

## BEING THE BEST PARENT YOU CAN BE



Every child's life is made up of building blocks as they grow and develop. You — the parent and caregiver — are the **most important building block** in their journey to a safe, happy and healthy future. Being a parent and **raising a child is not easy**. Some might say it's the world's hardest job, and ... at the same time ... the world's most rewarding job. A child's **development is complicated**, with ups and downs, and you will probably find yourself stumbling along the way.



Every one of us will eventually have questions about child birth, parenting, health, nutrition, socialization and learning. We will all need to find out about **services and resources that are available** nearby.

The **better prepared** we are as parents, the stronger the foundation — the building blocks — we can offer our children as they take flight.

We hope this information helps you be **the best parent you can be!**

## Emergency and Crisis Services

### Medical Emergency: CALL 911

- **Poison Center:** take the child and the product to the phone and call **800.222.1222**
- If you feel **you may hurt yourself or someone else**, CALL 911, go to the emergency room at **Good Samaritan or Nyack Hospital**, or call **Rockland Paramedic Services' Behavioral Health Response Team 845.517.0400**.
- Are you or your child in danger because of **violence in your home?** Call the **Center for Safety and Change 24/7 Hotline 845.634.3344**, and/or **911** for the police.
- Do you have trouble caring for your child due to **drugs or alcohol?** Call **Nyack Recovery Center for Change 845.348.6760** or **Rockland Council on Alcoholism and Other Drug Dependence: 845.215.9788**.
- Are you **overwhelmed and need support to care for your baby?** Call **United Way of Rockland 211** or **800-899-1479** for an appropriate referral to the Rockland County Department of Social Services or call the Postpartum Helpline 631.422.2255.
- If you are distressed and **unable or unwilling to care for your newborn** (up to age 30 days) you can **give up your infant safely, anonymously, and legally** at **Good Samaritan or Montefiore Nyack Hospitals** or any local police or fire station or call **Safe Haven: 1-877-796-4673**.

## ROCKLAND BABY CARE CONNECTIONS

A Resource Guide for Pregnant Women and Families with Infants and Toddlers—revised 7.31.18



Child Care Resources of Rockland  
Every Person Influences Children  
Library Association of Rockland County  
Lower Hudson Valley Perinatal Network  
Prenatal Center at Nyack Hospital  
Rockland County Department of Health  
Rockland County Head Start  
Rockland 21C



A coalition of Rockland County family-centered organizations has come together to create this resource guide to ensure the healthy development of all our young children and the well-being of all our families.



Because you will most likely have many questions during your pregnancy and/or as a new parent, this information will help you find the right resources.



Carefully review this brochure and keep it very handy!

We have provided phone numbers along with websites for you. You can also call the United Way's 2-1-1 number, a free and confidential service that helps people find local resources 24 hours a day, 7 days a week, and ask for web addresses.

And, always, in addition to these resources, you can speak with your child's doctor about any of your issues or concerns.

Visit our website for more information:

<http://guides.rcls.org/betterbabycare>





# You and Your Developing Child

**FOR EMERGENCY AND CRISIS SERVICES.....SEE BACK OF THIS BROCHURE**

### **PRENATAL CARE— insurance counselors are available to serve those with limited access to health care**

Prenatal Center at Montefiore Nyack/Breastfeeding Center on site.....	845-348-2550
Prenatal Care at Good Samaritan Hospital, Meg Moore.....	845-368-5450
Refuah Health Centers .....	845-354-9300
Monsey Family Medical Center.....	845-352-6800

### **NYS Health Insurance Programs**

NY State of Health: <a href="http://www.nystateofhealth.ny.gov">www.nystateofhealth.ny.gov</a> .....	855-355-5777
Rockland County Department of Health (RCDOH) Insurance Programs.....English:	845-364-3394
.....Creole :	845-364-3312
.....Spanish:	845-364-2773
Managed Care Organizations: Fidelis, MVP (Hudson Health), Affinity, WellCare, United Healthcare	

