

# The Handbook for Alabama Parents

...because babies don't come with instructions.

The Alabama Partnership for Children is a 501(c)3 nonprofit whose mission is:  
To work in partnership with families and organizations to ensure that all Alabama children  
(birth to five) get everything they need to develop to their fullest potential.

Vision: “Every Alabama Child Will Have the Opportunity to Succeed in Life”.



# How to Use This Handbook

Parents often wish that their babies had come with an instruction manual. There are many books on child development, but very few handbooks include information and state resources, just for parents in Alabama. Look through this handbook to read topics that interest you and are relevant to your family. Each page is set up similarly, so information is easy to find! See the index for a listing of topics and resources that are included in this handbook.



## Pregnancy

### Things You Can Do:

- Schedule an appointment with your doctor as soon as you think you are pregnant. Always let the doctor know how you are feeling - both physically and emotionally.
- Take prenatal vitamins with folic acid, calcium, and iron.
- Eat healthy foods and exercise regularly.
- Stay away from tobacco, alcohol, and drugs - both street drugs and over-the-counter medicines. If you need help, there are resources available to assist you.
- Take time to rest every day.
- Sing or read a favorite children's book out loud. Even before your baby can hear and is learning your voice, your baby will benefit from being with positive people.

**Pregnancy** is a time of great excitement and preparation that brings many changes - both physical and emotional, as well as changes in the day-to-day life of your family. You may be feeling overwhelmed, and should feel comfortable to ask people around you for help. Use the more of pregnancy to prepare you for the realities of being a parent: ask your doctor questions; talk with other mothers and fathers, read books and trusted websites. Research shows that the more you care for yourself during your pregnancy, the better care you will give your newborn.

**This is also the perfect time** to find ways to reduce stress in your life. If you smoke, drink, or use drugs, stop now and find help. Find time to rest well. Taking care of yourself is important for your baby's health, so as soon as you think you may be pregnant, make sure to start getting regular checkups.

Here you will find general, important, information about a topic.

The "Resources" section provides website and telephone information. These resources are great for finding help or learning more.



## Resources

**Taking care of yourself is very important. For more information:**

Alabama Healthy Marriage & Relationship Education Initiative  
Alabama Medicaid Agency  
Alabama Tobacco Quitline  
ALL Kids Insurance  
American Academy of Pediatrics  
American Pregnancy Association  
Choose My Plate for Pregnant & Breastfeeding Women  
March of Dimes  
Parenting Assistance Line  
Perinatal Care  
HIV/AIDS Hotline  
Text4Baby  
Through the Looking Glass  
WIC

1-888-4together  
1-800-362-1504  
1-800-784-8669  
1-888-373-5437  
1-334-954-2543  
1-800-672-2296

1-888-663-4637  
1-866-962-3030  
1-334-206-5675  
1-800-228-0469  
Text BABY (or BEBE) to 511411  
1-800-644-2666  
1-888-942-4673

alabamamarriage.org  
medicaid.alabama.gov  
quimnowalabama.com  
alabamapublichealth.gov/allkids  
healthychildren.org  
americanpregnancy.org

myplate.gov/life-stages-pregnancy-and-breastfeeding  
marchofdimes.com  
pal.ua.edu  
alabamapublichealth.gov/perinatal  
hab.hrsa.gov  
text4baby.org  
lookingglass.org  
alabamapublichealth.gov/wic








**Just for Dads:** As you anticipate the birth of your child, you may find yourself at a loss for what you can do. Being supportive is a huge help. Try to keep the stress levels at home as low as possible. Help out however you can around the house. Go to prenatal visits and childbirth classes together. Make sure you can be reached in an emergency. Do you need help or support during this time of change? Contact the National Fatherhood Initiative: [www.fatherhood.org](http://www.fatherhood.org)

Here you will find some tips for things you can do.

Each topic includes a special interest section. Many of them are geared toward dads.

# How to Use This Handbook

The handbook is divided into sections by color. Each section starts with a contents page that will let you know what information you can find on the next few pages. On the back of each contents page will be a highlight from each card. The Index section includes an alphabetical list of all resources mentioned throughout the handbook. The sections are as follows:

-  **Pregnancy and Infant Care**
-  **Healthcare**
-  **Your Child's Development**
-  **As Your Child Grows**
-  **Disability and the Family**
-  **Family Resources**
-  **Index**



\*Special Notes: Throughout this handbook, you will notice that some topic cards use “he/him” and others use “she/her.” These references are meant to be generic, so read them as if they are referring to your child. Telephone numbers and website addresses may change between printings. If you try a number or web address that does not work, please call 1-866-711-4025 or email [info@apcteam.org](mailto:info@apcteam.org). Many resources listed in this handbook have translation availability. Please contact the resource needed for more information

# Pregnancy and Infant Care



- **Pregnancy**
- **When Your Baby is Born**
- **What Your Baby Needs**
- **Feeding Your Baby**



# Pregnancy and Infant Care Highlights

Moms who get proper prenatal care have a better chance of a healthy birth and recovery.

Learn about services your hospital offers and develop a birth plan with your doctor to help you plan ahead.

No parent is perfect, but you are the best first teacher for your child. The care and love you provide will help your baby develop.

From breastfeeding and formula to solid foods, do your research and learn what works best for you and your baby for healthy growth.



# Pregnancy

## Things You Can Do:

- Schedule an appointment with your doctor as soon as you think you are pregnant. Always let the doctor know how you are feeling - both physically and emotionally.
- Take prenatal vitamins with folic acid, calcium, and iron.
- Eat healthy foods and exercise regularly.
- Stay away from tobacco, alcohol, and drugs - both street drugs and over-the-counter medicines. If you need help, there are resources available to assist you.
- Take time to rest every day.
- Sing or read a favorite children's book out loud. Even before birth, your baby can hear and is learning your voice.
- Surround yourself with positive people.

**Pregnancy** is a time of great excitement and preparation that brings many changes - both physical and emotional-as well as changes in the day-to-day life of your family. You may be feeling overwhelmed. You should feel comfortable asking people around you for help. Use the months of pregnancy to prepare yourself for the realities of being a parent: ask your doctor questions, talk with other mothers and fathers, read books and visit trusted websites. Research shows that the more you care for yourself during your pregnancy, the better care you will give your newborn.

**This is also the perfect time** to find ways to reduce stress in your life. If you smoke, drink, or use drugs, stop now and find help. Find time to rest well. Taking care of yourself is important for your baby's health, so as soon as you think you may be pregnant, make sure to start getting regular checkups.



# Resources

**Taking care of yourself is very important. For more information:**

Alabama Healthy Marriage & Relationship Education Initiative	1-334-844-3189	<a href="http://alabamamarriage.org">alabamamarriage.org</a>
Alabama Medicaid Agency	1-800-362-1504	<a href="http://medicaid.alabama.gov">medicaid.alabama.gov</a>
ALL Kids Insurance	1-888-373-5437	<a href="http://alabamapublichealth.gov/allkids">alabamapublichealth.gov/allkids</a>
American Academy of Pediatrics	1-334-954-2543	<a href="http://healthychildren.org">healthychildren.org</a>
American Pregnancy Association	1-800-672-2296	<a href="http://americanpregnancy.org">americanpregnancy.org</a>
HIV/AIDS Hotline	1-800-228-0469	<a href="http://hab.hrsa.gov">hab.hrsa.gov</a>
March of Dimes	1-888-663-4637	<a href="http://marchofdimes.com">marchofdimes.com</a>
My Plate for Pregnant & Breastfeeding Women		<a href="http://myplate.gov/life-stages/pregnancy-and-breastfeeding">myplate.gov/life-stages/pregnancy-and-breastfeeding</a>
National Fatherhood Initiative	1-301-948-0599	<a href="http://fatherhood.org">fatherhood.org</a>
Parenting Assistance Line	1-866-962-3030	<a href="http://pal.ua.edu">pal.ua.edu</a>
Perinatal Care	1-334-206-5955	<a href="http://alabamapublichealth.gov/perinatal">alabamapublichealth.gov/perinatal</a>
QuitNow Alabama	1-800-784-8669	<a href="http://quitnowalabama.com">quitnowalabama.com</a>
Text4Baby	Text BABY (or BEBE) to 511411	<a href="http://text4baby.org">text4baby.org</a>
Through the Looking Glass	1-510-848-1112	<a href="http://lookingglass.org">lookingglass.org</a>
WIC	1-888-942-4673	<a href="http://alabamapublichealth.gov/wic">alabamapublichealth.gov/wic</a>

**Just for Dads:** As you anticipate the birth of your child, you may find yourself at a loss for what you can do. Being supportive is a huge help. Try to keep the stress levels at home as low as possible. Help out however you can around the house. Go to prenatal visits and childbirth classes together. Make sure you can be reached in an emergency. Do you need help or support during this time of change? Contact the National Fatherhood Initiative: [fatherhood.org](http://fatherhood.org)



# When Your Baby is Born

## What You Need to Know About Newborn Screening:

- The newborn screening is a blood test to identify any possible health problems, as well as a hearing test to determine hearing loss. These tests are required by the state of Alabama.
- A baby has a greater chance for healthy growth and development if a problem is found early. Your baby can still have a problem even though she may look healthy.
- Please give the hospital your correct address, phone number, and name of the doctor who will take care of your baby to make sure you are notified of any abnormal results.
- Ask about your baby's newborn screening results at the first doctor visit. If your baby's doctor asks you to bring your baby back for a repeat test please do so as soon as possible.

**The birth of your baby** is an experience that is special to you, and every woman handles the experience in a different way. The birth process is exciting but may also be very hard and very tiring. Planning ahead is important. Creating a birth plan can be a helpful tool. Where will you give birth? Who will be in the delivery room with you? Talk to your doctor about different positions for labor and birth, as well as medicine for pain management, if you choose to have it. Following the birth, your baby should be close to you, if possible. Breastfeeding is an excellent way to create a close relationship with your baby while giving your baby the best nutrition possible.

**Having a new baby** is both rewarding and a huge responsibility. You may feel both excited and stressed at the same time. While you will feel love for your baby, there are times that you may feel lonely, angry, or worried. These are common feelings. It is important that you are patient with yourself and make sure to ask for help when you need it.



# Resources

**Having a baby is a special time. For more information about your and your baby's health:**

Alabama's Early Intervention System	1-800-543-3098	<a href="http://rehab.alabama.gov/services/ei">rehab.alabama.gov/services/ei</a>
Alabama Healthy Marriage & Relationship Education Initiative	1-334-844-3189	<a href="http://alabamamarriage.org">alabamamarriage.org</a>
Alabama Medicaid Agency	1-800-362-1504	<a href="http://medicaid.alabama.gov">medicaid.alabama.gov</a>
Alabama Newborn Screening	1-866-928-6755	<a href="http://alabamapublichealth.gov/newbornscreening">alabamapublichealth.gov/newbornscreening</a>
ALL Kids Insurance	1-888-373-5437	<a href="http://alabamapublichealth.gov/allkids">alabamapublichealth.gov/allkids</a>
American Academy of Pediatrics	1-334-954-2543	<a href="http://healthychildren.org">healthychildren.org</a>
Help Me Grow Alabama	1-833-939-0336	<a href="http://helpmegrowalabama.org">helpmegrowalabama.org</a>
<i>Learn the Signs. Act Early.</i>	1-800-232-4636	<a href="http://cdc.gov/ncbddd/actearly">cdc.gov/ncbddd/actearly</a>
National Women's Health Info Center	1-800-994-9662	<a href="http://womenshealth.gov">womenshealth.gov</a>
Parenting Assistance Line	1-866-962-3030	<a href="http://pal.ua.edu">pal.ua.edu</a>
Post Partum Support International	1-800-944-4773	<a href="http://postpartum.net">postpartum.net</a>
QuitNow Alabama	1-800-784-8669	<a href="http://quitnowalabama.org">quitnowalabama.org</a>
Text4Baby	Text BABY (or BEBE) to 511411	<a href="http://text4baby.org">text4baby.org</a>
WIC	1-888-942-4673	<a href="http://alabamapublichealth.gov/wic">alabamapublichealth.gov/wic</a>

**Just for Dads:** You are a very important person in your child's life, so it is essential that you stay involved with the care of your child. There may be times that you are unsure of what to do or how to help. With communication and determination, you will flourish as a dad! If you are divorced or no longer with your child's mother, it is still important that you remain involved so that you can be a role model for your child and make a positive difference in your child's life.



