

NYS BABY BUNDLE ORIENTATION

SUMMER 2020

NANCY HAMPTON

NYS COUNCIL ON CHILDREN AND FAMILIES

NYS Birth through Five Project



Promoting equity and access to quality early childhood
programs for all young children and families in NYS

nysb5@ccf.ny.gov





“It’s in the Bag”

- State resources
- Local Resources
- A board book
- Something meaningful from your community

This project was made possible by grant number 90TP9009. Its contents are solely the responsibility of the authors and do not necessarily represent the official view of the United States Department of Health and Human Services, Administration for Children and Families.



The Baby Bundle will include a reusable tote bag with:

Starting Life Together

NYS Parent Guide

What To Do When Your Child Gets Sick

Can Your Baby Hear You?

Safe Sleep

NYS Parent Portal

Family Guide to NYS
Early Childhood
Services - Prenatal
through Age 5

Talking is Teaching

Children's board
book

Local resources



Child Care
 (age 6 weeks - 5+)

NYS Office of Children and Family Services provides information on:

- finding care
- paying for care

The website includes helpful videos, handouts and local child care resources and referral agency contacts.
www.ocfs.ny.gov

Home Visitation Programs connect families to community resources:

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

Home Visitation

Home visitors offer support to pregnant women and new parents to help you and your family find a home, a job, and other resources.
www.health.ny.gov/families

Let's Talk ABOUT Babies

I'm here to take care of you!

Peek a Boo!

I Love you Because...

WHERE IS YOUR BELLY?

Talk, Read, Sing Every Day to Build a Baby's Brain.

NYS BS

Council on Children and Families

nysparenting.org

TALK READ SING

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Parent Guide: Starting Life Together



Parent Guide on Parent Portal

<https://www.nysparentguide.org/>

Download the PDF

[https://www.nysparentguide.org/
download-parent-guide](https://www.nysparentguide.org/download-parent-guide)

What To Do When Your Child Gets Sick

Easy to Read • Easy to Use



Gloria Mayer, R.N.
Ann Kuklierus, R.N.

NYS Department of Health Resources



EARLY HEARING
SCREENING



SAFE SLEEP

Can Your Baby Hear You?



Can Your Baby Hear You?

The Brochure:

<https://www.health.ny.gov/publications/4877.pdf>

More Resources:

https://www.health.ny.gov/community/infants_children/early_intervention/newborn_hearing_screening/resources_for_providers/

Information for Parents

New York State Department of Health

Infant Safe Sleep Resources

- Goal is to increase awareness among parents and other caregivers about infant safe sleep, through:

- ✓ Brochure
- ✓ Magnet
- ✓ Mirror cling

www.health.ny.gov/safesleep



Follow the 
ABCs
of **Safe Sleep**



Baby should sleep
Alone
On their
Back
In a safe
Crib
In a
Smoke-free home

Make sure everyone caring for your baby follows these tips!

health.ny.gov/safesleep

 Department of Health | Office of Children and Family Services

Infant Safe Sleep

★ Alone.

★ Back.

★ Crib.

About 90 babies die each year in New York State from sleep-related causes. Right from the start, help your baby sleep safely every time sleep begins.

ALONE

- Put baby on their back to sleep – even if baby was born early (premature).
- Your baby should not sleep with adults or other children.
- Share your room, not your bed. Room-sharing lets you keep a close watch over your baby while preventing accidents that might happen when baby is sleeping in an adult bed.
- Nothing should be in the crib except baby; no pillows, bumper pads, blankets or toys.



BACK

- Put baby to sleep on their back, not on their tummy or side.
- Put your baby on their tummy every day when baby is awake. Watch and encourage your baby



CRIB

- If baby falls asleep on a bed, couch, armchair, or in a sling, swing or other carrier, put baby in a crib to finish sleeping.
- Use a safety-approved* crib/bassinet/play yard with a firm mattress and a fitted sheet.
- **DO NOT USE A DROP-SIDE CRIB.** Federal safety standards do not allow drop-side rail cribs to be made or sold.
- Before you buy or use any crib/ bassinet/play yard check the CPSC recall list at: www.cpsc.gov/Recalls/ to make sure it has not been recalled.

