

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 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.
- 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 **Information Rockland 845.364.2020** for an appropriate referral to the Rockland County Department of Social Services (or call 631.422.2255 for the Postpartum Helpline.)
- If you are distressed and **unable or unwilling to care for your newborn** (up to 30 days of age) you can **give up your infant safely, legally, and anonymously** at the emergency rooms of **Good Samaritan or Nyack Hospital**, at the Sheriff's Department (New City), or any staffed police station (Towns of Clarkstown, Haverstraw, Orangetown, Ramapo and Stony Point; or Villages of Spring Valley and Suffern), or call **Information Rockland at 845.364.2020**.

ROCKLAND BABY CARE CONNECTIONS

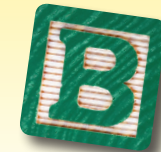
A Resource Guide for Pregnant Women and Families with Infants and Toddlers



April 2016



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 it all and keep it very handy!

We have provided phone numbers for you. But if you are more comfortable using the Internet to find out about resources and helpful information, you can call InfoRock (Information Rockland) at 845-364-2020 and ask for the Web addresses for any of the agencies and organizations we have listed inside. Or you can search the InfoRock website: www.informationrockland.com

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



You and Your Developing Child

FOR EMERGENCY AND CRISIS SERVICES SEE BACK OF BROCHURE

Childbirth and Newborn Classes

Good Samaritan Regional Medical Center 845-368-5000 X5106
Nyack Hospital 845-348-2639
Birthright 845-623-9098

Breastfeeding Information

La Leche League 845-365-3917
Good Samaritan Resource Center, Lactation Office 845-368-8270
Nyack Hospital Lactation Dept. 845-348-2676
Rockland County Dept. of Health Breastfeeding Promotion and Support 845-364-3786

Child Care and Early Learning

Child Care Resources of Rockland 845-425-0009
Head Start of Rockland 845-429-2225

Child Development Questions

Speak with your child's doctor Call their office
Rockland County Early Intervention Dept. (for services) 845-364-2032
Early Childhood Direction Center (to discuss concerns about a child's development) 914-493-2902

Parenting Resources and Workshops

School Family Resource Centers / Rockland 21C (info, playgroups) 845-627-5437
EPIC – Every Person Influences Children (parenting workshops) 845-352-9105
Child Care Resources of Rockland (workshops) 845-425-0009
VCS Parenting Apart COPE class (for separated parents) 845-634-5729 X313

Social Experiences for Parents and Babies

Check your local library's Children's Dept. (search for a list of libraries) www.larelib.org
Check your school's Family Resource Center for available toddler programs
(for a list of centers, call Rockland 21C) 845-627-5437
Mothers of Twins Club of Rockland 845-709-8010
Child Care Resources of Rockland 845-425-0009
Visit a park or playground in your area

Home-Visiting Programs (call for availability in your area)

Parent-Child Home Program (literacy-based, for 2- & 3-year-olds) 845-627-5437
Early Head Start (home- and center-based) 845-429-2225

Prenatal thru First Year Information

Text4Baby.org or Lower Hudson Valley Perinatal Network (LHVPN) 914.922.2240

Child Care Resources of Rockland

Every Person Influences Children

Rockland County Head Start

Library Association of Rockland County



Lower Hudson Valley Perinatal Network

Prenatal Center at Nyack Hospital

Rockland 21C

Rockland County Dept. of Health



Basic Needs and Family Support Services

Eligibility may be income- or citizenship-based

General Information

InfoRock / Mon-Fri: 9am – 5pm (specialists assess your needs and give referrals to appropriate services) 845-364-2020
United Way Helpline for the Hudson Valley (both numbers are multilingual) Dial 2-1-1 or 800-899-1479
NYS myBenefits website (to determine what public service programs you may qualify for) www.mybenefits.ny.gov

Health Insurance for Your Child (including information on community enrollment sites)

Rockland County Dept. of Health Insurance Programs 845-364-3394

Child Immunizations

Rockland County Dept. of Health Immunization Clinics 845-364-2520

Health Care (federally qualified health centers can serve those with limited access to health care)

Hudson River Health Centers: Haverstraw Location 845-429-4499
Spring Valley Location 845-573-9860
Refuah Health Center: Spring Valley 845-354-9300
Monsey Family Medical Center 845-352-6800

Women's Health

Nyack Hospital's Prenatal Center 845-348-2550
Planned Parenthood 800-230-7526
Rockland County Dept. of Health Family Planning Services 845-364-2531

Nutrition Programs

WIC (Women, Infants & Children)
(providing free supplemental food for pregnant/nursing women & children under 5) 845-364-2577
SNAP benefits (food stamps)/NYS myBenefits website (fill out the form) 845-364-3100
Rockland County Dept. of Social Services 845-364-3100

For Confidential Help with Nutrition Assistance (including school meals)

Nutrition Outreach and Education Program Coordinator, Catholic Community Services 845-942-5791 X14
WestCOP at Rockland Community Action Program (Haverstraw and Spring Valley locations) 845-728-0688

Food Pantries and Soup Kitchens

InfoRock (call for locations in your community) 845-364-2020

For Help Installing a Car Seat Properly

Rockland County Sheriff's Office 845-638-5400
Your Local Police Dept. (DO NOT CALL 911) Look up their direct phone number

Baby Clothes and Supplies

InfoRock (for a list of thrift shops) 845-364-2020
People to People 845-623-4900
Birthright 845-623-9098
Recalls of baby items www.recalls.gov

VISIT OUR WEBSITE FOR MORE INFORMATION
HTTP://GUIDES.RCLS.ORG/BETTERBABYCARE