# What Your Baby Needs

## What You Can Do:

- Hold your baby and talk to him. It is impossible to “spoil” a child under the age of one, because babies learn to be more trusting when you respond quickly to their cries and their happy sounds.
- Stay in touch with your baby’s pediatrician in case you have any questions or concerns.
- Establish comforting and consistent routines for your baby. Lay your baby on his back to sleep.
- Don’t allow anyone to smoke around your baby.
- Go ahead and child proof your home. Your baby will be moving around on his own soon!
- Place your baby on his stomach for small amounts of time while he is awake and while you are watching him. Tummy time helps develop strong muscles!
- Never, ever shake, hit, or yell at your baby. There may be times that he cries for no reason, and this is stressful. Remember, crying is also normal, and if you ever feel angry with your baby, put the baby down somewhere safe, and try to “take a breather” to calm down before picking him back up again.

**Having a very young child** is a very special experience. At no other time in your baby’s life will he completely depend on you for everything he needs. Right now, you are the center of your baby’s universe, and the care and love you give him will provide him with the security he needs to develop healthy relationships throughout life. There is no perfect way to be a parent to your baby, because each child is different. There are some general guidelines to follow, but as your baby grows, you will find that you are the expert on all things about him! In the first months, your baby depends on you completely, and as your baby grows older, you will learn how to meet his changing needs.

**If you feel like you need help,** you are not alone! Calling the Parenting Assistance Line, signing up for parenting classes, joining a support group for new parents, talking to your baby’s doctor, and calling a friend or relative are all ways you can reduce the stress of being a new parent.



# Resources

**Being a parent can be challenging but rewarding! For more information:**

Alabama's Early Intervention System	1-800-543-3098	<a href="http://rehab.alabama.gov/services/ei">rehab.alabama.gov/services/ei</a>
Alabama Healthy Marriage & Relationship Education Initiative	1-334-844-3189	<a href="http://alabamamarriage.org">alabamamarriage.org</a>
Alabama Medicaid Agency	1-800-362-1504	<a href="http://medicaid.alabama.gov">medicaid.alabama.gov</a>
ALL Kids Insurance	1-888-373-5437	<a href="http://alabamapublichealth.gov/allkids">alabamapublichealth.gov/allkids</a>
American Academy of Pediatrics	1-334-954-2543	<a href="http://heathychildren.org">heathychildren.org</a>
Parenting Assistance Line	1-866-962-3030	<a href="http://pal.ua.edu">pal.ua.edu</a>
Postpartum Support International	1-800-944-4773	<a href="http://postpartum.net">postpartum.net</a>
QuitNow Alabama	1-800-784-8669	<a href="http://quitnowalabama.org">quitnowalabama.org</a>
Text4Baby	Text BABY (or BEBE) to 511411	<a href="http://text4baby.org">text4baby.org</a>
Through the Looking Glass	1-800-644-2666	<a href="http://lookingglass.org">lookingglass.org</a>
Vroom		<a href="http://vroom.org">vroom.org</a>
WIC	1-888-942-4673	<a href="http://alabamapublichealth.gov/wic">alabamapublichealth.gov/wic</a>

**Just for Dads:** You have probably heard that the mother is the most important person to a baby. Yes, mom is very important, but your positive presence is equally important! Your baby learns from the way you treat him. When you are actively involved - through showing affection, physical care, gentle guidance, reading to him, singing to him, and playing with him - you are helping your baby feel secure. He will be more likely to have a positive future, when you are positively involved in his everyday life. If you want more tips or need help, call the Parenting Assistance Line.



# Feeding Your Baby

## What You Can Do:

- **Birth to 6 months:** Breastfeed your baby, if at all possible. If you are not able to breastfeed your baby, she will need iron-fortified formula, so talk to your doctor about your options. Newborns need to be fed every 1 1/2 to 3 hours, and do not need solid foods, water, or other liquids. If you bottle-feed your baby, don't prop the bottle in her mouth. She needs you to hold her close and talk to her while feeding her.
- **6 to 9 months:** Your baby may be ready for solid foods when she begins sitting without support and grabbing and holding objects with her hands. Talk to your doctor about the right time to start solid foods. Blended, smooth single-ingredient vegetables, fruits, meats, and infant cereal with iron make good first foods. During this time, your baby continues to need breastmilk or formula. Always sit & interact with your baby while she eats.
- **9 to 12 months:** As your baby eats more solid foods, she will drink less breastmilk or formula. Around 12 months, she can start learning to use a cup. Make sure to talk to your doctor about the foods that you feed her, and offer her a variety of healthy foods, so that she will prefer them as she grows older.

**Breastfeeding** is the best way to feed your baby, and doctors recommend breastfeeding your baby for at least the first year. Support groups such as La Leche League provide information and support for breastfeeding mothers. Breastmilk is the best nutrition for babies because it provides babies with the nutrients they need, and it naturally protects them from sickness and allergies. You can also see benefits, since breastfeeding burns calories and can help you get back in shape after having your baby. How you feed your baby is just as important as what you feed your baby. When your baby cries, responding quickly will help her feel safe and happy. Holding her and feeding her in a loving way helps her develop a positive relationship with you, as well as positive feelings about food and herself.

**As your baby grows,** the foods you give her will change, but it will remain important that you make mealtimes positive for your baby. When she is able to sit at the table, make sure to sit with her and talk to her as she eats. Cut her food into tiny pieces so she does not choke. Set a good example by eating the healthy foods you offer to her.



# Resources

## For more information on feeding your baby:

Alabama Healthy Kids, Healthy Future	1-866-711-4025	<a href="http://alabamapartnershipforchildren.org/our-work/alabama-healthy-kids-healthy-future">alabamapartnershipforchildren.org/our-work/alabama-healthy-kids-healthy-future</a>
American Academy of Pediatrics Breastfeeding Initiatives	1-334-954-2543	<a href="http://healthychildren.org">healthychildren.org</a>
La Leche League of Alabama, Mississippi, & Louisiana	1-800-4-LA-LECHE	<a href="http://allalmsla.org">allalmsla.org</a>
My Plate for Pregnant & Breastfeeding Women	1-888-779-7264	<a href="http://myplate.gov/life-stages/pregnancy-and-breastfeeding">myplate.gov/life-stages/pregnancy-and-breastfeeding</a>
Parenting Assistance Line	1-866-962-3030	<a href="http://pal.ua.edu">pal.ua.edu</a>
WIC	1-888-942-4673	<a href="http://alabamapublichealth.gov/wic">alabamapublichealth.gov/wic</a>

**Just for Dads:** All the talk about breastfeeding may cause you to feel like you can have no part in feeding your baby. Breastfeeding success will require support from you and others around mom. Once breastfeeding is going well, mom can pump breastmilk into a bottle for you (and others) to help feed the baby. You can also help in other ways, like burping her, changing her diaper, or just holding her. As your baby grows, keep taking an active part in feeding her - be sure she is safely strapped in a highchair before eating, and cut table foods into tiny pieces, so she does not choke. Talk to her as she eats - mealtimes are a great time for interaction!

# Healthcare



- **Medical Care**
- **Immunizations**
- **Healthcare Coverage**
- **Dental Care**



# Healthcare Highlights

Choosing a doctor or other primary health care provider that you trust is an important step in your child's healthy development.

Vaccines help your child build up an immunity to dangerous diseases and can protect other children in your community.

Insurance for your child's healthcare helps your child and family with regular and unexpected medical needs.

Properly caring for your child's gums and teeth from infancy can set up healthy habits for a lifetime.



# Medical Care

## When Choosing a Doctor, Ask:

- Does the doctor accept your insurance?  
What are the fees for a visit?
- What services does the doctor provide?
- Can the doctor be your child's regular doctor?
- Who will care for your child if the doctor is unavailable?
- Is there a regular schedule for well-child visits through age 18?
- What are the doctor's arrangements for after-hours and emergency needs? What are the telephone numbers for both office hours and after-hours?
- What hospital does the doctor use for patients?
- What is the process if your child needs to see a specialist?

**Choosing a doctor** for your child is very important; this can prevent many childhood health problems and expensive trips to the emergency room. What is a medical home? This term is used to mean that you have one place where you take your child regularly for check-up visits and sick-child visits. Having a medical home allows you and your child to get to know your doctor better, which will result in better health care. It is also important to follow your child's check-up schedule from birth to age 18, even if she is not sick.

**When you take your child** for a doctor's visit, be sure to have a list of written questions. It may also help to have a list of medications that your child is taking or simply take the medications with you to the visit. It's okay to feel nervous about doctor's visits, and if you feel like you need support, ask someone to go along with you. Be sure to take notes during or immediately after the visit. Write down important information and ask plenty of questions. Always call your doctor's office or after-hours number for medical advice about any medical concerns.



# Resources

**Making sure your family has access to medical care is very important. For more information:**

Alabama Medicaid Agency	1-800-362-1504	<a href="http://medicaid.alabama.gov">medicaid.alabama.gov</a>
ALL Kids Insurance	1-888-373-5437	<a href="http://alabamapublichealth.gov/allkids">alabamapublichealth.gov/allkids</a>
American Academy of Pediatrics	1-334-954-2543	<a href="http://healthychildren.org">healthychildren.org</a>
Family Planning	1-800-654-1385	<a href="http://alabamapublichealth.gov/familyplanning">alabamapublichealth.gov/familyplanning</a>
Help Me Grow Alabama	1-833-939-0336	<a href="http://helpmegrowalabama.org">helpmegrowalabama.org</a>
Insure Alabama	1-888-373-5437	<a href="http://insurealabama.adph.state.al.us">insurealabama.adph.state.al.us</a>
Kids Health		<a href="http://kidshealth.org">kidshealth.org</a>
National Women's Health Info Center	1-800-994-9662	<a href="http://womenshealth.gov">womenshealth.gov</a>
Parenting Assistance Line	1-866-962-3030	<a href="http://pal.ua.edu">pal.ua.edu</a>
Plan First	1-888-737-2083	<a href="http://alabamapublichealth.gov/planfirst">alabamapublichealth.gov/planfirst</a>
Poison Control	1-800-222-1222	<a href="http://aapcc.org">aapcc.org</a>
Police, Fire, or Ambulance	9-1-1	

**Family Planning:** Deciding to have another baby is an important decision. Babies are a big responsibility. They require a lot of time and money, not to mention the toll pregnancy takes on your body. Most doctors recommend spacing babies at least two years apart, to give your body time to recover. Family planning can help you decide when to have a baby and how many babies to have. There are many birth control options available to you, and it is always the perfect time to consider your options. For free or low-cost family planning services, contact Alabama Medicaid or Plan First.



# Immunizations

## Things You Can Do:

- Do your research. Ask your doctor for information on upcoming immunizations so you know what to expect before the shot has to be given.
- Stay calm. If you are nervous every time you see a needle, your child will pick up on your fear.
- Talk to your baby in a comforting voice.
- Hold your baby close. If you breastfeed, then breastfeeding your baby immediately before or during the shot may reduce the pain your baby feels. Also, a pacifier may help calm your baby.
- Distract your child: bring a familiar object, like a favorite toy or blanket, or sing a song with your child.
- Be honest and compassionate. Explain to your toddler or preschooler that shots will help keep her healthy. Also, be sure to let your child know that it's okay to cry, but she should try to remain brave.
- After the shot, use a warm cloth to help with soreness. Also, ask your doctor about giving your child a non-aspirin pain reliever to reduce mild side effects.

**Childhood immunizations**, also known as shots or vaccines, can help your child build up an immunity to and protect her from many dangerous diseases, including measles, mumps, whooping cough, meningitis, severe diarrhea, polio, hepatitis A & B, chicken pox, diphtheria, tetanus, rubella, cervical cancer, pneumococcal disease, and Haemophilus influenzae type B. Most shots are given by the time your child is 2 years old, but some are given when she is a bit older.