**For crib safety, go to the Consumer Product Safety Commission:*

www.cpsc.gov/en/Safety-Education/

Other Tips

TIPS



- Use a one-piece sleeper or wearable blanket. Don't use loose blankets.
- Be sure baby is not too warm.
- Breastfeed your baby.
- Try using a pacifier for sleep but don't force baby to take it.
- Get your baby immunized.
- If your baby is in a front or back baby carrier, be sure that baby's face is always visible.
- Never use a car seat, baby swing, carriage or other carrier without properly fastening all the straps. Babies have been caught in partially fastened straps and died.
- Make sure no one smokes in your home or around your baby.
- Don't use alcohol or drugs.
- Don't rely on home baby monitors.

Make sure **everyone** caring for your baby follows these tips!

health.ny.gov/safesleep

Follow the **ABCs** of **Safe Sleep**



A Alone.

Baby should sleep **Alone**.

B Back.

Put baby on their **Back**.

C Crib.

Put baby in a safe **Crib**.

Safe Sleep cont.

Contact Us!

New York State Perinatal Quality Collaborative

Empire State Plaza

Corning Tower, Room 984

Albany, NY 12237

Ph: (518) 473-9883

F: (518) 474-1420

NYSPQC@health.ny.gov

www.nyspqc.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 throughout New York State

Home Visiting (age prenatal – 5)

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

www.health.ny.gov/ParentingSupport

Home Visiting Programs connect families to community resources:

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



Child Care (age 6 weeks – 5+)

NYS Office of Children and Family Services 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 programs have access to excellence and their families can trust the quality of the programs they choose.

Steps for seeking child care

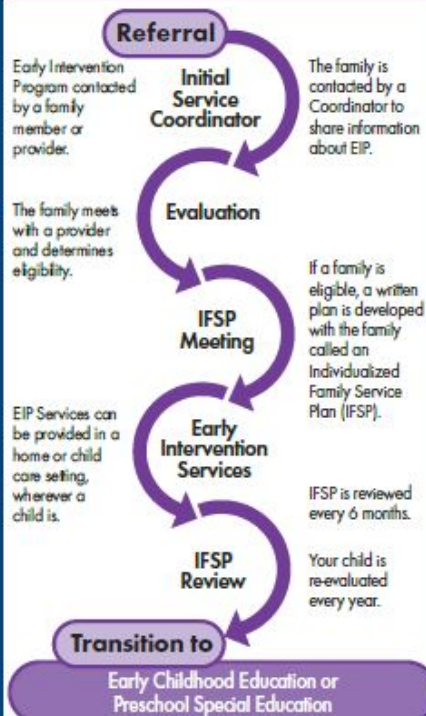
- 1 Start Early**
Finding the right child care for your family can take some time. It's good to look even when you're pregnant.
- 2 Call Your Local CCR&R**
Contact your local [Child Care Resource and Referral Agency](#) for information about programs in your area.
- 3 Visit and Ask Questions**
Visiting is the best way to decide the best fit for your child and family. Make a list of what is important to you.
- 4 Get Involved**
Involvement can help you build a trusted connection with your child's provider.



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.health.ny.gov



Examples of Early Intervention Services include:

- Speech therapy
- Home visits

Head Start (age 0 – 5)

Head Start/Early Head Start offer services and supports to help families reach their goals. Programs offer full-day, half-day and home visiting options at no cost to eligible families.

