

HELPFUL WEBSITES

ZERO TO THREE

<http://zerotothree.org>

Ages and Stages

<http://www.agesandstages.com>

Center for Disease Control

<http://www.cdc.gov/parents/infants/milestones.html>

Center on the Social and Emotional Foundations for Early Learning, Vanderbilt University

<http://csefel.vanderbilt.edu/resources/family.html>

Technical Assistance Center on Social Emotional Intervention for Young Children

<http://www.challengingbehavior.org>

Center for Early Childhood Mental Health Consultation, Georgetown University

http://www.ecmhc.org/materials_families.html

Center for Early Literacy Learning, Orelena Hawks Puckett Institute

http://www.earlyliteracylearning.org/ta_pract_videos1.php

Prevent Child Abuse, New York

<http://www.preventchildabuse.org/resources/for-parents/>

New York Zero-To-Three Network

<http://www.nyzt.org>

National Association for the Education of Young Children (NAEYC)

<http://www.naeyc.org>

Early Head Start National Resource Center

<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc>

Suffolk County Fatherhood Initiative

<http://www.greatfathers.org>

Better Brains for Babies

<http://www.fcs.uga.edu/ext/bbb/brainTimeline.php>

American Academy of Pediatrics

<http://www.aap.org>

This booklet is intended to assist you in locating resources. It is not intended to be a comprehensive listing of all available services nor is it an endorsement of any of the programs or services listed.

Special thanks to the dedicated members of the Suffolk Infancy Leadership Circle, a project of New York Zero-to-Three Network, for their work in creating this resource booklet.

This booklet is available at www.childcaresuffolk.org.

Parenting

Is It What You Expected?



Find the Support You Need Here!

This project was funded through the Early Care & Learning Council

BOY OR GIRL - NOT THE ONLY SURPRISE!

Your new baby is here and there are so many surprises and so many questions...

- ❖ What do my baby's cries mean?
- ❖ How do I soothe my baby?
- ❖ Can I spoil my baby?
- ❖ Why doesn't my baby sleep?
- ❖ How will I handle my toddler's temper tantrums?
- ❖ Why am I so tired and sad?
- ❖ Am I the only one who feels overwhelmed and worried?

Remember all parents have questions and doubts.

This booklet offers a few of the many resources in Suffolk County, as well as some in Nassau County, that can help answer your questions about your child's physical, social-emotional, cognitive and language development. The agencies listed provide services and supports for families and child caregivers. These services include parenting education, support groups, counseling, evaluation and early intervention. These are resources where you can ask questions about you and your child.



Every child grows and develops differently. Some babies are easy. Others are fussy. Some are easily soothed. Some need to be held tightly. Some like when you sing to them. Others need a break or quiet time. Some readily smile and others are quiet observers. There are late walkers and some late talkers. Some toddlers go with the flow and others are challenging.

Parents and children need to take the time to get to know each other and develop a rhythm that works for them. The most important thing your child needs is to be loved, cared for and understood.

Caring relationships gives a child the confidence and courage to explore the world. Developing a secure attachment between parent and child and other caregivers supports a child's ability to express emotions appropriately and play with others. These relationships prepare a child for learning in school.

Long Island Parenting Institute <http://www.eacinc.org/long-island-parenting-institute>

Long Island Parenting Institute provides workshops and classes to teach, support and empower families from all backgrounds and cultures, including parents who are mandated from the courts. Our *Bright Beginnings* classes and *Common Sense Parenting* classes are for parents of children ages 2 months-18 years. Classes are offered in English and Spanish and are held in various locations throughout Suffolk and Nassau counties. Fees apply for classes and workshops; some discounts and scholarships are available.

3555 Veterans Memorial Highway, Suite B
Ronkonkoma, NY 11779
Contact: Kathryn Cannino
Call: 631-737-9384

The Parent-Child Home Program

<http://www.parent-child.org>
The Parent-Child Home Program works to close the achievement gap by giving under-served parents the tools, skills, and encouragement to prepare their children for school success. This nationally replicated, evidence-based program provides a two year cycle of twice a week home visits for 2-4 year olds and their parents using books and educational toys that are gifts to the family.