**Talk to your doctor** to learn more about vaccines for your child. The immunization schedule can change, so ask your doctor what shots your child needs and at what age she should get them. Follow this schedule, and try not to miss a scheduled vaccine. If your child does miss a vaccine, she can still get it. Be sure to ask your doctor about an immunization record, or "blue card". Most child care providers and schools will ask for it. Even if your child is "up-to-date" on her vaccines, remember that she still needs to be taken to the doctor for a check-up!



# Immunization History

Age	Kind of Shot	# in Series	Date Given
Birth	Hepatitis B	1	
2 Months	Hib	1	
	Polio	1	
	DtaP	1	
	PCV	1	
	Rota*	1	
	Hepatitis B	2	
4 Months	Hib	2	
	Polio	2	
	DtaP	2	
	PCV	2	
	Rota*	2	
6 Months	Hib	3	
	Polio	3	
	DtaP	3	
	PCV	3	
	Rota*	3	
	Hepatitis B	3	

Age	Kind of Shot	# in Series	Date Given
1 year	Hib	4	
	DTaP	4	
	PCV	4	
	MMR	1	
	Chicken pox	1	
	Hepatitis A	1	
18 months	Hepatitis A	2	
4 to 6 years	Polio	4	
	DTaP	5	
	MMR	2	
	Chicken pox	2	
11 to 12 years	Tdap MCV		
	HPV (3 doses)		

\*may be 2 or 3 doses in a series, depending on the vaccine used.

## Questions about immunizations?

Alabama Immunization Division:

1-800-469-4599

[alabamapublichealth.gov/immunization](http://alabamapublichealth.gov/immunization)

American Academy of Pediatrics:

1-334-954-2543

[healthychildren.org](http://healthychildren.org)



# Healthcare Coverage

**Access to healthcare** is very important for children to have everything they need to stay healthy. Children need to have regular checkups, vision and dental care, and get medical attention if they get sick or hurt. Healthcare coverage is insurance that helps parents pay for the medical care children need.

## Healthcare coverage allows:

- Consistent care - You can choose a doctor or other healthcare provider you trust to care for your child. This helps your child and the provider to get to know each other and will result in overall better healthcare.
- Regular check-ups and immunizations - Regular check-ups are an important part in making sure your child is growing and healthy. Often a doctor can spot a health problem early and your child can get medical attention before a small illness turns into a big one. Immunizations will help keep your child from getting certain diseases.
- Care when your child is sick or hurt - Even healthy children sometimes get sick or hurt. Your healthcare provider can give your child the care she needs to get better.
- Parents to stop worrying about medical bills - Healthcare costs can be very expensive. Having affordable healthcare coverage can relieve stress on the family and help you stay within your budget.



# Resources

## If your child is uninsured, apply now!

Applying is easy! The joint application for Medicaid and ALL Kids can be filled out online at [insurealabama.adph.state.al.us](http://insurealabama.adph.state.al.us) or you can fill out and mail in an application.

Where can I get an application?

- [insurealabama.adph.state.al.us](http://insurealabama.adph.state.al.us)
- Your county health department
- Hospitals
- Healthcare providers
- Medicaid offices throughout the state

[medicaid.alabama.gov/content/10.0\\_Contact/10.1\\_Medicaid\\_Contacts/10.1.1\\_Medicaid\\_Locations.aspx](http://medicaid.alabama.gov/content/10.0_Contact/10.1_Medicaid_Contacts/10.1.1_Medicaid_Locations.aspx)

Medicaid: 1-800-362-1504

A healthcare coverage program that helps pay medical bills. Medicaid is for pregnant women, low income parents, children and teens under age 19, men and women who want birth control services, and aged, blind or disabled persons. For more information go to [medicaid.alabama.gov](http://medicaid.alabama.gov)

ALL Kids: 1-888-373-Kids (5437)

Alabama's Children Health Insurance Program provides low-cost healthcare coverage for uninsured children and teens under age 19. ALL Kids is administered by the Alabama Department of Public Health.



# Dental Care

## Things You Can Do:

- Starting at birth, clean your baby's gums with water and a clean washcloth.
- Once your baby's teeth begin coming in, use a small toothbrush to clean his teeth.
- Make brushing a habit: brush after breakfast and before bedtime.
- Avoid putting sweet or sugary drinks in your baby's bottle. At bedtime, do not give your baby a bottle of milk or juice. If he must go to bed with a drink, give him water.
- Limit snacking on sugary foods and encourage eating fruits, vegetables, and other nutritious snacks.
- Around 6 months old, help your baby start learning to use a sippy cup. He should be using a cup instead of a bottle by 1 year.

**From the moment** your child is born, taking care of his future teeth is very important. You want to be sure that his gums are healthy and ready for his first teeth, and one of the most important things you can do is prevent "baby bottle" tooth decay. Milk, formula, and juice can cause tooth decay, so don't let your baby go to sleep with a bottle containing anything but water. "Brush" your baby's gums and teeth using water and a baby toothbrush or a clean washcloth. Not only will this keep your baby's gums healthy, it will also help you start good dental habits.

**Celebrate your child's first birthday** with a visit to the dentist, and continue these visits every 6 months. Having a "dental home," or a regular dentist, for your child is very important. Gently clean your toddler's teeth with water and a soft-bristled toothbrush. Toothpaste is not recommended until around age 2, when your child can spit it out. Begin flossing when your baby's teeth touch each other and you can no longer get between them with a toothbrush.



# Resources

## For more information about dental care:

Alabama Medicaid Agency	1-800-362-1504	<a href="http://medicaid.alabama.gov">medicaid.alabama.gov</a>
ALL Kids Insurance	1-888-373-5437	<a href="http://insurealabama.adph.state.al.us">insurealabama.adph.state.al.us</a>
American Academy of Pediatric Dentistry	1-312-337-2169	<a href="http://aapd.org">aapd.org</a>
National Children's Oral Health Foundation	1-800-559-9838	<a href="http://americastoothfairy.org">americastoothfairy.org</a>
Parenting Assistance Line	1-866-962-3030	<a href="http://pal.ua.edu">pal.ua.edu</a>

**The Importance of Baby Teeth:** Even though baby teeth are replaced by permanent teeth, it is still very important that they stay healthy and in place until they are lost naturally. Baby teeth are very important because they help your child chew his food, as well as help speech development, and prepare space for the permanent teeth he will one day have. The healthier your child's "baby smile" is, the healthier his "permanent smile" will be. Taking care of his teeth now will make for a bright dental future!

# Your Child's Development

- Early Care and Education
- Developmental Milestones
- The First Eighteen Months
- Toddlers
- Preschoolers
- Feeding Your Older Child



# Your Child's Development Highlights

High quality care for your child is important for healthy development. Research available voluntary Home Visiting programs, child care, and pre-k programs.

Learn what are reasonable skills to expect of your child. Catching possible problems early can have a positive impact as your child grows.

In the first year of life, your child's brain develops more than one million connections every second! Love and security will help your child thrive.

Toddlers are a lot of fun and can require a lot of work. Your child is testing limits and learning to work through emotions.

Your child loves to play and discover new things. Help develop a strong sense of self by lovingly setting consistent boundaries.

Mealtimes are important opportunities for families to connect. Encourage healthy eating for your child and set a good example.



# Early Care and Education

## When Choosing Child Care:

- Is the center or home licensed by the Department of Human Resources (DHR)?
- Do the children seem happy? Are they playing and smiling? Are they being supervised closely?
- Are the providers welcoming and willing to take time to talk with you?
- Is the space comfortable and clean?
- Do the providers get down on the level of the children to talk with and listen to them?
- Is the daily schedule posted?
- Do the providers attend child care training?
- Are there plenty of age appropriate toys, books, art supplies, and blocks?
- Most of all, what is your “gut feeling”?

**As you consider the needs** of your growing child, there are many options available to support you. There are voluntary Home Visiting programs available statewide which offer free parent education, school readiness preparation, and connections to other appropriate services. Contact the Department of Child Abuse and Neglect Prevention and the Department of Early Childhood Education (DECE) for information on voluntary Home Visiting programs available to you.

**If you’re considering child care,** the decision will impact many areas of your family. No one can replace you as a parent, but high quality child care can offer a safe and loving place where your child can thrive. Finding the right child care takes work, but doing your homework and research means that your child will be in a place you can trust while you must be away. Child care should not look or feel like elementary school. Infants and toddlers should have consistent, loving care and preschoolers should be learning through play, not sitting at tables doing work sheets. If you need help learning about child care options or financial assistance, the Child Care Services Division of DHR is available to assist you. Contact DECE for information on Early Head Start, Head Start, and First Class Pre-K.



# Resources

## Your child's care and education is important! For more information:

Alabama Healthy Kids, Healthy Future	1-866-711-4025	<a href="http://alabamapartnershipforchildren.org/our-work/alabama-healthy-kids-healthy-future">alabamapartnershipforchildren.org/our-work/alabama-healthy-kids-healthy-future</a>
Child Care Aware	1-800-424-2246	<a href="http://childcareaware.org">childcareaware.org</a>
Dept. of Early Childhood Education	1-334-224-3171	<a href="http://children.alabama.gov">children.alabama.gov</a>
DHR Child Care Services	1-334-242-1425	<a href="http://dhr.alabama.gov/child-care">dhr.alabama.gov/child-care</a>
Subsidized Child Care		<a href="http://dhr.alabama.gov/child-care/subsidy-overview">dhr.alabama.gov/child-care/subsidy-overview</a>
Child Care Licensing/Minimum Standards		<a href="http://dhr.alabama.gov/child-care/licensing-overview">dhr.alabama.gov/child-care/licensing-overview</a>
Don't Be In The Dark About Child Care	1-866-711-4025	<a href="http://alabamachildcarefacts.com">alabamachildcarefacts.com</a>
Help Me Grow Alabama	1-833-939-0336	<a href="http://helpmegrowalabama.org">helpmegrowalabama.org</a>
<i>Learn the Signs. Act Early.</i>	1-800-232-4636	<a href="http://cdc.gov/ncbddd/actearly">cdc.gov/ncbddd/actearly</a>

**About Licensing:** Child Care Centers and Family Child Care Homes in Alabama must be licensed by the State of Alabama Department of Human Resources (DHR). Licensed child care programs must be inspected to determine compliance with the Minimum Standards for Day Care/Nighttime Centers. This licensing process inspects all aspects of child care, including, but not limited to, health & safety issues and discipline methods. A licensed child care facility must also show documentation of ongoing training for all of their staff. If a child care center is associated with a faith-based program, such as a church, it may be exempt from state licensing or monitoring. As a parent, ask plenty of questions to determine the quality of the program you are considering! Be familiar with the state Minimum Standards and if you are considering an exempt center, be aware of health and safety concerns that may exist.



# Developmental Milestones

## Examples of developmental milestones:

Your child should begin to do the following by the end of...

- 6 months: sit without support
- 12 months: connect names with objects
- 18 months: show affection
- 2 years: follow simple instructions
- 3 years: play make-believe
- 4 years: learn to sing a song
- 5 years: hop, skip, swing, and climb

For more information on developmental milestones and age-appropriate activities, or if you have concerns:

call Help Me Grow Alabama at 1-833-939-0336.

To enroll online, go to [helpmegrowalabama.org](http://helpmegrowalabama.org).

**The earliest years** in your child's life matter! Did you know 20% of children are at risk for developmental delays and 30% of Alabama parents have a concern about their child's development? The earlier you help your child identify and overcome any delays, the more she can be prepared to succeed in school and in life.

## Developmental milestones are

behaviors or physical skills that represent typical child development. Developmental milestones fall into categories such as: communication, fine and gross motor, personal-social, and problem solving. While every child is different, a brief developmental screening can help you quickly identify your child's strengths and uncover any concerns.

## For children who need support,

some interventions are as simple as play time, while others may require help from a professional. Contact your child's primary health care provider if you have any concerns about her development.