To find a program near you go to: eclkc.ohs.acf.hhs.gov

Head Start Supports

Early Learning • Health • 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 district to see if a program is available in your community.

www.p12.nysed.gov/earlylearning

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.p12.nysed.gov/specialed



Preschool Special Education includes:

- 1 IEP**
An Individualized Education Program (IEP) developed to meet your child's needs and goals.
- 2 Annual Review**
A meeting each year to review your child's

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Family

Paid Family Leave

NYS now offers job-protected, paid leave to bond with a new child, to care for a loved one with a serious health condition, or to help relieve family pressures when someone is called to active military service abroad.

To find out more, call the Helpline at **1.844.337.6303** or www.ny.gov/PaidFamilyLeave

The New York State Enhanced Services to Refugee Program

Supports newly arrived refugee families in obtaining services like language training, health services and employment.

www.otda.ny.gov/programs/bria/

Parent to Parent of NYS

Organization that empowers families who care for children with developmental disabilities.

www.parenttoparentnys.org

Families Together of NYS

Organization that supports families and children with social, emotional and behavioral problems.

www.ftnys.org

eIFamilies

Organization that supports parents with children who receive Early Intervention services.

www.eifamilies.com

Prevent Child Abuse NY

Organization that offers parenting support and resources including a parent helpline.

1.800.CHILDREN

www.preventchildabuse.ny.gov

Mental Health and Social Emotional Development

The New York State 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.

www.omh.ny.gov



Postpartum Resource Center of New York

Organization that ensures families receive the mental health support needed after giving birth. Call the Helpline at **1.855.631.0001** or www.postpartummy.org

Health and Safety

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 Helpline at **1.800.541.2831** or CHP **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.

www.health.ny.gov/prevention/dental

Injury Prevention

SAFE KIDS NY is an organization dedicated to preventing injuries to children.

For more information visit: safekidsnystate.org

Child Passenger Safety

Safety seat inspection stations www.safeny.ny.gov



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.health.ny.gov/wic

SNAP

[Supplemental Nutrition Assistance Program] NYS program that helps buy healthy food for you and your family when money is tight. www.ny.gov/services/apply.snap

HEAP (Home Energy Assistance Program)

NYS program that helps pay the cost of heating your home. www.otda.ny.gov/programs/heap

211nys

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

Regional Food Bank

The NYS Department of Health has a website to help you connect to your local food pantry. www.health.ny.gov/nutrition

Shelter Support

If you are currently homeless or at risk of homelessness, contact your local Department of Social Services.

www.otda.ny.gov/programs/housing

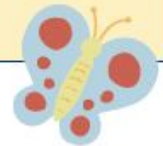
**Eligibility and enrollment for SNAP, HEAP, Assistance Programs, Health Insurance and tax credit information can be found at mybenefits.ny.gov*



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



Local Contacts

Child Care Resource & Referral Agency:

County Early Intervention:

Early Head Start / Head Start Coordinator:

Food Pantry:

Home Visiting Program:

School District:

WIC Center:

Pediatrician:

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



NYS Parent Portal

<https://www.nysparenting.org/>

Talking is Teaching

- Other slide deck

eWIC

a new way
to shop!

eWIC is a new way to shop with WIC benefits. eWIC includes a new electronic card that works just like a debit card. No more paper checks! The WIC2Go app makes shopping with WIC easier than ever.

Get eWIC

- Contact your local WIC Help Specialist to learn if you may be eligible for WIC.
- Attend your first WIC Clinic Appointment.
- When you enroll in WIC, you will receive an eWIC card.
- Download the WIC2Go app from the Apple Store or Google Play.

Use eWIC

- Shop for your WIC foods at WIC-approved stores.
- Scan foods on the WIC2Go app to see if they are WIC approved.
- Swipe your eWIC card at the register to pay for your WIC foods.

Manage eWIC

- Buy food when it works best for you and your family.
- Unused benefits can be used at a later shopping trip within the same month. Just use all of your benefits before the end of your 30 day benefit cycle.
- Check your benefit balance from your phone on the WIC2Go app, on your receipt, or by calling the number on the back of your eWIC card.
- Save your card – you will reuse it each month.
- Keep your WIC Clinic appointments so you can continue to receive your benefits on time.

