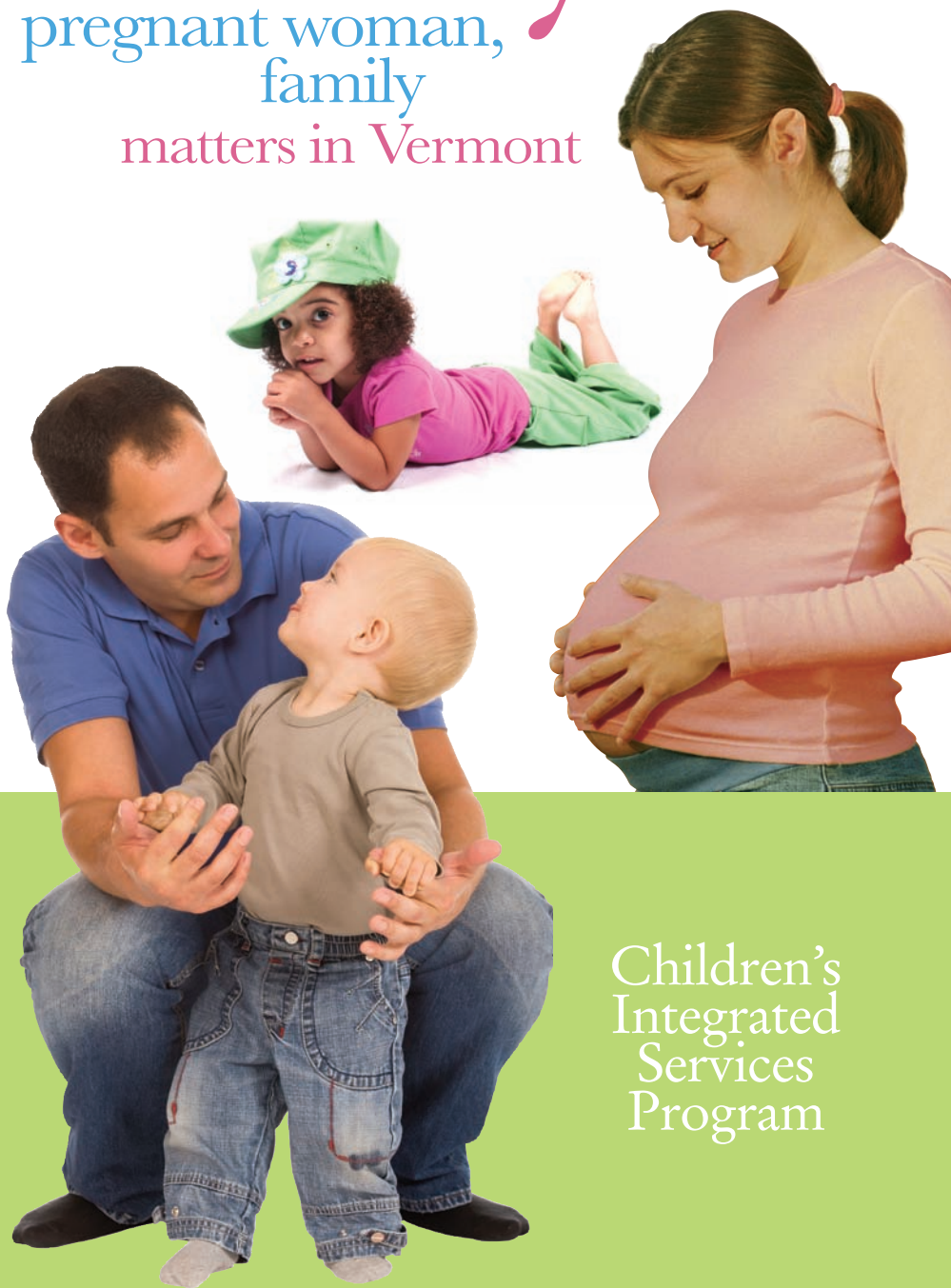


every^{child,}
pregnant woman,
family
matters in Vermont



Children's
Integrated
Services
Program

Children's Integrated Services Program (CIS)

Vermont created the Children's Integrated Services Program to make sure every child, every pregnant woman, and every family with young children has the opportunity to succeed. The Children's Integrated Services Program is a resource for families when they have questions or concerns about their child's development during pregnancy, infancy and early childhood.

