

Guide to EIP (Early Intervention Program)

Why This Matters

If your baby is almost 2 years old and still not speaking two-word phrases, does not always respond when called, or only says a few words like “mama” or “papa,” it’s normal to feel worried. Many Filipino parents go through this same stage, asking: **“Normal lang ba ito? Hihintayin ko pa ba? O dapat may gawin na ako ngayon?”** (“Is this normal? Should I just wait? Or do I need to do something now?”)

The good news: you don’t have to wait. The earlier you act, the better support your child can get. That’s where the Early Intervention Program (EIP) comes in.

What is EIP?

EIP is a program designed for children ages 0–6 years old who show developmental delays or who are diagnosed with conditions like autism, ADHD, or global developmental delay (GDD).

It connects you to specialists (like speech therapists, occupational therapists, developmental pediatricians) and helps you, as a parent, learn simple activities you can do at home.

Signs Your Child May Need EIP

Here are some red flags parents often notice around age 2:

- Not yet saying two-word phrases (e.g., “want milk,” “mama come”).
- Rarely responds to their name.
- Limited words, only labeling things like “toothbrush” or “shoes.”
- Can understand and follow some routines but struggles to express needs.
- Prefers actions (like bringing a water jug) instead of words to ask.

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If you see these signs, EIP can help.

Steps to Start EIP in the Philippines

1. Observe and Record

- Write down what you notice about your child.
- Example: "Knows what toothbrush is for, but can't say two words."
- Use a simple Red Flag Tracker or notebook.

2. Visit a Doctor

- Schedule a check-up with your pediatrician or a developmental pediatrician if available.
- Bring your notes so the doctor can see a clear picture of your child's behavior.

3. Get an Assessment

- Your child may be asked to do play-based tests for speech, movement, and social skills.
- These results will help decide if therapy is needed.

4. Make a Family Plan

- If your child qualifies, the EIP team will create an Individualized Family Service Plan (IFSP) or therapy plan.
- This includes goals for your child and practical steps for you at home.

5. Start Therapy and Parent Coaching

- EIP may give you access to therapy sessions (speech, occupational, physical).
- Just as important, you'll be coached on how to support your child in daily life, during meals, play, or even bath time.

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How Parents Can Help at Home

- Be the “first teacher.” You are with your child every day, so your role is the most powerful.
- Use simple words and actions. If your child points to water, you say: “Drink water.”
- Celebrate small wins. A clap or smile goes a long way.
- Track progress. Keep notes of new words or skills.
- Stay patient. Each child grows at their own pace.

Free Tools for Parents

While waiting for an appointment or therapy slot, you can start at home. Somera Solutions offers free, parent-friendly tools:

- **Daily Routine Guide** – Create predictable routines that help children feel safe and learn faster.
- **Communication Log** – Write what your child says or how they respond, day by day.
- **Red Flag Tracker** – Record your observations to show to doctors or therapists.

You can download these from our [Free Resources](#) page at Somera Solutions.

Final Words to Parents

If your child is not yet talking or responding like others their age, don’t panic, but don’t delay either. Early action is better than waiting. EIP is a guide, but you are your child’s most important teacher. With your love, patience, and daily support, your child can grow, connect, and thrive.

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