Family Guide to NYS Early Childhood Services



NEW YORK STATE | Council on Children and Families

Hello! From the NYS Council on Children and Families

Who we are:

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 (**ccf.ny.gov/nysparenting**) 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:**

NYS Child Care and After School Care Locator

Locate information on child care, after school programs, and parent support (home visiting) programs 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 support early language development.



Help Hub for Families

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.

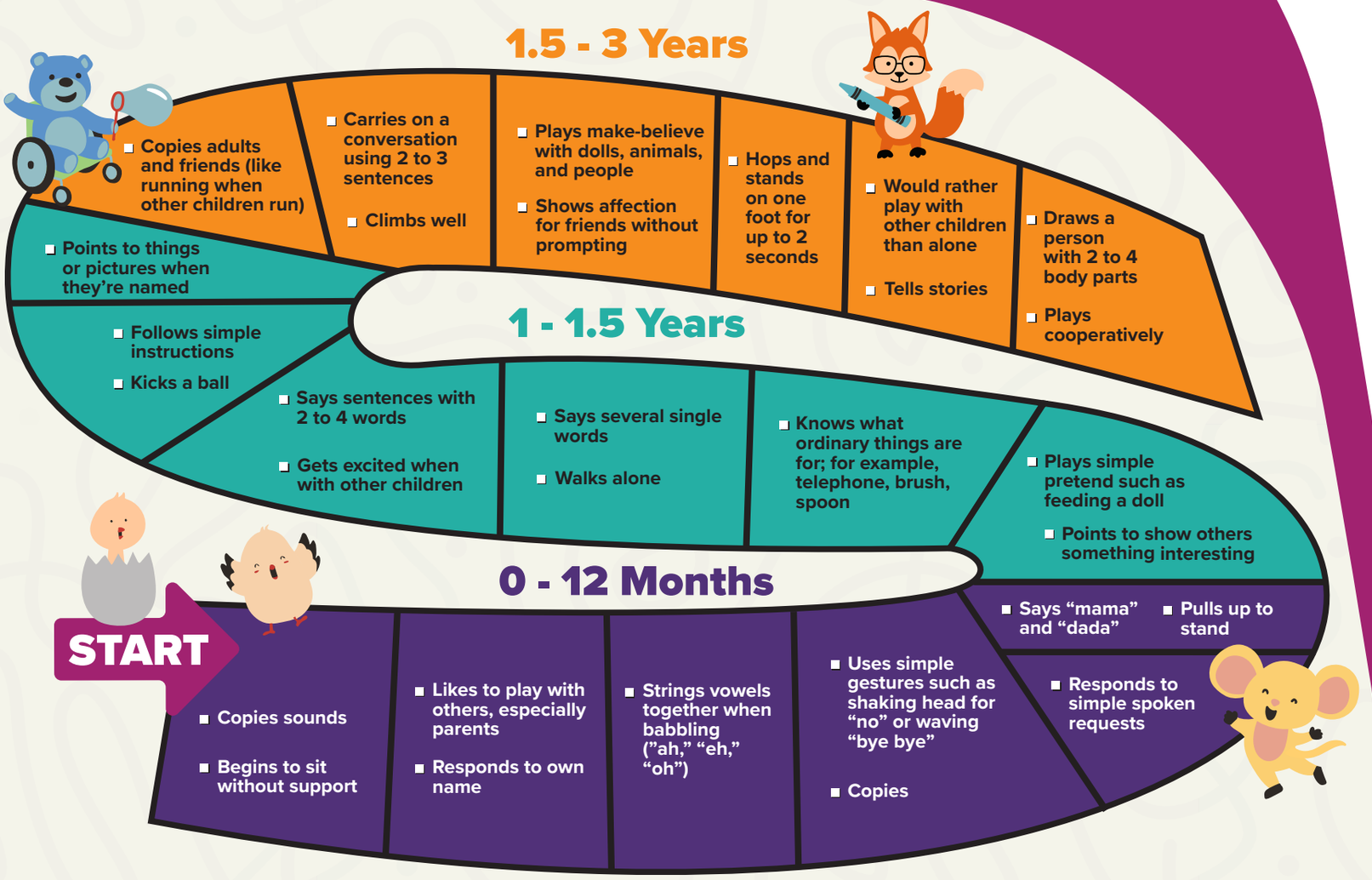
Child Development Resources

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 helpful on your journey as a family. Follow us on Facebook and Instagram @nysccf.

Your Child's Growth Journey



*Adapted from "Your Child's Early Development is a Journey", National Center on Birth Defects and Developmental Disabilities, Centers for Disease Control and Prevention, 2004

All babies are different and develop at their own pace. This list of milestones is only a few of the things your baby can and will do. If you have a concern, talk to your child's doctor. Remember, you know your baby best.