<b>TRANSPORTATION:</b> TOR Bus Service: <a href="http://www.rocklandbus.com">www.rocklandbus.com</a> Sign up for mobile text alerts.....	845-364-3333
Medicaid taxi service (Affinity, United Healthcare, Wellcare).....	845-360-3542
Fidelis.....	845-354-5900
MVP.....	866-883-7865

**COMMUNITY RESOURCE CENTERS** provide contact information for programs offering assistance with housing, child care, food pantries, soup kitchens, thrift shops, Food Stamps/SNAP applications, transportation, mental health, legal assistance, immigration rights and veteran benefits. More resources: [www.mybenefits.ny.gov](http://www.mybenefits.ny.gov)

HACSO (Spring Valley – Spanish & Creole speaking).....	845-352-5897
Catholic Charities (Spanish speaking): <a href="http://www.ccsrockland.org">www.ccsrockland.org</a> .....	845-942-5791
United Way of Rockland: <a href="http://www.uwrc.org">www.uwrc.org</a> .....	211 or 800-899-1479
WestCOP at RC Action Program—Haverstraw: 845-728-0688.....Spring Valley:.....	845-262-1987

**Rockland County DOH WIC Program : Women, Infants and Children up to 5 years old is a supplemental food program. \*\*Pregnant women are eligible for WIC from day one\*\*.....**

WIC Monsey: Monday-Thursday, and Friday morning only, opens at 8:00 am.....	845-426-6351
WIC Spring Valley: Monday-Wednesday, Friday am only, opens at 8:00 am.....	845-426-0971
WIC Haverstraw: Wednesday & Thursday, opens at 8:30am.....	845-429-5525
WIC New Square: Monday, Tuesday, Thursday, opens at 9:00 am.....	845-364-3329
WIC Nyack: Monday until 2:00 pm, opens at 8:30am.....	845-353-6037

### **PREGNANCY SUPPORT CENTERS – pregnancy tests, childbirth classes and ongoing support**

CareNet: <a href="http://www.carenetrockland.com">www.carenetrockland.com</a> .....	845-352-6074
Birthright of Rockland: <a href="http://www.birthright.org/nanuet">www.birthright.org/nanuet</a> .....	845-623-9098
Healthy Beginnings Prenatal Program call HACSO (Spanish & Creole).....	845-352-5897
Rockland County Department of Social Services/Family Shelter.....	845-364-3100/3150

### **BREASTFEEDING PROMOTION AND SUPPORT**

Rockland Baby Cafés (Facebook Page: Rockland County Baby Café).....	914-922-2240
Breastfeeding Tea Support Group: Good Samaritan Hospital, 2nd Tues of the month, 12:30pm.....	845-368-5450
Rockland County DOH Breastfeeding Promotion & Support... <a href="http://rcklnd.us/breastfeeding">http://rcklnd.us/breastfeeding</a> .....	845-364-3786
La Leche League of Rockland .....	845-432-5551
Mother To Baby <i>Is my milk safe?</i> Ask the experts: <a href="http://www.mothersobaby.org">www.mothersobaby.org</a> .....	866-626-6847
The New York Milk Bank: <a href="http://www.nymilkbank.org">www.nymilkbank.org</a> .....	212-956-6455



# Basic Needs and Family Support Services

*Eligibility may be income- or citizenship-based*

### **WELCOME TO PARENTHOOD**

New York State Parent 24 Hour Helpline, Spanish/English.....	800-244-5373
Safe Babies New York   ABC's of Safe Sleep/Crying Baby?.....	<a href="http://www.safebabiesny.com">www.safebabiesny.com</a>
Car Seat Safety: <a href="http://www.nhtsa.gov/equipment">www.nhtsa.gov/equipment</a> Installation help: call local police or Sheriff's Office...845-638-5400	
Healthy Neighborhood Program – make sure your home is safe/healthy.....	845-364-3290