WIC provides nutritious food, breastfeeding support, nutrition education, and referrals to other services to pregnant women, new moms, and infants and children under 5.

For help with WIC, find your local WIC Help Specialist at WICHelpNY.org. WIC Help Specialists tell



The new
eWIC card!



WIC Materials



You are giving her the best start possible.
WIC can support you both.

WIC has breastfeeding experts, including other moms, who can help you and your baby breastfeed for as long as possible. WIC also provides healthy food for you and your baby. WIC benefits are given on an eWIC card that works like a debit card. You can shop with it at participating stores.

For help with WIC, find your local WIC Help Specialist at WICHelpNY.org. WIC Help Specialists tell you if you may be eligible for WIC, and help you set up and prepare for your first appointment with a WIC clinic near you. It is free and confidential.

WIC Help Specialists are available in counties across New York State. In other counties, call the Growing Up Healthy Hotline at 1-800-522-5006 and ask for help with WIC.

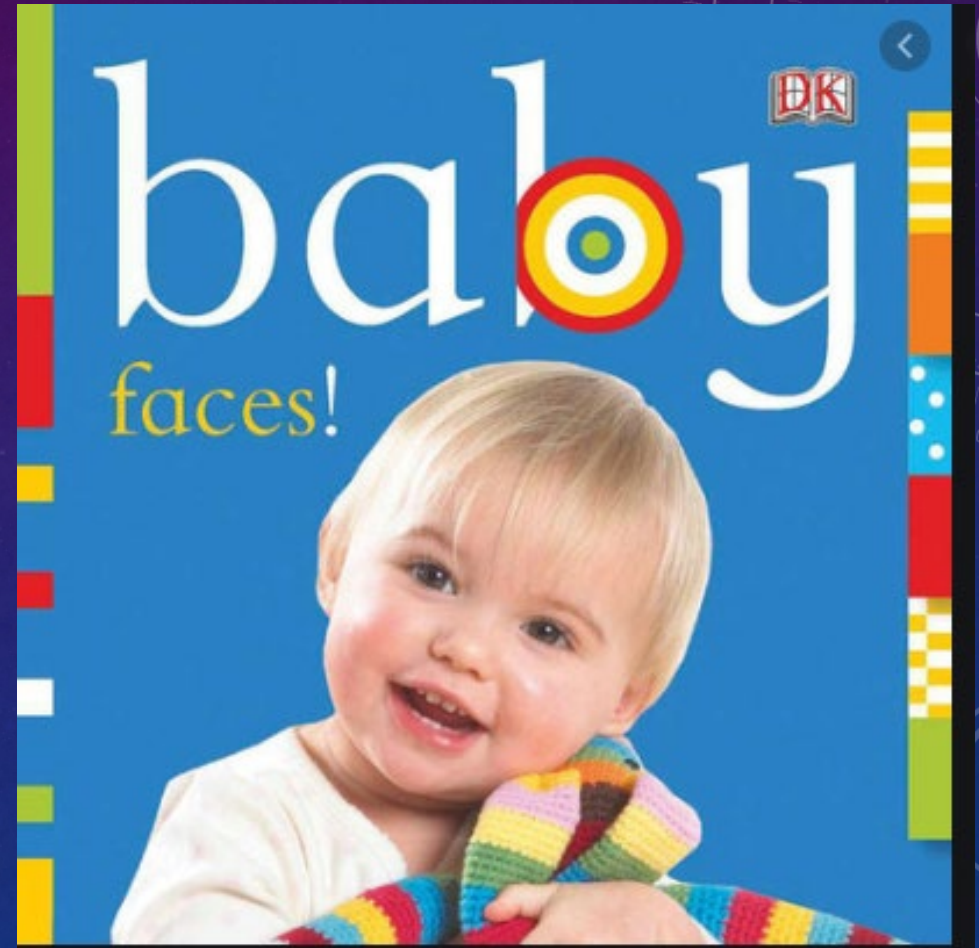
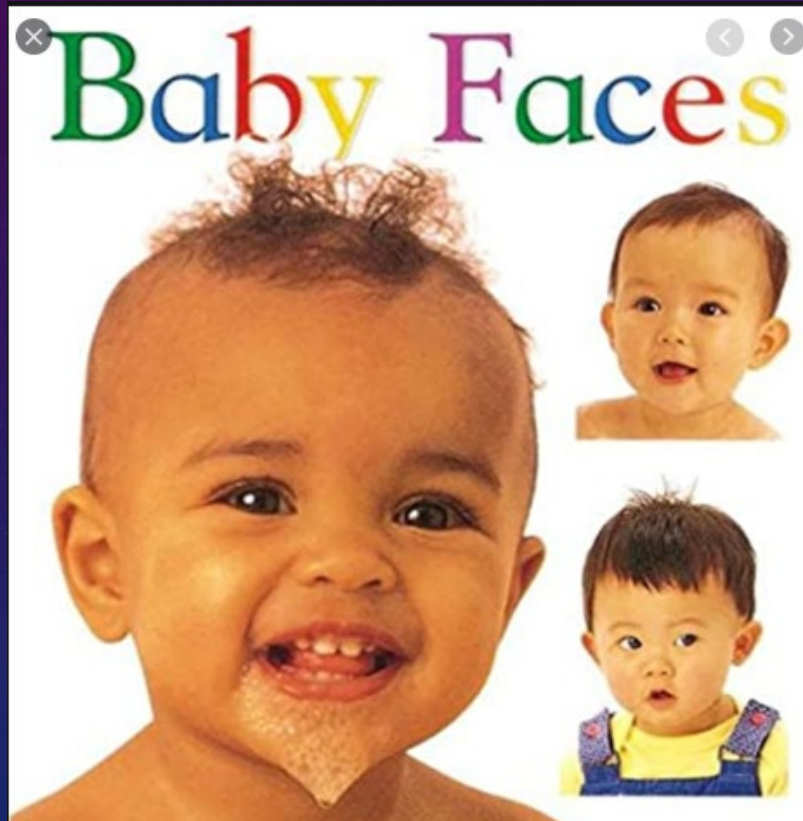