What to share with your doctor

- What do you and your baby do together?
- What does your baby like to do?
- Is there anything your baby does that worries you?
- Has your baby lost any skills they once had?
- How are YOU feeling?

What to ask your doctor if your child is not meeting one or more milestones

- Ask about "Developmental Screenings".
- Ask to be referred to a specialist who can find out more about how your child learns.
- Contact the New York State Early Intervention Program.

NEW YORK STATE | Council on Children and Families

Check out the Center for Disease Control free Milestones Tracker or visit our NYS Parent Portal at **ccf.ny.gov/nysparenting** to learn more.

0-12 Months

2 Months (0-8 weeks)

What can your baby do?

- Watches you as you move.
- Holds head up when on their tummy.

What can you do to help your baby learn and grow?

- Spend time holding your baby.
- Tummy Time.

4 Months (8-16 weeks)

What can your baby do?

- Looks at you, moves or makes sounds to get your attention.
- Pushes up to elbows/forearms when on their tummy.

What can you do to help your baby learn and grow?

- Talk, read and sing to your baby!

6 Months (16-24 weeks)

What can your baby do?

- Recognizes familiar people.
- Puts things to their mouth.

What can you do to help your baby learn and grow?

- Use “back and forth” play with your baby.
- Copy your baby’s facial expressions and sounds.

9 Months (24-36 weeks)

What can your baby do?

- Looks at you when you call their name.
- Sits without support.

What can you do to help your baby learn and grow?

- Place toys on the ground, or on a play mat to encourage your baby to crawl, scoot or roll to get them. Make sure to celebrate them when they reach it!

12 Months (36-52 weeks)

What can your baby do?

- Calls parent or caregiver by a name.
- Picks things up with thumb and pointer finger, like small pieces of food.

What can you do to help your baby learn and grow?

- Sing and read to your baby.



1-1.5 Years

12-15 Months

What can your baby do?

- Says one or two words.
- Takes a few steps on their own.

What can you do to help your baby learn and grow?

- Find ways to let your child help you. Let them get their shoes to go outside or put their toys away.

15-18 Months

What can your baby do?

- Points to show you something interesting.
- Walks without holding on to anything or anyone.

What can you do to help your baby learn and grow?

- Start to teach your child the names of body parts. Point and say, "Here's your nose, here's my nose."





1.5-3 Years

2 Years (18-24 months)

What can your baby do?

- Notices when others are hurt or sad.
- Says at least two words together, like “more water”.
- Plays next to other children and sometimes plays with them.

What can you do to help your baby learn and grow?

- When your child is being a good helper say things like “You are such a good helper” and “Thank you!”

3 Years (24-36 months)

What can your baby do?

- Puts clothes, like loose pants or a coat on by themself.
- Says first name when asked.
- Asks Who, What, Where or Why questions like “Where is it?”

What can you do to help your baby learn and grow?

- Encourage your child to play with other children.
- Children learn about friendship through play.



Was Your Baby Born Early?

Was your baby born early?

If your baby was born early or premature, their development journey may look different. The developmental milestones you should expect to see for babies born early will be according to their "corrected age", the age your baby would be if born on their due date. By knowing the right milestones you will be able to celebrate your baby better.

Corrected Age = (Your baby's actual age in weeks) minus (The number of weeks your baby was pre-term)

Example: If your baby, who is now 20 weeks (5 months), was born 8 weeks premature your child's **corrected age is 12 weeks (3 months).** You should expect to see your baby reach 3 month milestones.

NYS Services and Resources

Prenatal through Age 5

Child Care | ocfs.ny.gov or **ccf.ny.gov/nysparenting**
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
QSNY rates early care and education programs on a 5-star rating scale.

Home Visiting | ccf.ny.gov/nysparenting
Home visitors help families by supporting them when welcoming a new baby. Family support may be provided on safe sleep, breastfeeding, connecting to mental health services, and more.

Head Start | headstart.gov
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.



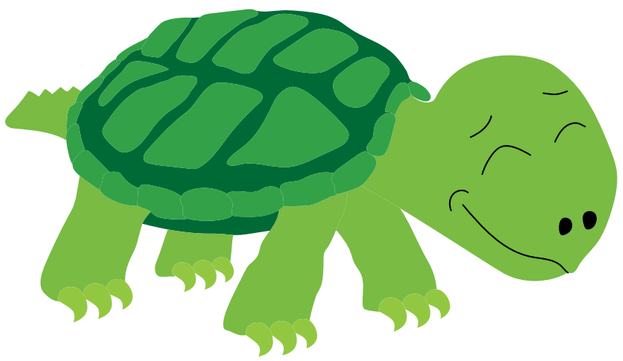
Infants to Age 3

Early Intervention | bit.ly/nysei
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/nysprek
Programs offer early learning at your local school district or in your community.

