

 **What is an IFSP? (Your Child's First Growth Plan)**
(Bison Bridge Behavioral Insights Parent Resource)

 **What is an IFSP?**

An IFSP is an Individualized Family Service Plan. It is a written plan that outlines services and supports for a child (birth to age 3) who has developmental delays or a diagnosed condition. It also includes goals for the family because your role is just as important as your child's in this journey.

In Kansas, IFSPs are provided through Tiny-K programs under Part C of the Individuals with Disabilities Education Act (IDEA).

 **Key Points Parents Should Know**

- IFSPs are for children birth to 3 years old. They focus on helping your child develop important skills during the earliest years.
 - You are part of the IFSP team. Parents help create the plan, set goals, and choose what is most important to work on.
 - Goals are family-centered. The plan includes what your child needs and also what will help your family support them.
 - Services happen in everyday settings. These may take place at home, daycare, or wherever your child spends time.
 - It includes timelines and progress. Each goal will have a plan for how and when progress will be reviewed.
 - The plan can change. Your team can meet anytime to update it based on your child's growth or your family's needs.
 - You must give written consent. Nothing begins without your permission.
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 **Who is on the IFSP Team?**

- You (the parent or guardian)
 - Early intervention coordinator (from your local Tiny-K agency)
 - Professionals such as speech, occupational, or physical therapists
 - Other people you invite (family members, caregivers, or trusted supporters)
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 **What Will Your IFSP Include?**

- Your child's current developmental levels
- Family strengths, concerns, and priorities
- Measurable goals (called outcomes)
- Services and supports your child and family will receive

- When and where services will happen
 - Name of the service coordinator
 - Plan for transition to preschool special education before age 3
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 **Word Picture:**

"Think of an IFSP as a personalized map. It shows where your child is now, where you hope to go, and the team walking beside you to help every step of the way."

 **What Other Parents Wish They Knew**

- "I didn't realize I could ask to change goals mid-year."
 - "I wish I had spoken up about what mattered most at home."
 - "Once I understood the IFSP, I felt more in control."
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 **Parent Reflection Space**

You can use this space to begin thinking about your family's hopes and needs.

- What do I hope my child learns, feels, or experiences in the next 6 months?
 - What are the biggest strengths my child already shows?
 - What kind of support would help me feel more confident as a parent?
 - What questions or concerns do I want to bring to my IFSP meeting?
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 **How You Can Get Started with an IFSP in Kansas**

- Contact your local Tiny-K program for a free evaluation
 - If your child is eligible, you will be invited to help build the IFSP
 - You can find your local agency at: <https://tiny-k.org/find-services>
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 **Sources**

- Kansas Department of Health and Environment. (2023). *Kansas Infant-Toddler Services (Tiny-K)*. Retrieved from <https://tiny-k.org/>
 - Centers for Disease Control and Prevention. (2022). *Learn the Signs. Act Early*. Retrieved from <https://www.cdc.gov/ncbddd/actearly/index.html>
 - Individuals with Disabilities Education Act, Part C. (2004). Retrieved from <https://sites.ed.gov/idea/regs/c>
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 **Important Reminder**

"This handout reflects Kansas-specific early intervention guidance. Always check with your local Tiny-K provider or the Kansas State Department of Education (KSDE) for the most current information."