# Resources

## Every child has different strengths! For more information:

Alabama Special Education Services	1-334-242-8114	<a href="http://alabamaachievers.org/special-education">alabamaachievers.org/special-education</a>
Alabama's Early Intervention System	1-800-543-3098	<a href="http://rehab.alabama.gov/services/ei">rehab.alabama.gov/services/ei</a>
Alabama Partnership for Children		
Early Language and Literacy	1-866-711-4025	<a href="http://feedmewords.org">feedmewords.org</a>
Autism Support of Alabama	1-877-428-8476	<a href="http://autism-alabama.org">autism-alabama.org</a>
Easter Seals Make the First Five Count	1-334-395-4489	<a href="http://easterseals.com/mtffc">easterseals.com/mtffc</a>
Help Me Grow Alabama	1-833-939-0336	<a href="http://helpmegrowalabama.org">helpmegrowalabama.org</a>
<i>Learn the Signs. Act Early.</i>	1-800-232-4636	<a href="http://cdc.gov/ncbddd/actearly">cdc.gov/ncbddd/actearly</a>
Vroom		<a href="http://vroom.org">vroom.org</a>

The Ages and Stages Questionnaires® Third Edition (ASQ-3™) and Social-Emotional, Second Edition (ASQ:SE-2™) are simple tools that can provide you with a snapshot of your child's development at a single point in time.

**Help Me Grow Alabama** utilizes these questionnaires to measure how your child plays, learns, speaks, behaves, moves, and relates with others. Your answers can help highlight your child's strengths or any areas in which your child may need support or more practice. Your local Help Me Grow Alabama care coordinator will give you the questionnaire that is appropriate for your child's age and can then connect you with additional information and resources as needed. Participation is free for all Alabama children from birth to age eight and enrollment is as simple as calling Help Me Grow Alabama at 1-833-939-0336.



# The First Eighteen Months

## What You Can Do:

- Respond quickly and appropriately to your baby's cries.
- Make sure you have a good routine that includes singing and talking to your baby during events such as diaper changing, feeding, and bathing.
- Remember that some babies are just hard to comfort. Ask for help when you need it, and when you are feeling overly frustrated with your baby, remember to move away from him. Shaking (even a tiny bit) or hitting your baby can cause brain damage or death.
- Always put your baby to sleep on his back.
- Protect your baby from dangerous childhood diseases. Take your baby to the doctor for well baby check-ups and to get immunizations.
- Once your baby begins moving around, it is important to protect him from injuries and poisoning. Childproof your home to be sure that he is safe.
- Talk, sing, and read to your baby. Allow him to make discoveries, and talk to him about his world.

**Your baby's brain** is developing faster, now, than it ever will in the rest of his life. His brain development depends largely on you! More than anything else, your baby depends on you to provide him with consistent, loving care.

With the love and security he needs, your baby will feel comfortable and safe exploring his world by seeing, hearing, touching, smelling, and tasting things around him. He will do especially well if you interact with him -- read books, sing songs, say rhymes, play peekaboo with him. All of this is important brain work for him! If he looks away or starts fussing, it is time for a break.

**One key thing to remember** is that you can't do everything yourself. New parents feel joy and love but they also feel tired and stressed. In order to give your baby the care that he needs, you need to take care of yourself and remember to use your support network. Friends, family, community groups, and other resources are there to help you. If you use them, you will be happier, more relaxed, and your baby will benefit too.



# Resources

**Being the parent of a baby is full of new experiences!**

**For more information:**

Alabama's Early Intervention System	1-800-543-3098	<a href="http://rehab.alabama.gov">rehab.alabama.gov</a>
Alabama Healthy Marriage & Relationship Education Initiative	1-334-844-3189	<a href="http://alabamamarriage.org">alabamamarriage.org</a>
Alabama Medicaid Agency	1-800-362-1504	<a href="http://medicaid.alabama.gov">medicaid.alabama.gov</a>
ALL Kids Insurance	1-888-373-5437	<a href="http://alabamapublichealth.gov/allkids">alabamapublichealth.gov/allkids</a>
American Academy of Pediatrics	1-334-954-2543	<a href="http://healthychildren.org">healthychildren.org</a>
Don't Be In The Dark About Child Care	1-866-711-4025	<a href="http://alabamachildcarefacts.com">alabamachildcarefacts.com</a>
<i>Learn the Signs. Act Early.</i>	1-800-232-4636	<a href="http://cdc.gov/ncbddd/actearly">cdc.gov/ncbddd/actearly</a>
Parenting Assistance Line	1-866-962-3030	<a href="http://pal.ua.edu">pal.ua.edu</a>
Poison Control	1-800-222-1222	<a href="http://aapcc.org">aapcc.org</a>
QuitNow Alabama	1-800-784-8669	<a href="http://quitnowalabama.com">quitnowalabama.com</a>
Text4Baby	Text BABY (or BEBE) to 511411	<a href="http://text4baby.org">text4baby.org</a>
WIC	1-888-942-4673	<a href="http://alabamapublichealth.gov/wic">alabamapublichealth.gov/wic</a>

**Just for Dads:** It is a common misconception that babies can't play. Actually, they can! Their play is just different than the play of an older child. And your baby's development depends largely on the types of interactions you have with him. When you sing and talk to him, his brain is being wired to understand lots of new words. When you smile and hold him close, he is learning about security. When you mirror his coos and smiles, he is gaining self-esteem. If he looks away or begins fussing, that can be a sign that he needs to stop playing for a few minutes.



# Toddlers

## What You Can Do:

- Spend time with your child. Expose her to a variety of experiences, and talk to her. Give simple explanations for how things work. Parenting a toddler is not easy and requires creativity, but the rewards are great!
- Learn about child development, so that you know what to expect at all of your child's ages & stages.
- Remember that it is normal for your child to say, "no" and to become easily frustrated. Just know that "this, too, shall pass" as she grows and acquires language skills. Be calm and set an example for how you would like her to act.
- Begin potty training only when your child is both emotionally and physically ready. Forcing a child before she is ready will be frustrating for you and her.
- Your toddler is probably very curious! Childproof your home to protect her from injuries and poisons.
- Limit screen time for television, tablets, smart phones, etc., especially for children under the age of 2. They learn more from the world around them than they ever will from a device.

**Your baby is no longer a baby!** She is now a toddler that can do many new things. She can run, jump, climb, and have conversations with you. She has probably already begun to explore her own power and independence. She has her own thoughts and can tell you what she likes and dislikes.

**Toddlerhood is a time** that is both exciting and frustrating for parents. Toddlers are notorious for testing their limits. You will often hear the words, "No!," "Mine!," and "I do it!" Even though you hear those words, your toddler still needs structure and depends on you to provide safe limits for her. Your toddler may become frustrated because her brain may be more advanced than what her body can actually do. She may want to button her pants, but her hands have not mastered the ability to do so. Or, she may want to express her dislike for something and does not have the words, yet, to do so. Both of these situations (and others!) are frustrating to a toddler, and can lead to tantrums or crying spells. Encourage your child to work through problems before stepping in to help her. Set her up for success by giving her a limited number of acceptable choices.



# Resources

## Toddlers are both a joy and a challenge! For more information on your toddler:

Alabama Medicaid Agency	1-800-362-1504	<a href="http://medicaid.alabama.gov">medicaid.alabama.gov</a>
Alabama's Early Intervention System	1-800-543-3098	<a href="http://rehab.alabama.gov">rehab.alabama.gov</a>
Alabama Partnership for Children		
Early Language and Literacy	1-866-711-4025	<a href="http://feedmewords.org">feedmewords.org</a>
ALL Kids Insurance	1-888-373-5437	<a href="http://alabamapublichealth.gov/allkids">alabamapublichealth.gov/allkids</a>
American Academy of Pediatrics	1-334-954-2543	<a href="http://healthychildren.org">healthychildren.org</a>
Don't Be In The Dark About Child Care	1-866-711-4025	<a href="http://alabamachildcarefacts.com">alabamachildcarefacts.com</a>
<i>Learn the Signs. Act Early.</i>	1-800-232-4636	<a href="http://cdc.gov/ncbddd/actearly">cdc.gov/ncbddd/actearly</a>
Parenting Assistance Line	1-866-962-3030	<a href="http://pal.ua.edu">pal.ua.edu</a>
Poison Control	1-800-222-1222	<a href="http://aapcc.org">aapcc.org</a>
QuitNow Alabama	1-800-784-8669	<a href="http://quitnowalabama.com">quitnowalabama.com</a>
WIC	1-888-942-4673	<a href="http://alabamapublichealth.gov/wic">alabamapublichealth.gov/wic</a>
ZERO TO THREE	1-800-899-4301	<a href="http://zerotothree.org/parenting">zerotothree.org/parenting</a>

**Just for Dads:** Did you know that the time from 18 to 36 months is huge in the area of language development? Up until now, you have probably been able to keep up with your toddler's developing language skills. When she learns a new word, you are so excited, and the word may get written down in a book somewhere. Get ready, your toddler is about to have a "language explosion," and you probably will not be able to keep up with all the new things she will say. The more you talk to your child, the more likely this "explosion" will be a big one! She will start using language for "make believe" play, and to tell you how she is feeling and what she wants. It will seem like she began speaking in complete sentences overnight!



# Preschoolers

## What You Can Do:

- Encourage your child as he takes on challenges and responsibilities – give him assistance if he needs it, but allow him independence to do things himself.
- Don't expect your child to see the world as you do. He is still at an age that he has a hard time seeing things from someone else's point of view.
- Respond with understanding and reassurance to your child's fears – whether they are real or imagined.
- Monitor entertainment media. TV shows, movies, and games that display violence and aggression can scare your child and set a bad example for dealing with anger.
- Spend time with your child: support his interests in pretend play and join in if he asks you to, read to him, answer his questions, sing with him. Any positive time you spend with your child is preparing his brain to be ready for school. Most of all, remember, this may be the only time in your child's life that he wants to spend this much time with you!

**Children ages 3-5** are firmly rooted in the preschool age: this is a time that they are learning many new skills. Even though your child wants to be very independent, he still needs you to set limits and to guide him. As when he was younger, your preschooler still learns about his world through playing, which helps him explore his feelings, ideas, and skills. "Make-believe" is very real to your preschooler, and he may think that thoughts and wishes might cause something to happen. His brain is always soaking up new information and he needs you to help him be ready for school.

## Being the parent of a preschooler

is not always easy, but the preschool years are filled with so much growth and learning that it is hard not to find joy in your child at this age! Some interesting things about preschoolers: they love to play and discover; they take pride in their independence and have joy at being able to do a variety of things; they have a growing sense of right and wrong, guilt and shame; they have a fairly strong sense of self as good or bad, weak or strong, attractive or ugly.



# Resources

## For more information to help your preschooler:

Alabama Medicaid Agency	1-800-362-1504	<a href="http://medicaid.alabama.gov">medicaid.alabama.gov</a>
Alabama Partnership for Children		
Early Language and Literacy	1-866-711-4025	<a href="http://feedmewords.org">feedmewords.org</a>
ALL Kids Insurance	1-888-373-5437	<a href="http://alabamapublichealth.gov/allkids">alabamapublichealth.gov/allkids</a>
American Academy of Pediatrics	1-334-954-2543	<a href="http://healthychildren.org">healthychildren.org</a>
Don't Be In The Dark About Child Care	1-866-711-4025	<a href="http://alabamachildcarefacts.com">alabamachildcarefacts.com</a>
<i>Learn the Signs. Act Early.</i>	1-800-232-4636	<a href="http://cdc.gov/ncbddd/actearly">cdc.gov/ncbddd/actearly</a>
Parenting Assistance Line	1-866-962-3030	<a href="http://pal.ua.edu">pal.ua.edu</a>
PBS Parents		<a href="http://pbs.org/parents">pbs.org/parents</a>
Reach out and Read	1-205-223-0097	<a href="http://roralabama.org">roralabama.org</a>
WIC	1-888-942-4673	<a href="http://alabamapublichealth.gov/wic">alabamapublichealth.gov/wic</a>
ZERO TO THREE	1-800-899-4301	<a href="http://zerotothree.org/parenting">zerotothree.org/parenting</a>

**How can you help your child be ready for school?** Many parents believe that if they simply put their child in preschool, then the child will be ready for kindergarten. However, it is not quite that easy. First, it is important to understand that a high quality preschool can help with school readiness, but preschool is not absolutely necessary for school readiness. In fact, a poor quality preschool program can actually prevent school readiness. To be ready for school, children primarily need a variety of rich experiences, whether in-home or away from home. If your child does not attend preschool (and even if they do!), There are many things you can do to help him be ready to enter kindergarten: encourage his independence with regard to dressing himself and cleaning up, read to him, play with puzzles, count objects, draw, color, paint, sort groceries, go outside and play! Involving your child in everyday projects, such as baking, shopping, or gardening teaches him concepts such as math and reading, even when you may not realize it.