Administrative Office:
Contact: Andre D. Eaton
Call: 516-883-7480

4 Suffolk Locations

William Floyd School District

Coordinator: Barbara Olsen
Email: barbo723@aol.com

Center Moriches School District

Coordinator: Helen Fechter
Email: hfechter@cmschools.org

Centreach

Coordinator: Amanda Pendzick
Email: pendzickamanda@mcpl.lib.ny.us

North Fork

Contact: Sarah Benjamin
Email: sbenjamin@castsouthholdtown.org

Suffolk County Department of Health Services, Division of Services for Children with Special Needs

<http://www.suffolkcountyny.gov/Departments/HealthServices/ServicesforChildrenwithSpecialNeeds.aspx>

The Division of Services for Children with Special Needs incorporates two programs for infants and toddlers.

Suffolk County Early Intervention Program

The Suffolk County Early Intervention Program is for children ages birth to three years of age who have a developmental delay or have a diagnosed condition with a high probability of delay, including autism. The program provides early intervention services to children who meet New York State Department of Health eligibility criteria and links families to community resources to enhance child development.

Referral Line: 631-853-3100

Suffolk County Children with Special Health Care Needs Program

The Suffolk County Children with Special Health Care Needs Program (CSHCN) is a statewide public health program that provides information and referral services to families of children from birth to 21 years of age with special health care needs. Suffolk County Division of Services for Children with Special Needs' staff will link families to resources to help meet the child's specific needs.

Referral Line: 631-853-8350

Pederson-Krag Center: Family Support Services Program (FSS)

<http://www.pederson-krag.org>

The overall goal of the Family Support Services Program (FSS) is to enhance the ability of a family with a seriously emotionally challenged or at risk child or adolescent to function as a family within the community. The program has six locations throughout Suffolk County.

Programs include:

- Respite care
- Individualized in-home family education
- Specialized educational respite - tutoring
- Parenting workshops
- Support groups
- Parent advocacy
- Transportation support
- Food Pantry

Contact: Wayne Gurnick

Call: 631-920-8302

Sudden Infant and Child Death Resource Center (SICD)

<http://www.stonybrookmedicalcenter.org/sids>

The SICD Resource Center provides education for parents/caregivers and professionals on infant safe sleep and infant safety challenges; and grief support services for caregivers and providers when needed.

Email: shelley.fleit@stonybrook.edu

Call: 800-336-7437 or 631-444-3690

PARENTING EDUCATION

Cornell Cooperative Extension of Suffolk County Family Health and Wellness Program

<http://www.ccesuffolk.org>

The Family Health and Wellness Program of Cornell Cooperative Extension serves the residents of Suffolk County by:

- Strengthening family well-being and encouraging healthy lifestyles choices through parent education.
- Improving family and community health through food and nutrition education.
- Reducing obesity prevalence and promoting the prevention and management of chronic disease.

Many programs are available in both English and Spanish and are available for parents as well as grandparents raising grandchildren.

423 Griffing Avenue, Suite 100

Riverhead, NY 11901

Call: 631-727-7850 ext.340

Family Service League

<http://www.fsl-li.org>

Family Service League is a Long Island non-profit human service organization offering a variety of programs for children, teens, and adults addressing some of the most prevalent challenges facing families. FSL operates 52 programs at 21 locations in Suffolk County, including Healthy Families Program (assisting expectant and new parents), K-KEWL (emotional wellness screening for children), Children and Parents Together (CAPT program for parents with mental illness), Home Safe Parenting (for court ordered parent education), autism spectrum groups, chemical dependency programs, trauma counseling, family and senior support services. Most insurance is accepted; a sliding scale fee schedule may apply.

