

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 **800-899-147** 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 Nyack Hospitals** or the Sheriff's Department (New City), or at any staffed police station (Towns of Clarkstown, Haverstraw, Orangetown, Ramapo, Stony Point; Villages of Spring Valley and Suffern), or **call 211**.

ROCKLAND BABY CARE CONNECTIONS

A Resource Guide for Pregnant Women and Families with Infants and Toddlers



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—*federally qualified health centers can 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

MEDICAID AND MANAGED CARE APPLICATIONS

- NY State of Health: www.nystateofhealth.ny.gov.....855-355-5777
- Rockland County Department of Health (RCDOH) Insurance Programs.....845-364-3394/3312
- * Navigators and Certified Application Counselors available at Health Centers listed above
- Managed Care Organizations: Fidelis, MVP (Hudson Health), Affinity, WellCare, United Healthcare

- TRANSPORTATION:** TOR Bus Service: www.rocklandbus.com 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
- HACSO (Spring Valley – Spanish & Creole speaking).....845-352-5897
- Catholic Charities (Spanish speaking): www.ccsrockland.org845-942-5791
- United Way of Rockland: www.uwrc.org211 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**.....845-364-2577**
- 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: www.carenetrockland.com.....845-352-6074
- Birthright of Rockland: www.birthright.org/nanuet.....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...<http://rcklnd.us/breastfeeding>.....845-364-3786
- La Leche League of Rockland845-432-5551
- Mother To Baby *Is my milk safe?* Ask the experts: www.mothersbaby.org.....866-626-6847
- The New York Milk Bank: www.nymilkbank.org.....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?.....www.safebabiesny.com
- Car Seat Safety: www.nhtsa.gov/equipment 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: www.childcarerockland.org.....845-425-0009
- NYS Paid Family Leave: www.ny.gov/paidfamilyleave.....844-337-6303
- Volunteer Counseling Services (VCS): www.vcs-inc.org.....845-634-5729
- EPIC – Every Person Influences Children: www.epicforchildren.org845-352-9105
- 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: www.childcarerockland.org.....845-425-0009
- Nyack Basics: To view videos in Spanish and English, go to www.nyackschools.org, click on Parent Resources, then click on New Nyack Basics Reading Campaign..... www.nyackschools.org
- Talking is Teaching: www.talkingisteaching.org
- 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 – *It's About YOU!* Home Visiting and Support.....845-352-5897
- Children's Services in local public libraries – go to your local library website.....www.rcls.org

- FAMILY HEALTH CARE** —Start a healthy habit, get 400mcg of folic acid daily.....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: www.HRHCare.org, 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: www.pphp.org.....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: www.text4baby.org.....www.lhvpn.net

CHILD DEVELOPMENT QUESTIONS

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

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