

**NEW MEXICO
FAMILY INFANT TODDLER (FIT) PROGRAM
TIP SHEET**

080307

What is the Family Infant Toddler (FIT) Program?

FIT is a program designed to meet and support children, ages birth to three, who have a developmental delay, an established condition known to result in a disability, or who may be at risk for delay or disability. Early intervention services are coordinated through the FIT program in New Mexico.

How do children get a referral for the FIT program?

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 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 early intervention (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 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 early intervention 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 doesn't 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 or go to the website: www.health.state.nm.us/ddsd/fit

For additional disability related information or resources contact:



The Information Center for New Mexicans with Disabilities and BabyNet

1-800-552-8195

<http://cdd.unm.edu/linc/babynet/index.htm>

Additional services available through early intervention:

- Assistive Technology
- Audiology
- Family training, counseling and home visiting
- Health Services
- Medical Services
- Nursing Services
- Nutrition Services
- Psychological Services
- Service Coordination
- Social Work Services
- Transportation
- Vision Services

Family Infant Toddler (FIT) Program:

1-877-696-1472
(ask for the FIT program)

To locate a FIT provider in your area, contact **BabyNet**

1-800-552-8195

Contact **Parents Reaching Out** for information and training on IFSP development

1-800-524-5176
505-247-0192