT Program is a statewide program that provides early intervention services to infants and toddlers, ages birth to three, who have a developmental delay or who may be at risk for developmental delays, and their families.

How do children get a referral for the FIT Program?

Anyone who has a concern about a child's development may make a referral. This includes parents, guardians, foster parents and family members, pediatricians, other physicians, social workers, nurses, childcare providers, or others who have contact with the child. Individuals may make a referral directly to the local early intervention (EI) provider serving the community where the child lives, or contact the Center for Development and Disability (CDD) Information Network/BabyNet. They will help find a local EI provider. A fax referral may also be sent to the FIT Program and they will contact the appropriate provider.

Who is eligible?

If someone suspects a child is developing differently from other children the same age and is not making the same progress in development, the child may be eligible for the FIT program. Participation in early intervention (EI) services is voluntary and only a parent or guardian can give permission for evaluation and services through FIT. If a child is referred to the FIT program in his community, a service coordinator meets with the family to explain the EI program and arrange for an evaluation if appropriate.

What happens next?

An evaluation to determine if the child is eligible for FIT early intervention (EI) services is the next step. The family is a critical part of the evaluation team, along with professionals knowledgeable about child development. Through the evaluation it may be determined that a child is eligible for FIT EI services. If found eligible, team members and the family will develop the Individualized Family Service Plan (IFSP), a plan that details how the family and child will be supported in helping the child's development.

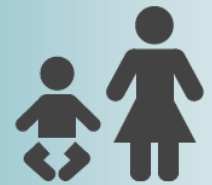
If a child does not qualify for early intervention services, the service coordinator will provide information about resources in the community that may help support child development.

What types of services are available through the FIT Program?

Each IFSP is different and tailored to the individual family priorities and identified needs and strengths of the child. Services may include special therapies, such as physical, speech and occupational therapy; family training in helping a child become more independent at home; support for the nutritional feeding needs of the child; and respite to give parents a break from the day to day care giving of the child.

Remember:

- Services should be provided in the child's natural environment, i.e. their home, preschool or childcare, whenever possible.
- Early intervention providers are also known as FIT providers.
- For more information and to get a copy of the FIT Family Handbook, contact the FIT Program.



Family Infant Toddler (FIT) Program

1-877-696-1472

FAX: 866-829-8838

www.hsd.state.nm.us/Lookin_gForInformation/family-infant-and-toddlers.aspx

For information and training on IFSP development:

Parents Reaching Out (PRO)

1-800-524-5176

505-247-0192

www.parentsreachingout.org

Education for Parents of Indian Children with Special Needs (EPICS)

1-888-499-2070

www.epicsnm.org

Questions?

Call the CDD Information Network BabyNet

1-800-552-8195

or visit our website at www.cdd.unm.edu/infonet

Informational Tip Sheets:

www.cdd.unm.edu/infonet/tip-sheets.html