# Feeding Your Older Child

## What You Can Do:

- Encourage healthy eating - limit high sugar foods and offer lower-fat foods. Avoid soft drinks altogether, and only allow milk or juice at meal times. Water is good for children any time of day!
- Don't force your child to eat - remember that most children need smaller amounts of food, and to eat every few hours.
- Call foods by a fun name, like "X-ray vision sticks" for carrots or "little trees" for broccoli.
- Keep an eye on your child while she eats. If she begins choking, she won't be able to make noise to get your attention.
- Avoid giving your child foods that she could choke on. Cut foods like whole grapes, hotdog slices, carrot slices, and candy into long pieces, not round circles.
- Set a good example! Eat regular healthy meals and snacks.

**Mealtimes** may become more challenging as your child becomes more independent. She will want to feed herself and may become very picky about the food she wants to eat. Her eating patterns may seem random. One day, she will eat a lot and the next day, she may want almost nothing at all.

**Busy families** may not have a lot of time to connect. Mealtimes are very important opportunities for families to sit down and enjoy one another. To make mealtimes pleasant, allow your child to stop eating when she is no longer hungry, and let her leave the table to do something else. Don't feed toddlers and young children in front of the television or other screens - watching something can prohibit interaction with one another, and in young children, it can actually make them anxious.

**Remember, it is normal** for your child to be picky. Introduce new foods along with foods that she already likes. It can take a child up to five times of trying something new before she will like it. So don't give up after the first or second time of giving your child a new food!



# Resources

## For more information on feeding your older child:

Alabama Healthy Kids, Healthy Future	1-866-711-4025	<a href="http://alabamapartnershipforchildren.org/our-work/alabama-healthy-kids-healthy-future">alabamapartnershipforchildren.org/our-work/alabama-healthy-kids-healthy-future</a>
American Academy of Pediatrics	1-334-954-2543	<a href="http://healthychildren.org">healthychildren.org</a>
My Plate for Preschoolers		<a href="http://myplate.gov/life-stages/preschoolers">myplate.gov/life-stages/preschoolers</a>
KidsHealth		<a href="http://kidshealth.org/en/parents/nutrition-center">kidshealth.org/en/parents/nutrition-center</a>
Parenting Assistance Line	1-866-962-3030	<a href="http://pal.ua.edu">pal.ua.edu</a>
Super Kids Nutrition		<a href="http://superkidsnutrition.com">superkidsnutrition.com</a>
WIC	1-888-942-4673	<a href="http://alabamapublichealth.gov/wic">alabamapublichealth.gov/wic</a>

**Just for Dads:** You can help your children learn to eat healthy by setting a good example. Make plans to sit down as a family at least a few times each week and model good eating habits. Instead of soft drinks, choose water. If you need a quick meal, instead of fast food, keep ingredients on hand for a quick pot of pasta. Instead of cookies for snacks, eat healthy snacks, like fruits, yogurt, vegetables, or cheese. If your children see you eating these things along with them, they are more likely to develop healthier habits that will last them a lifetime!

# As Your Child Grows

- **Child Safety**
- **Your Child's Social-Emotional Health**
- **Healthy Living**
- **Family Literacy**
- **School Success**
- **Technology and Lifelong Learning**



# As Your Child Grows Highlights

Most childhood injuries are preventable. Childproof your home and ensure you have the proper car seat for every stage of your child's growth.

Secure, loving relationships with you and other caregivers will help your child develop a healthy understanding of self.

Your child is learning how to be an adult from you. Healthy lifestyle choices are important for you and your child.

Talking, reading, and singing to your child every day are all ways to develop a love of learning.

Stay involved in your child's education. Whether in the home or with others, you are your child's best support for lifelong success.

Technology is present in the lives of most Americans, even children. Learn how to set limits and use technology to benefit the whole family.



# Child Safety

## Car Seat Safety...What You Can Do:

- Always use a car seat when transporting your child in the car. Use a rear facing car seat in the back seat of your car until your child is 2 years old or until she reaches the highest weight or height allowed by her car seat's manufacturer. Make sure the harness straps are properly positioned and fit snugly.
- Have your car seat checked by a certified child passenger safety technician to make sure it is properly installed.
- Never leave your baby alone in the car, even for a minute.
- All car seats have an expiration date. Generally, it's 6 years, but to be safe, look up the manufacturer of the seat to find out the expiration date of your car seat.
- Never buy a used car seat if you don't know its full history and never use a car seat that's been in a crash.
- Remember, car seats are for traveling in the car. Don't leave your baby for hours on end in the carseat outside of the car.

**Most childhood injuries** can be prevented. It is important to keep your child safe without being overly protective. How can you do this? Watch your child carefully and childproof your home. Look at the world through your baby's eyes to see what looks interesting and to see what he can reach. Check for small things that he could choke on, such as coins and small toy parts. There are many things you can do to keep your child safe: put your child to sleep on his back, use a safety approved crib and car seat, use smoke and carbon monoxide alarms, keep medicine and detergent pods put up out of his reach, and many other things. Never use lead paint and, if you live in an older home, have the paint checked for lead. If lead is present, have it professionally removed. Visit [www.safekids.org](http://www.safekids.org) to learn more about keeping your child safe.

**Becoming certified** in Infant/Child CPR is a good way to make sure that you are prepared for an emergency that may come up. If you know how to react in an emergency, your child will be safer in those times. Be sure to have emergency numbers posted somewhere that you and others can easily access.



# Resources

## For more information about keeping your child safe:

Alabama Department of Public Safety	1-334-517-2800	<a href="http://alea.gov">alea.gov</a>
American Academy of Pediatrics	1-334-954-2543	<a href="http://healthychildren.org">healthychildren.org</a>
American Red Cross - Alabama Region	1-800-733-2767	<a href="http://redcross.org/local/alabama">redcross.org/local/alabama</a>
Consumer Product Safety Commission	1-800-638-2772	<a href="http://cpsc.gov">cpsc.gov</a>
Juvenile Products Manufacturers Association	1-856-638-0420	<a href="http://jpma.org">jpma.org</a>
Lead Hotline	1-800-424-5323	<a href="http://epa.gov/lead">epa.gov/lead</a>
Poison Control	1-800-222-1222	<a href="http://aapcc.org">aapcc.org</a>
Police, Fire, or Ambulance	9-1-1	
Product Recall Information		<a href="http://recalls.gov">recalls.gov</a>
QuitNow Alabama	1-800-784-8669	<a href="http://quitnowalabama.com">quitnowalabama.com</a>
Safe Kids Worldwide	1-205-939-6339	<a href="http://safekids.org">safekids.org</a>

**Baby Product Safety:** If they are available, make sure to buy or use products that meet the Consumer Product Safety Commission (CPSC) and Juvenile Products Manufacturers Association (JPMA). Keep in mind that not all children's products have standards regulating their design and safety performance. Be an informed consumer by examining the product carefully. Check [www.recalls.gov](http://www.recalls.gov) to see if a product, especially if it has been used before, has been recalled. Remove all recalled products from your home immediately. Sign up to receive e-mail recall notifications at [cpsc.gov](http://cpsc.gov). Follow all manufacturer's instructions when setting up, installing, and using a product.



# Your Child's Social-Emotional Health

**Social-emotional health is the well-being of young children, including infants and toddlers, as it affects their developing capacity to:**

- Experience, regulate, and express emotions.
- Form close, secure relationships.
- Explore their environment while learning and playing.

**Some things you can do to support your child's social-emotional health include:**

- Learn about child development to help you understand how to respond.
- Validate your child's feelings.
- Give choices that you can deliver on.
- Give logical consequences for misbehavior.

**Did you know** nearly 85% of brain growth takes place in the first few years of life? In order for your child to grow into a responsible, caring adult, it is important to lead him from a young age. A child with social-emotional health can show age appropriate self-control and is more likely to do well later in life. The key is a balance between firm limits and reasonable expectations, coupled with lots of love and encouragement!

**What are reasonable hopes** for your child? Remember that during the first year of life, your baby is learning to bond with and trust you. You cannot spoil an infant by holding him. When he cries, respond in love. After his first birthday, begin to set firm but fitting limits. Don't change rules. Children need their daily routines to be the same. Meals and bedtime should be at the same time every day. It helps if all the adults who care for the child agree on how to raise the child.



# Resources

## For more information on your child's social-emotional health:

Alabama Healthy Marriage

& Relationship Education Initiative

1-334-844-3189

[alabamamarriage.org](http://alabamamarriage.org)

Alabama Parent Leadership Network

1-866-711-4025

[alabamapartnershipforchildren.org/our-work/strengthening-families/](http://alabamapartnershipforchildren.org/our-work/strengthening-families/)

Help Me Grow Alabama

1-833-939-0336

[helpmegrowalabama.org](http://helpmegrowalabama.org)

*Learn the Signs. Act Early.*

1-800-232-4636

[cdc.gov/ncbddd/actearly](http://cdc.gov/ncbddd/actearly)

Mental Health America

1-800-969-6642

[mentalhealthamerica.net/every-child-needs](http://mentalhealthamerica.net/every-child-needs)

National Federation of Families

for Children's Mental Health

1-240-403-1901

[ffcmh.org](http://ffcmh.org)

Parenting Assistance Line

1-866-962-3030

[pal.ua.edu](http://pal.ua.edu)

Suicide and Crisis Lifeline

9-8-8

[988lifeline.org](http://988lifeline.org)

The Whole Child

1-855-924-7141

[pbs.org/wholechild](http://pbs.org/wholechild)

ZERO TO THREE

1-800-899-4301

[zerotothree.org/early-development](http://zerotothree.org/early-development)

**Stressed:** There are many things that you can do besides spank your child when you are angry with him. Try to deal calmly with things like tantrums, whining, or bad language. Sometimes your child does these things so you will pay attention to him. Realize that it is okay for you to step away. If you find yourself very angry or frustrated, try these things: take a deep breath, count to ten, make sure your child is safe and take a "parent's time out" in another room for a few minutes. Remember that showing correct behaviors goes a long way with children. Taking a time out or using calm words to show how you feel will be good for your child when he finds himself in a similar situation.



# Healthy Living

## Things You Can Do:

- Make meals healthy and fun.
  - Add colorful fruits and veggies to your meals.
  - Keep fruits visible for your child to grab for a snack.
  - Plan your meals in advance.
  - Involve your child in the planning and preparing of meals.
  - Make mealtime family time and turn off all screens (smart phones, television, etc.).
  - Watch what you drink. Calories from beverages add up quickly!
- Be as active as you can every day.
  - Aim for at least 30 minutes of physical activity (60 minutes for children) most days of the week.
  - Trade screen time for activity time. Instead of spending 2-3 hours in front of the TV, go for a swim, run, or just play with your child. Do things that are age-appropriate for your child.
- Make time to relax.

**Now is the time** to eat healthier, move more, and live an overall healthy lifestyle. Over the course of her life, your child will learn from you about how to be an adult. Start early to teach her how to be healthy! Planning and preparing meals that are delicious and nutritious takes some effort, but it can be entertaining for the whole family. Including physical activity as part of the day can be fun and is part of living a healthy lifestyle. If you encourage your child to eat healthier and move more, from a young age, she will be more likely to live a healthy lifestyle as she grows. Best of all, she will enjoy it!

