

Benefits of Early Diagnosis and Intervention

Some disabilities are diagnosed at birth, others manifest in childhood and continue throughout the individual's life. A developmental disability is a long-term developmental delay that affects more than one area of development. Developmental disabilities are defined by the CDC as a group of conditions due to an impairment in physical, learning, language, or behavior functioning. This can affect the way a child performs daily living activities, communicates, learns, and interacts with others. A few examples of Developmental Disabilities include: Autism Spectrum Disorders, Cerebral Palsy, Hearing Impairment/Hearing Loss, Intellectual Disabilities, Learning Disabilities, and Language Disorders.

Early Intervention is a series of various types of support that can include screenings, assessments, evaluations, therapy, and caregiv-

er coaching. Research shows that a child's first three years are the most important time for learning. The neural circuits (connections in the brain) are the foundations for language, behavior, and health. They are most adaptable from birth through three years old. As time progresses, these become harder to change. It is for this reason it is imperative to seek interventions during the early years.

Early intervention services have a significant impact on the child's ability to learn new skills, change their developmental path, and increase their chances to reach their full potential in school and community settings.

Caregivers also gain confidence while engaging in activities with their child while implementing intervention strategies into their daily routine. Ultimately, this will promote optimal development and encourage family engagement.

If you have concerns about your child having a developmental delay, please reach out to your primary care physician. Community agencies such as Help Me Grow can assist you in either obtaining referrals for services, conducting assessments, and parent support. Concerned caregivers of a child under thirty-six months of age can contact Florida's Early Intervention program, Early Steps, directly. 



Early Steps uses the coaching model to empower caregivers. Services are provided where a child lives, learns, and plays. There is no income requirement to qualify for Early Steps or out of pocket costs. Insurance and Medicaid will be billed with permission. Services are individualized and based on the needs of a child and family.

Tailored Psychological & Educational Assessments

Guiding Growth Through Professional Assessment

Evaluating children, teens and young adults using comprehensive psychological and educational testing to find their learning/behavioral strengths and weaknesses (Gifted, AD/HD, dyslexia).

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A Place to Grow Strong

For children 0 to 36 months with developmental disabilities or delays.

Services offered to eligible families include:



No income requirements to qualify and no out of pocket expenses. Insurance and Medicaid will be billed with permission. Anyone can refer a child to Early Steps.

-  Evaluations online or in person
-  An individualized Family Support Plan
-  In-person or virtual coaching where the child lives, learns & plays
-  Workshops, resources and playgroups
-  Assistance with transition prior to third birthday



Central Florida Early Steps
Orlando Health Arnold Palmer Hospital for Children



Orange, Seminole & Osceola Counties



@ Early Steps of Central FL

Call 321-842-3294 • floridaearlysteps.com
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