Preschool Special Education | bit.ly/nysprekseped
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 | ptopnys.org

Families Together of NYS
Supports families and children with social and emotional challenges.
1.888.326.8644 | ftnys.org

eiFamilies
Organization that supports parents with children who receive early intervention services.
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 | paidfamilyleave.ny.gov

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

NYS Office of Temporary and Disability Assistance (OTDA)
Provides assistance and support to eligible families.
1.800.342.3009 | 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/nysotdars

Office for New Americans, NYS Department of State
Free services including help accessing workforce development, mobile English language learning, legal services, and other free services and supports.
1.800.566.7636 | bit.ly/nysona

Kinship Care
Referrals and assistance for grandparents and other relatives caring for children.
1.877.454.6463 | nysnavigator.org

Safety



SAFE KIDS NY
Find car seat safety tips and safety workshops dedicated to preventing injuries to children.
718.470.7178 | bit.ly/safekidsnys

Prevent Child Abuse NY
Parenting support and resources including a parent helpline.
1.800.342.3721 | 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/nys-omh

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

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 **bit.ly/nysC-SPOA**

Domestic Violence

NYS Office for the Prevention of Domestic Violence
Find emergency shelter or information on gender-based violence. Connect to the program in your community.

NYS Domestic and Sexual Violence Hotline:
1.800.942.6906 Call
1.844.997.2121 Text
opdv.ny.gov Chat
Deaf or Hard of Hearing: **711**

Addiction Supports

NYS Office of Addiction Services and Supports
Find addiction prevention, treatment, and recovery programs
1.877-8-HOPENY (1.877.846.7369)
bit.ly/nysoasas
HOPENY (467369) Text



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**

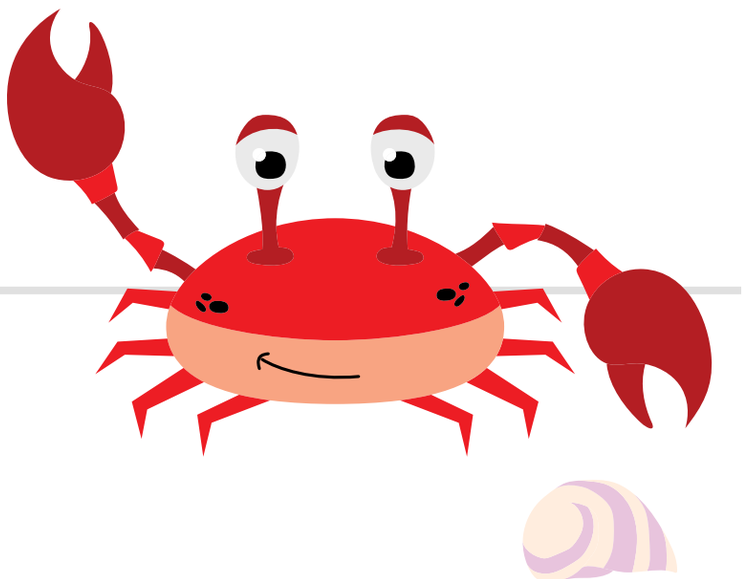
Dental Services and Resources
Find resources on prenatal and childhood oral health.
1.855.355.5777 TTY: 1.800.662.1220
bit.ly/nysdental

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:
518.474.1961 call
CYSHCN@health.ny.gov email
County program contact information here:
bit.ly/nysCYSHCN

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
1.855.355.5777

*Eligibility and enrollment for assistance programs, health insurance, and tax credit information can be found at
mybenefits.ny.gov/mybenefits/begin



Basic Needs

Regional Food Banks
Find a local food pantry: **bit.ly/nysfoodpantry**

SNAP *(Supplemental Nutrition Assistance Program)*
Help for eligible families to buy healthy food.
bit.ly/nysSNAP
1.800.342.3009

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/nyswic**

HEAP *(Home Energy Assistance Program)*
Helps with home heating costs for eligible New Yorkers. **bit.ly/nysHEAP**
1.800.342.3009

Shelter Support
Support for people who are unhoused or at risk of being unhoused. Contact the local Department of Social Services. **bit.ly/nyshousing**

211nys
Connect to services by calling **2-1-1** or visit **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)
8:30am – 8:00pm