**While physical activity** and eating healthy foods are both important for maintaining your health, it is equally important to make sure to rest. Sharing quiet, relaxing time is a great way to reduce stress and spend time with your child. Listen to quiet music, read a book, color a picture, talk about your day. Relaxation is a great reward after a busy day and very important for your entire family's health!



# Resources

## Develop your child's health for life. For more information:

Alabama Healthy Kids, Healthy Future	1-866-711-4025	<a href="http://alabamapartnershipforchildren.org/our-work/alabama-healthy-kids-healthy-future/">alabamapartnershipforchildren.org/our-work/alabama-healthy-kids-healthy-future/</a>
Alabama State Parks	1-800-252-7275	<a href="http://alapark.com">alapark.com</a>
American Heart Association - Healthy Living	1-800-242-8721	<a href="http://recipes.heart.org">recipes.heart.org</a>
Food Safety		<a href="http://foodsafety.gov">foodsafety.gov</a>
Fresh Air Family	1-205-540-6642	<a href="http://freshairfamily.org">freshairfamily.org</a>
Fruits and Veggies - More Matters		<a href="http://fruitsandveggies.org">fruitsandveggies.org</a>
My Plate	1-888-779-7264	<a href="http://myplate.gov">myplate.gov</a>
National Center on Physical Activity and Disability	1-800-900-8086	<a href="http://nchpad.org">nchpad.org</a>
Parenting Assistance Line	1-866-962-3030	<a href="http://pal.ua.edu">pal.ua.edu</a>
Screen Time Awareness		<a href="http://cdc.gov/nccdphp/dnpao/multimedia/infographics/getmoving.html">cdc.gov/nccdphp/dnpao/multimedia/infographics/getmoving.html</a>
YMCA of the USA	1-800-872-9622	<a href="http://ymca.org">ymca.org</a>

**Take Time to Relax:** It's easy to get busy being a parent and forget that taking care of yourself is important, too! But you must remember that being a parent can be stressful, and letting stress build up can lead to serious problems, including illness. Set aside at least one hour a day to relax and/or do something you enjoy. This can be very hard to do, but if you don't take time to relax, you may end up feeling tense, unable to rest, sleep, or concentrate. Making yourself a priority in your day can make a world of difference. After all, if you don't take care of yourself, who will?



# Family Literacy

## What You Can Do:

- Start reading to your child when he's still just a baby! He will love to listen to the sound of your voice and the sounds of words. Start with board books with simple words and pictures of familiar objects. As he gets older, the books may become more complicated, and he will enjoy helping you tell the story over and over again.
- Go to the library with your child to find books that match his interests.
- Encourage creativity in your child: set aside a place in your home that can be "messy." Provide materials such as nontoxic crayons and washable markers to encourage drawing and writing.
- Point out letters and numbers in everyday things such as signs, t-shirts, and food packaging.
- Sing alphabet and counting songs together.
- Cook with your child: let him help read recipes and measure the ingredients.

## You are your child's first teacher.

Sharing the gift of learning with him prepares him for school and a lifetime of learning. To share this gift, you need only do a few simple things, when he's young: talk to him, read to him, and make sure he has the opportunity to have a variety of experiences in life.

**Improving your own skills** can help you feel more prepared to be a good teacher for your child. Many family resource centers offer help. They often offer classes in reading, writing, and math, as well as English as a Second Language (ESL) classes. If they do not offer these classes themselves, they can point you to a resource that can help. If you take the time to learn the skills offered in these classes, then your child will see your commitment to being the best you can be. As a result, as he grows older, he will be more likely to stay in school and do well!

**Remember:** Learning can happen all day, every day!



# Resources

## For more information on family literacy:

Alabama Network of Family Resource Centers	1-205-746-2446	<a href="http://anfrc.com">anfrc.com</a>
Alabama Parent Leadership Network	1-866-711-4025	<a href="http://alabamapartnershipforchildren.org/our-work/strengthening-families/">alabamapartnershipforchildren.org/our-work/strengthening-families/</a>
Alabama Partnership for Children Early Language and Literacy	1-866-711-4025	<a href="http://feedmewords.org">feedmewords.org</a>
Alabama Public Television	1-800-239-5233	<a href="http://aptv.org/education/early-childhood-learning">aptv.org/education/early-childhood-learning</a>
National Center for Families Learning	1-502-584-1133	<a href="http://familieslearning.org">familieslearning.org</a>
Parenting Assistance Line	1-866-962-3030	<a href="http://pal.ua.edu">pal.ua.edu</a>
PBS Kids		<a href="http://pbskids.org">pbskids.org</a>
Reach out and Read	1-205-223-0097	<a href="http://roralabama.org">roralabama.org</a>

**Just for Dads:** You may feel unsure of where to start when it comes to literacy, but just remember that one of the most important things you can do for your child's literacy development is to spend time with your child! You don't have to think of reading in terms of traditional children's story books. Many children (and their dads) prefer to read non-fiction, including books, magazines and websites. Play games, sing songs, or make up a funny story. Dads are often good at bringing stories to life by acting out a story or using different voices and humor!



# School Success

## What You Can Do:

- Turn daily activities into opportunities for learning.
- Cook together. Your child can read the recipe and measure ingredients.
- Do laundry. Your child can sort clothes by color, read washing instructions, measure detergent and time wash cycles.
- Go grocery shopping. Your child can write shopping lists, compare prices, make change, and identify and classify food items.
- Create a family photo album. Your child can sort pictures, write labels for them and even write small stories for some of the photos.
- Organize the house. Your child can take on a small task like sorting items in a junk drawer, labeling them and arranging them alphabetically.

**All parents want their children** to do well in school – to learn, to think for themselves, and to get along with other people. Being involved in your child's education will help her do better in school, because she will be more likely to have a positive attitude and have higher grades. Your involvement will be more likely to set her up for school success in the long run. But where do you start? When do you find time? How do you go about making positive connections with your child's school?

**There are many things** you can do to help your child succeed in school. Staying involved is the key. Talk with your child about her interests and make sure to attend events to support her. Attend parent-teacher conferences and make sure you ask questions. Remember, you are all on the same team! Help out at your child's school – teachers appreciate it and your child will see that you care. Make sure your child does her homework, and if it is difficult to help her with it, find the homework help she needs.



# Resources

## Help your child succeed in school. For more information:

Alabama Immunization Division	1-800-469-4599	<a href="http://alabamapublichealth.gov/Immunization">alabamapublichealth.gov/Immunization</a>
Alabama Parent Education Center	1-866-532-7660	<a href="http://alabamaparentcenter.com">alabamaparentcenter.com</a>
Alabama Partnership for Children		
Early Language and Literacy	1-866-711-4025	<a href="http://feedmewords.org">feedmewords.org</a>
ALL Kids Insurance	1-888-373-5437	<a href="http://alabamapublichealth.gov/allkids">alabamapublichealth.gov/allkids</a>
American Academy of Pediatrics	1-334-954-2543	<a href="http://healthychildren.org">healthychildren.org</a>
Center for Parent Information and Resources	1-973-642-8100	<a href="http://parentcenterhub.org">parentcenterhub.org</a>
Parenting Assistance Line	1-866-962-3030	<a href="http://pal.ua.edu">pal.ua.edu</a>
PBS Parents		<a href="http://pbs.org/parents">pbs.org/parents</a>
PNC Grow Up Great	1-877-762-4769	<a href="http://pncgrowupgreat.com">pncgrowupgreat.com</a>
Reach Out and Read	1-205-223-0097	<a href="http://roralabama.org">roralabama.org</a>

**Just for Dads:** School success is important for your child. One way that you can really help your child succeed in school is to spend quality time with her. You may feel like you have been out of school too long to help with things like homework. While homework IS important, one of the most important things you can do is positively interact with your child. Interacting with her means more than sitting quietly in the same room or picking up a video game and playing it together. Really, truly talk to your child about what she is doing and learning at school, about her friends, about books she reads, and TV programs she watches. Show an interest in what she is saying. Involve her in everyday activities. Remember, quality time spent with her will increase her self-confidence and lead to her success in school.



# Technology and Lifelong Learning

## Things You Can Do:

- Limit screen time and be sure to set up parental controls to be sure that you know what is being viewed on your devices.
- Visit the library for many reasons - check out books to read, attend family storytime, or use the computer to access the internet.
- Realize that technology is always changing, and it's important to stay current on the programs that your child spends time on.
- Visit a museum, public garden, or cultural center to experience something interesting and a little different.
- Go back to school! Whether you want to get your General Educational Development Test (GED), a professional certificate, or a college degree, there's no time like the present to get back in school.
- Financial aid opportunities are available and most GED programs and colleges offer night classes.

**Technology is constantly** reshaping the world we live in. It has changed the way we work, play, learn, and communicate through things such as computers, cell phones, television, and the internet. Technology is an awesome tool that can make your life much easier by helping you at work. It can give you more ways to keep in touch with friends and family, and can help you learn new things and further your education. You may find technology can easily influence many areas of family life and it's important to rely on technology in moderation.

**Learning will happen** through the course of your life. Whether you are learning new computer skills or taking college coursework, learning adds purpose and meaning to your life. There are many ways that you can learn new skills or improve your education. Go to the library, enroll in a class to learn a new language or skill, or use the internet to learn more about your favorite hobby or subject. Most of all, a love of learning is one of the most precious gifts you can give your children, because it can take them anywhere in life!



# Resources

## For more information on technology and lifelong learning:

Alabama Family Central	1-888-928-3471	<a href="http://alabamafamilycentral.org">alabamafamilycentral.org</a>
Alabama Partnership for Children		
Early Language and Literacy	1-866-711-4025	<a href="http://feedmewords.org">feedmewords.org</a>
Alabama Public Television	1-800-239-5233	<a href="http://aptv.org/education/early-childhood-learning">aptv.org/education/early-childhood-learning</a>
AmeriCorps	1-800-942-2677	<a href="http://americorps.gov">americorps.gov</a>
Described and Captioned Media Program	1-800-237-6213 (voice)	<a href="http://dcmp.org">dcmp.org</a>
Federal Student Aid	1-800-433-3243	<a href="http://studentaid.gov">studentaid.gov</a>
Guide for Financial Aid		<a href="http://finaid.org">finaid.org</a>
Parenting Assistance Line	1-866-962-3030	<a href="http://pal.ua.edu">pal.ua.edu</a>
PBS Parents		<a href="http://pbs.org/parents">pbs.org/parents</a>
STAR: Alabama Assistive Technology Resource	1-800-782-7656	<a href="http://al.at4all.com">al.at4all.com</a>

**Combining Technology and Learning:** Technology is in almost every home today. The popularity of interactive devices may persuade you to think that there is no limit to the educational value of technology. However, like other toys and tools within your child's reach, technology is likely to work best when it extends natural play. You will want to be sure the technology in your home doesn't interfere with developmental needs. Children need time to play creatively with different types of materials and to share their inventions and discoveries. If you choose to watch television, you can watch educational programming with your child. Don't put him in front of the TV or a tablet and leave him there. Instead, let him know that using electronic devices can be an active experience rather than a passive one. You can do this by repeating words or phrases you hear during a show, encouraging your child to sing and dance along with characters, or talking to him about what he sees and hears.

# Disability and the Family



- **When Your Child Has a Disability**
- **Parents with Disabilities**



# Disability and the Family

When coping with your child's disability, make sure to take time for yourself.  
You are not alone and there are services to help.

You may have unique needs and concerns, but don't be afraid to seek help when needed. All parents need different supports.



# When Your Child Has a Disability

## What You Can Do:

- Call Help Me Grow Alabama at 1-833-939-0336 as soon as you suspect your child may have a disability.
- Read and learn more about your child's disability.
- Ask about acquiring adaptive equipment or assistive technology for your child.
- Remember, your child needs love and nurturing just like any other baby. Give her the chance to play and learn. Let her make mistakes and allow her opportunities to be creative.
- Find adults who have a disability similar to your child's disability. As your child grows, this key adult may be a role model who can offer information and support.
- Take time for yourself, and make sure to ask for help when you need it.

