



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

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

Home Visiting Programs connect families to community resources such as:

- Medical, Dental & Mental Health Services
- Child Care
- Early Head Start and Head Start
- Early Intervention Services
- Food, Housing and Employment



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



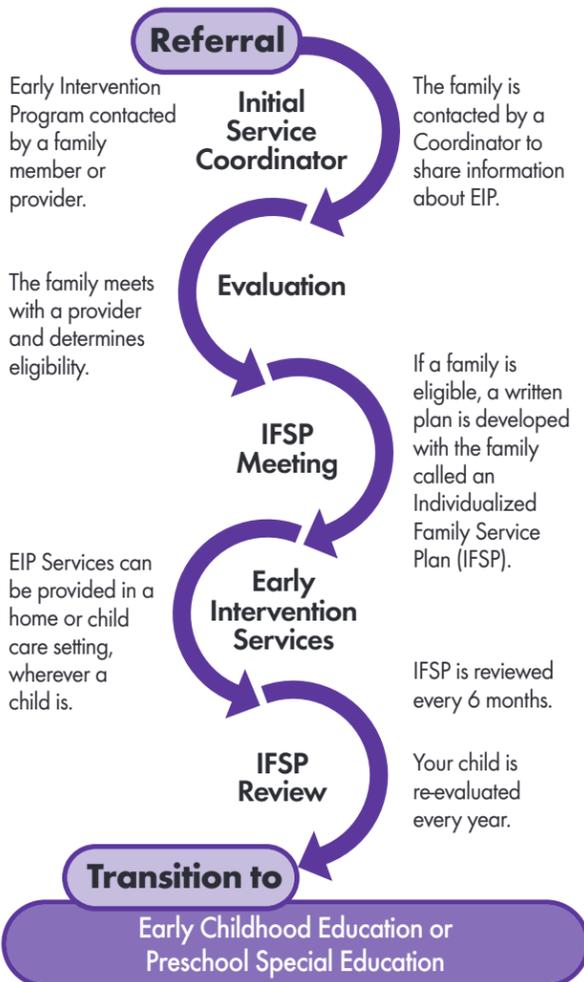
Steps for seeking child care

- 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.

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



Examples of Early Intervention Services include:

- Speech therapy
- Occupational therapy
- Physical 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



State-Funded PreKindergarten (age 3 – 4)

Prekindergarten helps prepare children for school. Programs are offered through your local school district or community based organizations at no cost to your family. Check with your local school district for more information.

www.bit.ly/earlylearningnys

Preschool Special Education (age 3 – 5)

Preschool Special Education provides services to meet the needs of identified preschool students with disabilities. Services are provided through your local school district at no cost to your family.

www.bit.ly/specialednys

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.



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Local Contacts

Pediatrician:

WIC Center:

Food Pantry:

Home Visiting Program:

Child Care Resource & Referral Agency:

County Early Intervention:

Early Head Start / Head Start Coordinator:

School District:

Sign up for Health Insurance:

www.nystateofhealth.ny.gov

1.800.541.2831

Poison Control:

1.800.222.1222

Crisis Text Line:

Text "Got5" to 741-741



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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/onanys

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 **518.402.3096** or visit www.bit.ly/rsnys

Kinship Care

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

Prevent Child Abuse NY

Offers parenting support and resources including a parent helpline. Call **1.800.244.5373** or visit www.preventchildabuseny.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.ftnys.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 **741741**. 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/oasasnys



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/Multi-language 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 CHP if you meet certain financial requirements. Apply through the NY State of Health marketplace, or by calling the Medicaid or CHP 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 **516.881.7000** or visit www.bit.ly/safekidsnys

Basic Needs

(Food, clothing, shelter)

WIC (Special Supplemental Nutrition Program for Women, Infants and Children)
WIC promotes and supports the good health of qualifying 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

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/begin>*



THE NYS PARENT PORTAL

WWW.NYSPARENTING.ORG



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