Email: restorehope@fsl-li.org

Call: 631-427-3700

Institute for Parenting at Adelphi: Therapeutic Parenting Services

<http://www.adelphi.edu/parentinginstitute>

The Clinic at the Institute for Parenting was developed to address the complicated range of needs of young and developing families. Our focus on the developing relationship is key as research shows that infant and toddlers need secure relationships to build capacities for coping and learning. Our goal is to help support and strengthen nurturing connections. Our clinicians specialize in Infant Mental Health and help parents and their children, birth to age five years find their way to stronger, healthier relationships. We work together with parents to help them guide their young child's healthy social, emotional and psychological development. Some services include:

- Parent-Infant and Parent-Toddler support groups
- Comprehensive observational, relational and developmental assessments
- Parent-Child therapy with developmental guidance and parent guidance for parents and children ages birth through five.

Adelphi University

Garden City, NY 11530-0701

Email: theinstituteforparenting@adelphi.edu

Call: 516-877-3060

SEEKING HELP?

We hope the resources listed in this booklet will support you on your journey as a family.

2-1-1 LONG ISLAND

For connections to local health and human service agencies and programs

Call: 211 or 888-774-7633

CRISIS AND EMERGENCY NUMBERS

Call 911 if you have a medical emergency or if you think you may harm yourself, your baby or others.

Safe Haven Program

Suffolk County Department of Social Services, Family and Children Services

<http://www.suffolkcountyny.gov/Departments/SocialServices/FamilyandChildrenServices.aspx>

In Suffolk County most hospitals have been designated as "Safe Havens" which allow women the opportunity to give up their newborn babies with complete confidentiality. For information, help and support call anytime.

Call: 866-852-2229

Long Island Crisis Center

<http://www.longislandcrisiscenter.org/>

The LICC provides free, anonymous and confidential crisis intervention, counseling, information, referral, and other supportive services, primarily through a 24-hour a day, seven-day-a-week telephone crisis hotline and live, online counseling Chat: www.licconline.org

Text: LICC to 839863

Walk-in: 2740 Martin Ave, Bellmore

Call: 516-679-1111



National Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org>

No matter what problems you are dealing with, we want to help you find a reason to keep living. By calling you'll be connected to a skilled, trained counselor at a crisis center in your area **anytime 24/7**.

Call: 800-273-TALK (8255)

Postpartum Resource Center of New York

<http://www.postpartumny.org>

Helpline providing free and confidential emotional support including *Moms on Call* and family telephone support, educational information, and healthcare and support group resources for mothers, fathers, and families at risk or experiencing depression or anxiety during pregnancy or after having a baby.

Call: 631-422-2255 or Toll-free 855-631-0001 (Hablamos Espanol)

4 PARENT AND FAMILY SUPPORT

Child Care Council of Suffolk, Inc.

<http://www.childcaresuffolk.org>

The Long Island Infant Toddler Resource Center not only supports childcare providers caring for infants and toddlers but their families as well. We invite all families to call with any questions or concerns regarding your developing infant or toddler. The resource and referral department links parents in need of child care with appropriate resources, including those with special needs. Email: Cfarrell@childcaresuffolk.org
Call: 631-462-0303

Community Action Southold Town (CAST)

<http://www.castsoutholdtown.org>

CAST helps low-income residents of Southold Town meet their basic needs in the areas of nutrition, employment, energy, housing and education. We also offer the North Fork Parent-Child Home Program which serves families affected by poverty with children ages 18 months to age four. Services include home-visiting, early literacy and parent support.

Email: sbenjamin@castsoutholdtown.org

Call: 631-477-1717 or 631-477-6087

The Community Program Centers of Long Island (CPC)

The Children's Community Head Start/Early Head Start

<http://www.cplongisland.org>

The Children's Community Head Start/ Early Head Start provides comprehensive early childhood programs and serves children from birth to age five and expectant women in center based and home based options.

CCHS/EHS is federally funded and offered at no cost to qualifying families. Locations in Ronkonkoma and Port Jefferson.

Contact: Denice Karotseris

Call: 631-476-9698

Family Place Libraries

<http://www.familyplacelibraries.org>

Family Place libraries offer welcoming free programs, material, services and interactive play space for babies, toddlers, preschoolers and their parents/caregivers and connect parents to early childhood development and healthcare professionals. Middle Country Library is the national model for Family Place Libraries™. There are 33 Family Place Libraries in Suffolk County.