Parents and professionals work together to:

- Learn about your child's growth and development.
- Provide screenings if there are questions or concerns about your child's development. This will help to determine if CIS services can help.
- Coordinate and provide the best possible services for your child and family.

What to Expect

Once you call CIS, these things will happen:

- You will be contacted by your regional CIS coordinator to arrange a screening for you, your child, or your family, if you have not already had one.
- You will receive the screening results and recommendations for next steps or special services.
- If CIS can help, you choose the services you think are best for you, your family or your child, as well as the service providers on your team.

What is a screening?

A screening is a series of questions or activities designed to measure:

- Healthy development during pregnancy.
- Healthy development during infancy and early childhood...how big a baby is...what a child sees and hears...how a child moves and speaks.
- Family needs for support and services.

Taking part in this program is completely voluntary.

There is no charge to call 2-1-1 for a referral.

Families

Families face many sources of stress. Finding a balance between work and home is often at the top of the list of stresses along with financial concerns. The Children's Integrated Services Program can help with family counseling, parenting classes, economic support services and work and school opportunities to help your family provide a stable, healthy environment for your children.

Some examples of how CIS can help you:

- Find play groups, Head Start or preschool programs for your child
- Find resources for food, transportation and recreation
- Find assistance for physical and mental health concerns or substance abuse issues
- Find health insurance, job support and child care

What will happen to the information I provide?

All information about your family is kept confidential unless you would like it mailed to your health care provider, your child's preschool, child care center or other service provider. If you have questions or concerns about how to help your family provide a stable, healthy environment for your children, don't wait to call — the earlier, the better.



Pregnant Women

Pregnancy is an exciting time for any parent. It can also be a time of mixed feelings, worries and uncertainty. Many mothers-to-be have questions about the upcoming changes they will experience during pregnancy, how to stay healthy before and after having their baby, and their baby's growth and development.

A healthy pregnancy and the first years of life for your child are the building blocks for a future of good health.





CIS can help you...

- Plan for your pregnancy, delivery and becoming a parent
- Find childbirth education classes or breastfeeding and postpartum support
- Find medical and dental care for you during your pregnancy
- Get answers to your questions about health risks, infant care, child development and safety
- Learn about a healthy diet for you and your child
- Choose a safe infant car seat for your new baby
- Find a pediatrician or dentist for your child

If you are a pregnant woman and you have questions or concerns about a condition or risk situation that impacts your health or safety, don't wait to call — the earlier, the better.

Children

Parents often have questions...

about their child's development. What is normal? How do I know if my child has a special health need or a developmental delay? Conditions not recognized at birth may become noticeable as a child grows and develops.

All children grow, develop and learn at their own pace.

A few common milestones include:

- Smiles and coos by 2 months
- Grasps toys and fingers by 4 months
- Rolls over by 6 months
- Crawls by 9 months
- Understands several words by 12 months
- Shows affection by 18 months

Some signs your child may need special help:

- Does not respond to name or when spoken to
- May repeat the same movement with objects or body
- Does not have good physical coordination
- Uses aggressive behavior to deal with most situations
- Withdraws or stays quiet most of the time
- May not want to be touched





How can CIS help you and your child?

The Children's Integrated Services Program brings parents and professionals together to identify areas where your child may need additional support. Your child's team will work with you to coordinate prevention, early intervention, and early childhood mental health services. CIS can also link you and your family to other community resources.

The Children's Integrated Services Program exists so that every child with special needs in Vermont reaches their full potential, and can make a successful transition to school and eventually as appropriate, the world of further education, training or work.

If you are a parent of a child age 6 or younger and you have questions or concerns about a suspected developmental delay or condition for your child, don't wait to call — the earlier, the better.



Call **2-1-1** to reach your local CIS team for answers to your questions or concerns about:

- Healthy child development
- Pregnancy or post-partum
- Social, emotional and behavioral health of your children under 6
- Family support services
- Links to community resources



Vermont Agency of Human Services
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Child Development Division
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The Children's Integrated Services Program (CIS) is the name for Vermont's new approach to providing coordinated child development and family support services formerly provided by three separate programs: Healthy Babies Kids & Families, Children's Upstream Services, and Family Infant Toddler.