

# Family Guide to NYS Early Childhood Services



Council on Children  
and Families

# Hello! From the NYS Council on Children and Families



## Who are we?

The **NYS Council on Children and Families (CCF)** is a state agency that helps to coordinate child- and family-serving systems to provide easier access to high quality services and supports for New York's children and families.

CCF created the NYS Parent Portal (**nysparenting.org**) as a one-stop, digital resource for information on parenting, child care options, information on child development, how to talk and work with your child's teachers, and much more to support your child and family! **Check out the following resources in the portal:**



## Every Student Present

Learn about ways to support your child's school attendance, and how to boost your child's confidence, keep your child on track with school work, and protect your child from bullies.

## NYS Child Care and After School Care Locator

Locate information on child care, after school programs, and parent support (home visiting) program in one easy-to-access location. Interactive maps allow you to choose type of care and location parameters.

## Talk, Read, Sing

Access education materials for parents and other caregivers to enrich your child's early language experiences.



## Help Hub

Access helpful health, education, human services, and disability information on one user-friendly website. Built for youth, parents, family members, and caregivers who rely on support from multiple child- and family-serving agencies and systems.

## NYS Parent Guide

This is your Guide, the story of the first five years of your parenting journey. Whether you are the mother or father (through birth, adoption, or foster care), a grandparent, partner, family friend, aunt or uncle with parenting responsibilities, what you say and do in your role as a parent matters.

### How to use this folder:

The Family Guide to NYS Early Childhood Services (this guide) is a folder and a resource. This is a resource guide for families to connect and link children to early childhood services in New York State. Now formatted as a folder, it can be a dedicated space to store important documents. We hope you find the information contained within helpful on your journey as a family. Follow us on FB and Instagram @nysccf to keep up to date on best practices and strategies around children and family services.



# NYS Services and Resources

## Prenatal through Age 5

**Child Care** | [ocfs.ny.gov](https://ocfs.ny.gov) or [nysparenting.org](https://nysparenting.org)

Find child care programs and information on the Child Care Assistance Program to help pay for all or part of child care costs.

**QUALITYstarsNY (QSNY)** | [qualitystarsny.org](https://qualitystarsny.org)

QSNY rates early care and education programs on a 5-star rating scale.

**Home Visiting** | [nysparenting.org](https://nysparenting.org)

Home visitors help families by supporting them after welcoming a new baby. Family support may be provided on safe sleep, breastfeeding, or connecting to mental health services.

**Head Start** | [bit.ly/headstartprograms](https://bit.ly/headstartprograms)

Head Start and Early Head Start are free to eligible families. Programs offer full-day learning, health, mental health, family well-being services, and more.

**NY Connects** | Call **1.800.342.9871**

Learn more about supports for all ages.



## Infants to Age 3

**Early Intervention** | [bit.ly/earlyinterventionnys](https://bit.ly/earlyinterventionnys)

Support for infants and toddlers with disabilities or developmental delays. Services may include speech therapy, physical therapy, family counseling and more.

## Age 3 through Age 5

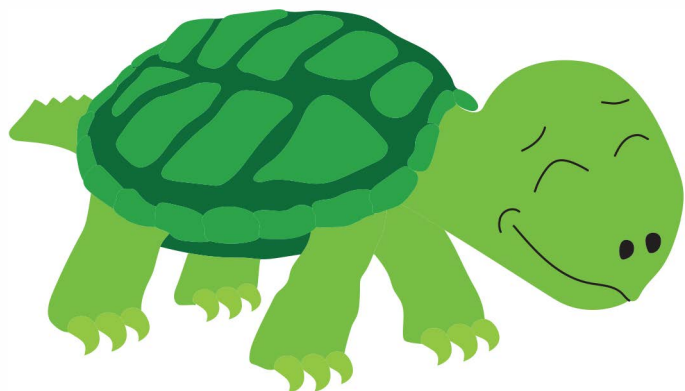
**State-Funded Prekindergarten**

[bit.ly/earlylearningnys](https://bit.ly/earlylearningnys)

Programs offer early learning at your local school district or in your community.

**Preschool Special Education** | [bit.ly/specialednys](https://bit.ly/specialednys)

Services for students with disabilities provided through local school districts.



## Developmental Disabilities

**Office for People with Developmental Disabilities**

Contact your local Front Door Office to identify needs and connect to developmental disability services for your child.

**1.866.946.9733**

**Parent to Parent of NYS**

Network of families with children with developmental disabilities.

**1.800.305.8817** | [parenttoparentnys.org](https://parenttoparentnys.org)

**Families Together of NYS**

Supports families and children with social and emotional challenges.

**518.432.0333** | [ftnys.org](https://ftnys.org)

**eiFamilies**

Organization that supports parents with children who receive early intervention services.

[eifamilies.com](https://eifamilies.com)

# Family Support

## Paid Family Leave

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.

**1.844.337.6303** | [bit.ly/paidleavenys](https://bit.ly/paidleavenys)

## NYS Office for the Aging

Find information and resources about services and supports for people of all ages.

**1.800.342.9871** | [nyconnects.ny.gov](https://nyconnects.ny.gov)

## NYS Office of Temporary and Disability Assistance (OTDA)

Provides assistance and support to eligible families. **518.402.3096** | [otda.ny.gov/programs](https://otda.ny.gov/programs)

## Enhanced Services to Refugees Program, NYS OTDA

Free services for newly arrived refugee families to obtain language training, health services, and employment assistance.

