



**FAMILY SUPPORT &
RESOURCE CENTERS**
Happier...Healthier...Stronger!



*Principle of
Family Support:*
Staff enhance families'
capacity to support the
growth and development
of all family members.

Funded by:



*The Family Support & Resource Centers are administered by
the Healthy Start Coalition of Hillsborough County, Inc.*

*Managing partners include Bright Beginnings,
Catholic Charities, Child Abuse Council,
Family Community Advisory Councils,
St. Joseph's Children's Advocacy Center
and The Children's Home, Inc.*

SUCCESS STORY

January 2011

Meredith's Milestones

Andrea Rochefort holds a bachelor's degree in psychology with an emphasis in Applied Behavior Analysis. "Even with all of my education and experience over the past 12 years, I still learn every day about being a parent. Nothing prepares you for that," says Andrea. She says Beatriz Aponte-Gonzalez and Baby Bungalow classes at the Resource Center have helped her and given her a peace of mind when it comes to her 16-month-old daughter's development and happiness.

Andrea took Meredith to an infant playgroup at the Brandon Resource Center when she was 5-months-old. The playgroup was both fun and educational. Andrea learned about screening services and thought she should speak with Beatriz to see what else she could learn. They discuss Meredith's communication, gross and fine motor, problem-solving, and personal-social skills. "I've become much more confident as a mom, and I credit Beatriz's advice, understanding, and support," adds Andrea.

Beatriz reviews the ASQ-3 results and never makes one feel guilty if a child is a little "behind" in a milestone. Andrea learns activities she can do at home to advance skills, and she feels proud of what her child has achieved.

"As a new mom, I'm constantly trying to think of new learning activities to stimulate Meredith's mind" says Andrea. It feels good to hear from a professional's perspective, other than my pediatrician, who is mainly concerned about her physical health and abilities. "It's hard not to constantly compare my child to others," she says so she appreciates objective opinions from Beatriz.

Also, it's wonderful to be able to let her play, learn and socialize with other children and for me to talk with other mothers, says Andrea. It's good to know there are people who I can turn to for the latest research and for opinions on parenting and child development.

"My thanks goes out to Beatriz and the program for giving me and so many other mothers a place to go to enrich our children's' lives."

www.familysupporthc.org