**As parents,** we want nothing more than to see our children grow up healthy and happy. We take pride in the things they can do and enjoy watching them grow up. At some point, you may notice something that causes you to wonder if your child could have a disability. If this is the case, then don't waste time locating help. Talk to your doctor if you have a concern about your child's development and call Help Me Grow Alabama at 1-833-939-0336. Help Me Grow Alabama helps children (birth through age 8) who may not be on track with their development and connects families to appropriate resources. Call if you have a question about your child's physical, social or emotional growth, or language, thinking, or self-help skills. Early services, even starting at birth, can make a big difference in your child's development.

## **If your child does have a disability,**

you are not alone! You can get support from other parents of children with disabilities. They will be able to help you find information, resources, and emotional support. It is also important to remember that, just like any other child, your child needs love and nurturing. She needs the chance to play and learn according to her own abilities. Do not hesitate to look for outside assistance if needed.



# Resources

## For more information:

Alabama's Early Intervention System	1-800-543-3098	<a href="http://rehab.alabama.gov">rehab.alabama.gov</a>
Alabama Disabilities Advocacy Program	1-205-348-4928	<a href="http://adap.ua.edu">adap.ua.edu</a>
Alabama Parent Education Center	1-334-567-2252	<a href="http://alabamaparentcenter.com">alabamaparentcenter.com</a>
Alabama Parent Leadership Network	1-866-711-4025	<a href="http://alabamapartnershipforchildren.org/our-work/strengthening-families/">alabamapartnershipforchildren.org/our-work/strengthening-families/</a>
Center for Parent Information and Resources	1-973-642-8100	<a href="http://parentcenterhub.org">parentcenterhub.org</a>
Children's Rehabilitation Service	1-800-846-3697	<a href="http://rehab.alabama.gov/services/crs">rehab.alabama.gov/services/crs</a>
Family Voices of Alabama	1-877-771-3862	<a href="http://familyvoicesal.org">familyvoicesal.org</a>
Help Me Grow Alabama	1-833-939-0336	<a href="http://helpmegrowalabama.org">helpmegrowalabama.org</a>
International Center for Disability Resources	1-919-349-6661	<a href="http://icdri.org">icdri.org</a>
<i>Learn the Signs. Act Early.</i>	1-800-232-4636	<a href="http://cdc.gov/ncbddd/actearly">cdc.gov/ncbddd/actearly</a>
Parenting Assistance Line	1-866-962-3030	<a href="http://pal.ua.edu">pal.ua.edu</a>
STAR: Alabama Assistive Technology Resource	1-800-782-7656	<a href="http://al.at4all.com">al.at4all.com</a>
Alabama's AT 4 ALL		

**Just for Dads:** If your child has been diagnosed with a disability, you may find that you have a lot of questions and concerns, but are not often given the opportunity to ask questions or explore resources and options for your child. You may feel required to "hold it together," which can be difficult. Try to learn all you can. Check out the resources listed above and do not be afraid to talk about your feelings. You may feel uncomfortable talking about your baby to other people. Remember, a baby with a disability is a baby first, and many of the funny (and not-so-funny) things that happen to you may be similar to the things parents of children without disabilities experience, too!



# Parents with Disabilities

## Things You Can Do:

- Spend as much time as possible with your child. Careful planning, good adaptive equipment for caring for your baby/child, and a support system will help you as you parent your child.
- Make sure you have a strong support system in place.
- Know your rights. You cannot legally be denied a home, job, access to a public place, or the right to be a parent because of a disability. But, you may need legal help to enforce your legal rights or get the services you need.
- If your child will attend child care, look for a facility that you can get to in order to visit and attend meetings. Also, be sure that teachers and child care staff speak with you directly or with an interpreter, not through your child.
- Find a healthcare provider you can talk to who provides services you can access. If you require more than one doctor, try to make sure they are all on the same page.

**Having a disability** does not usually keep a mother or father from being a capable, loving parent. A parent with a disability isn't all that different from other parents. Yet, if you are a parent with a disability, you probably find yourself with specific needs and concerns. As you love, care for, and protect your children, you will likely have to find new ways to do things.

**You may meet challenges** in getting resources and services for both you and your child, but it can be done. You are not alone. Don't be afraid to ask for help when you need it, and accept the help for as long as you need it. If you use a helper or assistant, you should be the one who comforts, feeds, and sets limits for your child. An assistant's main responsibility is not to be the parent to your child, but rather to support you by following your directions and provide help where you most need it.



# Resources

## For more information on being a parent with a disability:

Alabama Department of Rehabilitation Services	1-800-441-7607	<a href="http://rehab.alabama.gov">rehab.alabama.gov</a>
Alabama Disabilities Advocacy Program	1-800-826-1675	<a href="http://adap.ua.edu">adap.ua.edu</a>
Alabama Parent Leadership Network	1-866-711-4025	<a href="http://alabamapartnershipforchildren.org/our-work/strengthening-families/">alabamapartnershipforchildren.org/our-work/strengthening-families/</a>
Americans with Disabilities	1-800-514-0301 (voice) 1-800-514-0383 (TTY)	<a href="http://ada.gov">ada.gov</a>
Described and Captioned Media Program	1-800-237-6213 (voice)	<a href="http://dcmp.org">dcmp.org</a>
Family Voices of Alabama	1-866-711-3862	<a href="http://familyvoicesal.org">familyvoicesal.org</a>
International Center for Disability Resources	1-919-349-6661	<a href="http://icdri.org">icdri.org</a>
National Women's Health Info Center	1-800-994-9662	<a href="http://womenshealth.gov">womenshealth.gov</a>
Parenting Assistance Line	1-866-962-3030	<a href="http://pal.ua.edu">pal.ua.edu</a>
STAR: Alabama Assistive Technology Resource Alabama's AT 4 ALL	1-800-782-7656	<a href="http://al.at4all.com">al.at4all.com</a>
Through the Looking Glass	1-510-848-1112	<a href="http://lookingglass.org">lookingglass.org</a>

**Networking with Other Parents:** When you have a disability, it is often easy to feel alone. You love your child and want the best, just like any parent. Your job as a parent may have special challenges. Your first support system will likely be those close to you: family and friends. You can learn helpful tips and useful resources from other parents with disabilities, but if you do not know anyone personally, then this can be a challenge. Use the internet to connect with parents with disabilities all over the world. You will be able to learn a lot, make many great connections and, most of all, remember that you are not alone!

# Family Resources



- **What Your Family Needs**
- **Managing Family Finances**
- **8 Tips for Healthy Couple Relationships**
- **Abuse and Neglect**
- **Substance Abuse and Addiction**



# Family Resources

Meeting your family's basic needs is important for your child's healthy growth and development.

Raising children requires time, attention, and money. Prioritize needs over wants, and try to make sure the entire family agrees.

Healthy couples experience highs and lows. Learn to accept your partner as is and communicate well with each other.

Ongoing physical or emotional abuse or neglect is dangerous for all families. If you are abusive or being abused, help is available.

Addiction affects the people you love and is usually too difficult to stop on your own. Admit you need help and follow through.



# Managing Family Finances

## Money-Talk Tips:

- Set aside a regular time each month to discuss money issues (budget, expenses, etc.) and ways to better manage your money.
- Respect each other's differences and work toward decisions both of you agree with.
- Keep each other up to date on all money coming in and owed to others.
- Discuss and come to agreements about how to use any extra money (such as tax refunds).
- Write short and long-range goals together. Keep goals realistic, specific, and flexible.
- Remember to use positive communication skills when discussing money. Avoid language that blames your partner, such as criticizing, making fun, or demanding.

**Did you know** that in the United States it costs the average two-parent family roughly \$11,000/year to raise just one child? Whether you live on your own or with a partner, how you handle and manage your finances affects your child(ren). If you can learn positive ways to better handle your money issues with your child's other parent, you will provide the best environment and opportunities for your child.

**An important place to start** is talking with each other about your values for spending. The deep rooted beliefs you have about what is desirable and good are values. Values are not necessarily right or wrong; they express what is most important to you. Families set goals based on their values. A major reason many couples argue about money involves different values and goals between partners.

**Put your expenses in order** by what you think is a need vs. a want. Needs should ALWAYS be taken care of before items on your wants list. If you have a partner, make sure you agree about what is most important by comparing your lists and seeing where they differ. Work together to agree on one final list of needs and wants, agreeing on which wants are most important.



# Resources

## For more information on managing family finances:

Alabama Cooperative Extension System	1-334-844-4444	<a href="https://aces.edu/family-health/finances">aces.edu/family-health/finances</a>
Alabama Healthy Marriage & Relationship Education Initiative	1-334-844-3189	<a href="https://alabamamarriage.org">alabamamarriage.org</a>
Alabama Parent Leadership Network	1-866-711-4025	<a href="https://alabamapartnershipforchildren.org/our-work/strengthening-families/">alabamapartnershipforchildren.org/our-work/strengthening-families/</a>

**Give your paycheck a boost:** The Earned Income Tax Credit (EITC) is a special tax benefit for people who work full or part-time and have relatively low incomes. If you qualify, you'll owe less in taxes, and you may get a substantial cash payment even if you don't owe any income tax. If you have a child, you may be eligible for the Child Tax Credit. You must file a federal tax return to qualify. For information about tax credits and free help filing your taxes, call the IRS at 1-800-829-1040.

Adapted from 'Raising Your Child Together' and 'The Alabama Marriage Handbook'

# 8 Tips for Healthy Couple Relationships

**1. Develop Realistic Expectations:** Healthy couple relationships are rarely the “happily-ever-after” you see in movies. There are highs and lows. All couples have differences and disagreements. The issue is not whether you have disagreements, but how you manage them. Couples who want to stay together must learn how to turn “romantic, movie-star” love into real, lasting, “grown-up” love. That takes commitment and conscious work.



**2. Communicate Well and Manage Disagreements:** Find a class or workshop in your community that teaches relationship skills.

**3. Learn to Accept Your Partner:** You may be able to change some things about yourself, but there will always be things neither of you can change about your partner. Learn to accept and even welcome the differences between you and your partner.

**4. Make Your Relationship a Priority:** Make time for each other. Take care to preserve the fun and friendship in your relationship. And, most important, protect yourself from attractions to other people. Commitment and fidelity are decisions – choices that you make – not just something that happens.

**5. Parent as a Team:** Both parents have their own style, but it’s very important to agree on the basic ground rules and consequences. Explain them to your children in advance, and always back each other up. Parenting should not be all work and discipline. Don’t forget to take time to talk and play with your children.

# 8 Tips for Healthy Couple Relationships

**6. Learn Your Partner's "Love Language":** Your Love Language is how you show love; but it is important to know what makes your partner feel loved. Consider the five main types of Love Languages:

- Words of Affirmation: You say nice things to your partner; You give him/her compliments and words of encouragement.
- Quality Time: You give your partner your full attention; You share, listen and do things together.
- Giving and Receiving Gifts: You enjoy exchanging gifts.
- Acts of Service: You do things you know your partner will find helpful, such as housework, babysitting or cooking.
- Physical Touch: You connect with your partner physically – holding hands, kissing and being sexual together.

**7. Keep the Love and Friendship Alive:** Working and also caring for a child can take all of your time as a parent, so much that you may forget to take time to enjoy your partner. In many families, parents rarely spend any time alone together, and when they do, they usually talk about their child! Here are some tips to help your love and friendship:

- Set aside time each day to connect. Take five minutes and ask about your partner's day.
- Plan an activity away from your child. Get creative with child care; ask a couple or family member to sit for you and then return the favor by babysitting for them.
- Try to take a trip together without your child. If money is tight, try a "staycation" instead. Plan for your child to spend a night somewhere else and enjoy the entire night at home.

**8. Plan and Dream About Your Child's Future:** Couples need to work through differences in their values and beliefs as it affects their child's future. Talk together about the family life you want to create for your child.

Adapted from 'Raising Your Child Together' and 'The Alabama Marriage Handbook'



# Abuse & Neglect

## Signs of Child Abuse and Neglect:

- The presence of a single sign does not prove that a child is being abused or neglected, but the behavior of a child may signal abuse or neglect long before any change in physical appearance.

