Home Visiting (prenatal – 5)

Home visitors offer support to pregnant women and families with children birth to age 5 and promote healthy child development. Home visiting is provided at no cost to your family. To find a home visiting program near you:

www.bit.ly/homevisitingnys

Early Intervention (age 0 – 3)

Every county has an Early Intervention Program (EIP) to support infants and toddlers ages birth to 3 years with disabilities or developmental delays. Services are provided at no cost to eligible families. Find your county provider at:

www.bit.ly/earlyinterventionnys

Steps for seeking child care

1. Start Early
   Finding the right child care for your family can take some time. It’s good to look even when you’re pregnant. You can look on the NYS Parent Portal to find child care at:
   www.nysparenting.org

2. Call Your Local CCR&R
   Contact your local Child Care Resource and Referral Agency for information about programs in your area. The list can be found on the OCFS website at:
   www.bit.ly/ChildCareReferral

3. Help Paying for Care
   Did you know that you could be eligible to receive financial support to help pay for child care? Ask your local CCR&R for more information or go to:
   www.bit.ly/ChildCareFunds

4. Visit and Ask Questions
   Visiting is the best way to decide the best fit for your child and family. Make a list of what is important to you.

Examples of Early Intervention Services include:

- Speech therapy
- Physical therapy
- Occupational therapy
- Family counseling

Head Start (age 0 – 5)

Head Start and Early Head Start offer services and supports to eligible families to help reach their goals. Programs offer full-day, half-day and home visiting options at no cost for families. To find a program near you go to:

www.bit.ly/headstartprograms

Head Start Supports

Early Learning • Health • Mental Health Special Education • Family Well-Being

Preschool Special Education (age 3 – 5)

Preschool Special Education includes an Individual Education Program and annual review:

1. IEP
   An Individualized Education Program (IEP) is developed to meet your child’s needs and goals.

2. Annual Review
   Each year, a meeting is held to review your child’s progress and decide on next year’s goals.

Child Care (age 6 weeks up through age 12)

NYS Office of Children and Family Services (OCFS) provides information on:

- finding care
- paying for care

The website includes helpful videos and handouts and local child care resource and referral agency contacts.

www.ocfs.ny.gov

QUALITYstarsNY (QSNY)

QSNY is the NYS quality rating and improvement system to ensure that young children in early care and education programs have access to excellence and their families can trust the quality of the programs they choose.

www.qualitystarsny.org
Family Guide to NYS Early Childhood Services - Prenatal through Age 5
A resource guide for families to connect and link children to early childhood services in New York State

Family Support

Paid Family Leave
NYS offers job-protected, paid leave to bond with a new child, care for a loved one with a serious health condition, or help relieve family pressures when someone is called to active military service abroad. Call the Helpline at 1.844.337.6303 or visit www.bit.ly/paidleaveNYS

The NYS Department of State, Office for New Americans
Provides free services to all immigrants and includes community navigators, workforce development, mobile English language learning and legal services. Call 1.800.566.7636 or visit www.bit.ly/anansys

The NYS Office of Temporary and Disability Assistance, Enhanced Services to Refugees Program
Supports newly arrived refugee families in obtaining services like language training, health services and employment.
Call 118.402.3096 or visit www.bit.ly/rnsys

Kinship Care
Provides information, referrals and assistance via their website www.nysnavigator.org and toll free number 1.877.454.6463

Prevent Child Abuse NYS
Offers parenting support and resources including a parent helpline. Call 1.800.244.5373 or visit www.preventchildabusenys.org

Developmental Disabilities

Parent to Parent of NYS
Empowers families who care for children with developmental disabilities. Call 1.800.305.8817 or visit www.parenttoparentnys.org

Families Together of NYS
Supports families and children with social, emotional and behavioral problems. Call 518.432.0333 or visit www.fmys.org

Mental Health

The NYS Office of Mental Health
Connects you to local resources and services for perinatal depression, child mental health and other social-emotional needs for your family. If in crisis, you can anonymously text Got5 to 747191. You can also call 1.800.273.TALK (8255) or visit www.bit.ly/mentalhealthnys

Postpartum Resource Center of New York
Ensures families receive needed mental health support after giving birth. Call the Helpline at 1.855.631.0001 or visit www.postpartumny.org

Addiction Supports

The NYS Office of Addiction Services and Supports
If you or a loved one is struggling, you can find help and hope by calling, 24-hour, 7-day-a-week 1.877-8-HOPENY (1.877.846.7369) or texting HOPENY (Short Code 467369). For addiction treatment, crisis/detox, inpatient, residential, or outpatient care go to FindAddictionTreatment.ny.gov or www.bit.ly/aosasnys

Health and Safety

Domestic Violence
NYS Office for the Prevention of Domestic Violence
If you or someone you know is a victim of domestic violence and want help, emergency shelter or information, call the domestic violence program in your community. www.bit.ly/dvhelpnys or call the NYS Domestic and Sexual Violence Hotline: 1.800.942.6906, English & Spanish/Multilingual. Accessibility. Deaf or Hard of Hearing: 711.

Growing Up Healthy Hotline
Provides information about health care, nutrition, and other family needs. Available 24 hours/day, 7 days a week in English, Spanish and other languages. All calls are confidential. 1.800.522.5006

Medicaid + Child Health Plus
Your family may qualify for Medicaid or CHIP if you meet certain financial requirements. Apply through the NYS State of Health marketplace, or by calling the Medicaid or CHIP Helpline at 1.800.698.4KIDS

NY State of Health Marketplace
Online resource to help you shop, compare and enroll in a low-cost quality health insurance plan. www.nystateofhealth.ny.gov

Dental Services and Resources
Find resources for prenatal and childhood oral health. Call 1.855.355.5777 TTY 1.800.662.1220 or visit www.bit.ly/dentalnys

Injury Prevention
SAFE KIDS NY is an organization dedicated to preventing injuries to children and have local coalitions. Call 116.881.7000 or visit www.bit.ly/safekidsnys

Basic Needs

WIC (Special Supplemental Nutrition Program for Women, Infants and Children)
WIC promotes and supports the good health of qualified infants, children, and women who are pregnant, breastfeeding or postpartum. www.bit.ly/wicnys

SNAP [Supplemental Nutrition Assistance Program]
SNAP helps buy healthy food for you and your family. www.bit.ly/snapnys

SNAP [Temporary Assistance for Needy Families]
SNAP helps buy healthy food for you and your family. www.bit.ly/snapnys

HEAP [Home Energy Assistance Program]
HEAP helps pay the cost of heating your home. www.bit.ly/heapnys

Regional Food Bank
For help connecting to your local food pantry visit the NYS Department of Health website www.bit.ly/foodbanknys

Shelter Support
If you are currently homeless or at risk of homelessness, contact your local Department of Social Services www.bit.ly/housingnys

211nys
211 is an easy to remember phone number that helps connect NY families with basic needs and supports

*Eligibility and enrollment for Assistance Programs, health insurance and tax credit information can be found at https://mybenefits.ny.gov/mybenefits

The NYS Office of Mental Health
Connects parents to family friendly websites including:
• The NYS Parent Guide
• The NYS Child Care and After School Program Locator
• The Multiple Systems Navigator
• Every Student Present

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