### **CHILD CARE/MATERNITY LEAVE/PARENTING WORKSHOPS AND RESOURCES**

Child Care Resources of Rockland: <a href="http://www.childcarerockland.org">www.childcarerockland.org</a> .....	845-425-0009
NYS Paid Family Leave: <a href="http://www.ny.gov/paidfamilyleave">www.ny.gov/paidfamilyleave</a> .....	844-337-6303
Volunteer Counseling Services (VCS): <a href="http://www.vcs-inc.org">www.vcs-inc.org</a> .....	845-634-5729
EPIC – Every Person Influences Children: <a href="http://www.epicforchildren.org">www.epicforchildren.org</a> .....	845-352-9105
Child Care Assistance RC DSS (helps pay the cost of child care).....	845-364-3797

### **EARLY LEARNING RESOURCES AND HOME VISITING PROGRAMS**

Child Care Resources of Rockland: <a href="http://www.childcarerockland.org">www.childcarerockland.org</a> .....	845-425-0009
Nyack Basics: To view videos in Spanish and English, go to <a href="http://www.nyackschools.org">www.nyackschools.org</a> , click on Parent Resources, then click on New Nyack Basics Reading Campaign.....	<a href="http://www.nyackschools.org">www.nyackschools.org</a>
Talking is Teaching: .....	<a href="http://www.talkingisteaching.org">www.talkingisteaching.org</a>
School/Family Resource Centers/Rockland 21C (2-3 year olds) Home-Based.....	845-627-5437
Early Head Start – Haverstraw Home Base Program (0-3 year olds) and School Based.....	845-429-2225
HACSO – <i>It's About YOU!</i> Home Visiting and Support.....	845-352-5897
Children's Services in local public libraries – go to your local library website.....	<a href="http://www.rcls.org">www.rcls.org</a>

**FAMILY HEALTH CARE —Start a healthy habit, get 400mcg of folic acid daily.....** [www.cdc.gov/folicacid](http://www.cdc.gov/folicacid)

Child/Adult Immunizations/flu shots, RC DOH.....	845-364-2520
Tuberculosis Services, RC DOH.....	845-364-2995
Infectious Disease RC DOH (HIV/AIDS), primary medical care.....	845-364-2570
Sexually Transmitted Infections, RC DOH.....	845-364-3771
Chronic Disease Prevention Programs RC DOH - Diabetes Prevention Program.....	845-364-2501
Hudson River Health Centers: <a href="http://www.HRHCare.org">www.HRHCare.org</a> , Haverstraw.....	845-429-4499
Urgent Care on site in Nyack.....	845-770-9980
Montefiore Nyack National Diabetes Prevention Program/Lose to Win for Weight Loss.....	845-348-2004

### **FAMILY PLANNING —18 months between pregnancies is best**

Planned Parenthood: <a href="http://www.pphp.org">www.pphp.org</a> .....	845-426-7577
Rockland County Department of Health Family Planning Clinic.....	845-364-2531/2124
Lower Hudson Valley Perinatal Network.....Sign up for the app: <a href="http://www.text4baby.org">www.text4baby.org</a> .....	<a href="http://www.lhvpn.net">www.lhvpn.net</a>

### **CHILD DEVELOPMENT QUESTIONS**

Child Care Resources of Rockland: <a href="http://www.childcarerockland.org">www.childcarerockland.org</a> .....	845-425-0009
Learn The Signs. Act Early: Milestone Tracker phone app.....	<a href="http://www.cdc.gov/milestones">www.cdc.gov/milestones</a>
Early Childhood Direction Center: <a href="http://www.wihd.org">www.wihd.org</a> .....	914-493-2902

**VISIT OUR WEBSITE FOR MORE INFORMATION - [HTTP://GUIDES.RCLS.ORG/BETTERBABYCARE](http://GUIDES.RCLS.ORG/BETTERBABYCARE)**