**518.402.3096** | [bit.ly/rsnys](https://bit.ly/rsnys)

## Office for New Americans, NYS Department of State

Free services for new Americans including help accessing workforce development, mobile English language learning, and legal services, and other free services and supports.

**1.800.566.7636** | [bit.ly/onanys](https://bit.ly/onanys)

## Kinship Care

Referrals and assistance for grandparents and other relatives caring for children.

**1.877.454.6463** | [nysnavigator.org](https://nysnavigator.org)

# Safety



## SAFE KIDS NY

Find car seat safety tips and safety workshops dedicated to preventing injuries to children.

**516.881.7000** | [bit.ly/safekidsnys](https://bit.ly/safekidsnys)

## Prevent Child Abuse NY

Parenting support and resources including a parent helpline.

**1.800.224.5373** | [preventchildabuseny.org](https://preventchildabuseny.org)

# Mental Health

## NYS Office of Mental Health

Support for depression, child mental health, and other social and emotional needs for children and families.

Call or text **988** to Suicide and Crisis Lifeline  
[bit.ly/mentalhealthnys](https://bit.ly/mentalhealthnys)

## Postpartum Resource Center of New York

Provides connection to mental health support after giving birth for moms, dads, and their families.

**1.855.631.0001** | [postpartumny.org](https://postpartumny.org)

## County Children's Single Point of Access (C-SPOA) Coordinators.

Help connect children and families with providers of mental health services. Find your C-SPOA Coordinator at [clmhd.org/contact\\_local\\_mental\\_hygiene\\_departments](https://clmhd.org/contact_local_mental_hygiene_departments)

# Domestic Violence

## NYS Office for the Prevention of Domestic Violence

Find emergency shelter or information on gender-based violence. Connect to the domestic violence program in your community.

[bit.ly/dvhelpnys](https://bit.ly/dvhelpnys)

## NYS Domestic and Sexual Violence Hotline:

**1.800.942.6906**

Text **844.997.2121**

Chat [opdv.ny.gov](https://opdv.ny.gov)

Deaf or Hard of Hearing: **711**

# Addiction Supports

## NYS Office of Addiction Services and Supports

Find addiction prevention, treatment, and recovery programs

[FindAddictionTreatment.ny.gov](https://FindAddictionTreatment.ny.gov)

**1.877-8-HOPENY**

**(1.877.846.7369)**

[bit.ly/oasasnys](https://bit.ly/oasasnys)

Text **HOPENY (467369)**





# Health



## Growing Up Healthy Hotline

Helps pregnant and parenting people find help on baby's health, nutrition, and other family needs. Available 24 hours/day, 7 days a week, in English, Spanish and other languages. **1.800.522.5006**

## Dental Services and Resources

Find resources on prenatal and childhood oral health.

**1.855.355.5777 TTY: 1.800.662.1220**

**[bit.ly/dentalnys](https://bit.ly/dentalnys)**

## NYS Department of Health Children and Youth with Special Health Care Needs (CYSHCN) Program.

Offering support to children and youth from birth through age 21 and their families who may have a serious or long-lasting physical, intellectual or developmental disability, and/or a behavioral or emotional condition. Contact the NYSDOH CYSHCN team at **518.474.1961** or

**[CYSHCN@health.ny.gov](mailto:CYSHCN@health.ny.gov)**

County program contact information here:

**[health.ny.gov/community/special\\_needs/county\\_programs.htm](https://health.ny.gov/community/special_needs/county_programs.htm)**

## Basic Needs

### Regional Food Banks

Find a local food pantry: **[bit.ly/foodbanknys](https://bit.ly/foodbanknys)**

### **SNAP** (*Supplemental Nutrition Assistance Program*)

Help for eligible families to buy healthy food.

**[bit.ly/snapnys](https://bit.ly/snapnys)**

### **WIC** (*Special Supplemental Nutrition Program for Women, Infants and Children*)

Nutrition education and assistance to pregnant, breast/chestfeeding and postpartum eligible women, and caregivers of infants and children up to age 5. **[bit.ly/wicnys](https://bit.ly/wicnys)**

### **HEAP** (*Home Energy Assistance Program*)

Helps with home heating costs for eligible New Yorkers. **[bit.ly/heapnys](https://bit.ly/heapnys)**

## Health Insurance

Medicaid and Child Health Plus (CHP)

Learn how to sign up for Medicaid or Child Health Plus (CHP). Call the Medicaid or CHP Helpline at **1.800.698.4KIDS**

## NY State of Health Marketplace

Online resource to help individuals compare and enroll in a low-cost quality health insurance plan. **[nystateofhealth.ny.gov](https://nystateofhealth.ny.gov)**

\*Eligibility and enrollment for assistance programs, health insurance, and tax credit information can be found at

**[mybenefits.ny.gov/mybenefits/begin](https://mybenefits.ny.gov/mybenefits/begin)**



## Shelter Support

Support for people who are unhoused or at risk of being unhoused. Contact the local Department of Social Services. **[bit.ly/housingnys](https://bit.ly/housingnys)**

## 211nys

Connect to services by calling **2-1-1** or visit **[211nys.org](https://211nys.org)**.

## **HEARS Family Line** (**Help, Empower, Advocate, Reassure, and Support**)

Connect to services including food, clothing, housing, medical, and mental health care services. **1.888.55HEARS (1.888.554.3277)**



Scan or visit **ccf.ny.gov**  
for more info on  
assistance programs



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