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HungerSolutionsNY.org

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Children's Board Book



Local Resources

- Child Care and CCR&R contact information
- Health Department information for your catchment area
- Hospitals & Urgent Care Centers
- Pediatricians and Dentists
- Libraries
- Local Government

Evaluation and Family Feedback

- Distribution Tracking form
- Survey for winners
- Parent Survey Link

Invoice Process

Quarterly Invoices to nancy.Hampton@ccf.ny.gov
and once they are approved then you send it to
NYS Accounts Payable.

Stay Connected

- CCF will hold bi-monthly NYSB5-R meetings.
- CCF will disseminate, at least quarterly, email newsletters for information about funding opportunities, training registration and provide project updates (please share widely).
- If you'd like to be added to the newsletter list go here NYSB5@ccf.ny.gov .

June 2020



Promoting equity and access to quality early childhood programs for all young children and families in NYS

Your Monthly News & Updates

1. Upcoming Webinars on Historical Trauma, Resilience and Equity
2. Early Care and Learning Council 2020 Annual Meeting
3. The NYS Association for Infant Mental Health Presents: Breakfast for Babies
4. Federal CARES Act Scholarship Extended to June 30, 2020
5. 2020 Census: URGENT - BE COUNTED!
6. ACF & HRSA Promote Family Strengthening & Virtual Prevention Strategies
7. NYS Child Care Availability Task Force Letter to the Governor
8. NYSB5 Funding Opportunities
9. NYSB5 Parent Portal & More Resources for Families during COVID-19
10. NYS Pyramid Model Training
11. Family Discussion for Parents/Caregivers of Children and Youth
12. RAISING NY