To locate a Family Place Library near you:

Email: deerrkathleen@mcppl.lib.ny.us

Call: 631-585-9393 x 204

FEGS Health and Human Services: Special Needs Services

<http://www.fegs.org>

The Family Advocacy, Information, and Referral (FAIR) program addresses the needs of families who have children, birth through end of life, with intellectual and developmental disabilities, physical impairments, neurological diagnosis, and/or learning differences. The FAIR program is able to provide hands-on assistance and empowerment for parents who are looking for local resources, applying for state and local benefits and entitlements, advocating at their children's special education meetings, and or assistance with transitions. The FAIR program provides parent workshops with a multitude of topics in the special needs arena, as well as professional trainings.

Call: 516-496-7550

Long Island Child and Family Development Services, Inc.

Long Island Head Start and Early Head Start

<http://www.liheadstart.org>

Long Island Head Start and Early Head Start provides child development and family support services in a childcare and education setting to children ages 6 weeks to 5 years old, as well as expectant women. Long Island Head Start offers a variety of program options including center-based or home-based childcare, education, and family support, or a combination of the two at no cost to families. Our mission is to provide a comprehensive learning environment to children respectful of their cultures and to assist families in reaching self-sufficiency through the combined efforts of parents, community, and staff.

Email: info@liheadstart.org

Call: 631-758-5200

Long Island Early Childhood Direction Center

<http://www.vclc.org/ecdc>

LIECDC offers free and confidential information in English and Spanish, resources, support and referrals for families and professionals regarding services for young children, birth to age five, who have diagnosed or suspected special needs. Parent and professional workshops. The host agency is Variety Child Learning Center.

47 Humphrey Drive

Syosset, NY 11791

Contact: Carolyn Gammerman

Email: liecdc@vclc.org

Call: 516-364-8580

Mental Health Association in Suffolk County, Inc.

<http://www.mhasuffolk.org>

To access their directory of resources or for a listing of community resources and mental health professionals in your area please visit the website above.

Call: 631-226-3900

National Association of Mothers' Centers

<http://www.motherscenter.org>

Mothers' Center groups offer opportunities for discussion, connection and the sharing of our stories with other mothers in a safe, non-judgmental, nurturing environment. National Association of Mothers' Centers also offers workshops and conferences. Fees apply for some programs; scholarships are available.

Locations in Suffolk and Nassau Counties

Email: info@motherscenter.org

Call: 516-939-MOMS (6667)



North Shore Child and Family Guidance Center

<http://www.northshorechildguidance.org>

North Shore Child and Family Guidance Center is a community-based mental health agency that offers outpatient mental health and substance abuse counseling. This includes diagnostic, individual, family and group services. The Guidance Center also offers numerous specialty programs for vulnerable children and youths, including *Good Beginnings for Babies* for pregnant and parenting teens, the *Children's Center at Nassau County Family Court* for children ages 6 months to 12 years, and the *Diane Goldberg Maternal Depression Program*. NSC&FGC accepts multiple health insurance plans. Three locations in Nassau County.

Administrative Headquarters

480 Old Westbury Road

Roslyn Heights, NY 11577

Email: info@northshorechildguidance.org

Call: 516-626-1971

Parent-to-Parent of NYS

<http://www.parenttoparentnys.org>

Parent-to-Parent of NYS offers opportunities for parents/caregivers of a child with a disability or a special health care concern to connect one-to-one with a trained support parent/caregiver of an individual with the same or similar concerns, or to help with parenting issues, Medicaid Service Coordination and other topics.

415-A Oser Ave, Hauppauge, NY 11788

Contact: Valerie Reid

Email: vreid@ptopnys.org

Call: 631-434-6196; 800-559-1729

The Parenting Resource Network (PRN)

<http://www.parentingresourcenetwork.org>

An initiative of the Friedberg JCC in Oceanside, the PRN is an information and referral service for parents and caregivers of young children birth to age five years. Through a coalition of 23 community partners, parents are connected to early childhood resources and can access reliable child development information and good parenting skills. Call to get information, reassurance, guidance and support as you navigate the challenging tasks of raising young children.

Call: 516-240-6018