## Some of the signs may include:

- Nervousness around adults
- Aggression toward adults or other children
- Inability to stay awake or to concentrate for extended periods
- Sudden, dramatic changes in personality or activities
- Unnatural interest in sex
- Frequent or unexplained bruises or injuries
- Low self-esteem
- Poor hygiene

Many adults in Alabama are legally required to immediately report signs of child abuse or neglect. You do not have to directly witness abuse or neglect to report it. If you suspect child abuse or neglect, call 9-1-1 or you can make an anonymous report to your local Department of Human Resources ([dhr.alabama.gov/county-office-contact/](http://dhr.alabama.gov/county-office-contact/)).

**Abuse** comes in a variety of forms: it can be sexual or physical, meaning that someone touches you inappropriately or physically hurts your body in some way. Abuse can also be verbal or emotional: if a person threatens or talks cruelly to you, that is considered abusive. No one has the right to be violent or abusive, and if someone has been, even if they are a family member, it is important to get help.

**If you are a victim**, it is important that you do not blame yourself. Abuse is not your fault, but you must protect yourself and your family from further harm. Set aside clothing and money for yourself and your child, in case you must leave in a hurry.

**If you are being abusive**, it is important for you to get help before you seriously hurt someone. Being violent or abusive is never okay, but there are reasons that people become violent, such as losing a job, racism, drug abuse or growing up in an abusive home. These are not good excuses for being violent, but support groups and counseling can help.



# Resources

## Stop the cycle! For more information on violence, abuse, and neglect:

Alabama Department of Child Abuse

& Neglect Prevention

1-334-262-2951

[ctf.alabama.gov](http://ctf.alabama.gov)

Alabama Healthy Marriage

& Relationship Education Initiative

1-334-844-3189

[alabamamarriage.org](http://alabamamarriage.org)

ChildHelp: Child Abuse Hotline

1-800-422-4453

[childhelp.org](http://childhelp.org)

Child Welfare Information Gateway

[childwelfare.gov/topics/can](http://childwelfare.gov/topics/can)

National Crime Prevention Council

1-202-919-4222

[ncpc.org](http://ncpc.org)

National Domestic Violence Hotline

1-800-799-7233

[thehotline.org](http://thehotline.org)

Parenting Assistance Line

1-866-962-3030

[pal.ua.edu](http://pal.ua.edu)

Police, Fire, or Ambulance

9-1-1

Rape, Abuse, & Incest Hotline

1-800-656-4673

[rainn.org](http://rainn.org)

Suicide and Crisis Lifeline

9-8-8

[988lifeline.org](http://988lifeline.org)

**Domestic Abuse** occurs when one person in an intimate relationship or marriage tries to dominate and control the other person. If the domestic abuse includes physical violence, this is called domestic violence. Domestic violence and abuse are used for one purpose: to gain and maintain total control over you. An abuser doesn't "play fair" and will often use fear, guilt, shame, and intimidation to wear you down and keep you under their control. Domestic abuse often starts out small and escalates, so it is important to note warning signs. If you check at least 3 of the following characteristics, someone you love may be abusive and in need of help. Be careful if someone close to you...

\* is very jealous

\*abuses alcohol or drugs

\*has sudden mood changes

\*expects you to be perfect

\*is cruel to children or animals

\*was abused or neglected as a child

\*blames others for problems

\*uses physical force in sex

\*cuts you off from family & friends

\*disrespects you

\*breaks or hits things



# Substance Abuse & Addiction

## Do you have an alcohol or drug problem?

- Do you feel like you need it every day?
- Do you lie about how much you use?
- Do you use more now than before?
- Do others say you use it too much?
- Do you use it more than you actually want to?
- Does it cause you money problems?
- Does it cause problems with your job?
- Does it hurt the people around you?
- Does it cause you health problems?
- Do you want to stop, but can't?

If you answered "yes" to any of these questions, you may have a problem and need help.

**Addiction can affect anyone.** Regular use of alcohol, tobacco, or other drugs - even prescription drugs - can lead to addiction, and it is usually too difficult to stop on your own. Addiction can ruin your life and the lives of the people you love.

**If you are addicted,** you are not alone. It may feel like no one can help you, but there are many resources available for you as well as your family and friends. If you are pregnant, using alcohol, drugs, or tobacco can seriously hurt your baby, so it is important to stop as soon as you can. It's never too late to stop - at whatever point you stop, it will benefit your baby.

**Admitting you need help** is the first and hardest step toward recovery. Actually, getting help is the second step. Talk to a counselor or doctor who can help you explore your options for treatment. You can also attend free, confidential support groups such as Alcoholics Anonymous or Narcotics Anonymous.



# Resources

## Finding help is important for quitting. For more information:

Alabama Department of Mental Health	1-800-367-0955	<a href="http://mh.alabama.gov">mh.alabama.gov</a>
Alcoholics Anonymous		<a href="http://aaarea1.org">aaarea1.org</a>
AL-ANON/ALATEEN	1-757-563-1600	<a href="http://al-anon.org">al-anon.org</a>
Center for Substance Abuse Treatment	1-800-662-4357	<a href="http://samhsa.gov">samhsa.gov</a>
Council on Substance Abuse	1-334-262-1629	<a href="http://cosancadd.org">cosancadd.org</a>
March of Dimes	1-888-633-4637	<a href="http://marchofdimes.com">marchofdimes.com</a>
Narcotics Anonymous	1-818-773-9999	<a href="http://na.org">na.org</a>
National Alliance on Mental Illness: Alabama	1-800-626-4199	<a href="http://namialabama.org">namialabama.org</a>
Parenting Assistance Line	1-866-962-3030	<a href="http://pal.ua.edu">pal.ua.edu</a>
Partnership to End Addiction	1-855-378-4373	<a href="http://drugfree.org">drugfree.org</a>
Quit Now Alabama	1-800-784-8669	<a href="http://quitnowalabama.com">quitnowalabama.com</a>
Substance Abuse Prevention	1-877-726-4727	<a href="http://samhsa.gov/prevention">samhsa.gov/prevention</a>
Suicide and Crisis Lifeline	9-8-8	<a href="http://988lifeline.org">988lifeline.org</a>

**Are you troubled by the addiction of someone you love?:** You are not alone! Millions of people are affected by the excessive substance use of someone close to them. In fact, you may not realize just how much you have been affected by your loved one's addiction. What can you do? Getting a loved one to agree to accept help, and finding support services for all family members are the first steps toward healing for the addicted person and the entire family. Know that people can - and do - recover from addictions, but you must take care of yourself, too. Contacting a support group, such as Al-Anon, can help you connect with others who are - and have been - in your situation.

# Index of Resources

**Use this comprehensive list of resources to find more information or assistance:**

Alabama Cooperative Extension System	1-334-844-4444
Alabama Department of Child Abuse & Neglect Prevention	1-334-262-2951
Alabama Department of Early Childhood Education	1-334-244-3171
Alabama Department of Human Resources	1-334-242-1425
Alabama Department of Mental Health	1-800-367-0955
Alabama Department of Public Health	1-800-252-1818
Alabama Department of Public Safety	1-334-517-2800
Alabama Department of Rehabilitation Services	1-800-441-7607
Alabama Disabilities Advocacy Program	1-800-826-1675
Alabama's Early Intervention System	1-800-543-3098
Alabama Family Central	1-888-928-3471
Alabama Healthy Kids, Healthy Future	1- 866-711-4025
Alabama Healthy Marriage & Relationship Education Initiative	1-334-844-3189
Alabama Immunization Division	1-800-469-4599
Alabama Medicaid Agency	1-800-362-1504
Alabama Network of Family Resource Centers	1-205-746-2446
Alabama Newborn Screening	1-866-928-6755
Alabama Parent Education Center	1-866-532-7660
Alabama Parent Leadership Network	1-866-711-4025
Alabama Partnership for Children Early Language and Literacy	1-866-711-4025
Alabama Public Television	1-800-239-5233

[aces.edu/family-health/finances](https://aces.edu/family-health/finances)  
[ctf.alabama.gov](https://ctf.alabama.gov)  
[children.alabama.gov](https://children.alabama.gov)  
[dhr.alabama.gov](https://dhr.alabama.gov)  
[mh.alabama.gov](https://mh.alabama.gov)  
[alabamapublichealth.gov](https://alabamapublichealth.gov)  
[alea.gov](https://alea.gov)  
[rehab.alabama.gov](https://rehab.alabama.gov)  
[adap.ua.edu](https://adap.ua.edu)  
[rehab.alabama.gov/services/ei](https://rehab.alabama.gov/services/ei)  
  
[alabamafamilycentral.org](https://alabamafamilycentral.org)  
[alabamapartnershipforchildren.org/our-work/alabama-healthy-kids-healthy-future](https://alabamapartnershipforchildren.org/our-work/alabama-healthy-kids-healthy-future)  
[alabamamarriage.org](https://alabamamarriage.org)  
[alabamapublichealth.gov/immunization](https://alabamapublichealth.gov/immunization)  
[medicaid.alabama.gov](https://medicaid.alabama.gov)  
[anfrc.com](https://anfrc.com)  
[alabamapublichealth.gov/newborn-screening](https://alabamapublichealth.gov/newborn-screening)  
[alabamaparentcenter.com](https://alabamaparentcenter.com)  
[alabamapartnershipforchildren.org/our-work/strengthening-families/](https://alabamapartnershipforchildren.org/our-work/strengthening-families/)  
[feedmewords.org](https://feedmewords.org)  
[aptv.org/education](https://aptv.org/education)  
[early-childhood-learning](https://early-childhood-learning)

# Index of Resources

**Use this comprehensive list of resources to find more information or assistance:**

Alabama Special Education Services	1-334-242-8114	<a href="http://alabamaachieves.org/special-education">alabamaachieves.org/special-education</a>
Alabama State Parks	1-800-252-7275	<a href="http://alapark.com">alapark.com</a>
Alcoholics Anonymous		<a href="http://aaarea1.org">aaarea1.org</a>
AL-Anon/Alateen	1-757-563-1600	<a href="http://al-anon.org">al-anon.org</a>
ALL Kids Insurance	1-888-373-5437	<a href="http://alabamapublichealth.gov/allkids">alabamapublichealth.gov/allkids</a>
American Academy of Pediatric Dentistry	1-312-337-2169	<a href="http://aapd.org">aapd.org</a>
American Academy of Pediatrics	1-334-954-2543	<a href="http://healthychildren.org">healthychildren.org</a>
American Heart Association - Healthy Eating	1-800-242-8721	<a href="http://recipes.heart.org">recipes.heart.org</a>
American Pregnancy Association	1-800-672-2296	<a href="http://americanpregnancy.org">americanpregnancy.org</a>
American Red Cross - Alabama Region	1-800-733-2767	<a href="http://redcross.org/local/alabama">redcross.org/local/alabama</a>
Americans with Disabilities	1-800-514-0301 (voice) 1-800-514-0383 (TTY)	<a href="http://ada.gov">ada.gov</a>
AmeriCorps	1-800-942-2677	<a href="http://americorps.gov">americorps.gov</a>
Autism Support of Alabama	1-877-428-8476	<a href="http://autism-alabama.org">autism-alabama.org</a>
Breastfeeding Initiatives		<a href="http://aap.org/breastfeeding">aap.org/breastfeeding</a>
Center for Substance Abuse Treatment	1-800-662-4357	<a href="http://samhsa.gov">samhsa.gov</a>
Center for Parent Information and Resources	1-973-642-8100	<a href="http://parentcenterhub.org">parentcenterhub.org</a>
Child Care Aware	1-800-424-2246	<a href="http://childcareaware.org">childcareaware.org</a>
ChildHelp: Child Abuse Hotline	1-800-422-4453	<a href="http://childhelp.org">childhelp.org</a>
Child Welfare Information Gateway		<a href="http://childwelfare.gov/topics/can">childwelfare.gov/topics/can</a>
Children's Rehabilitation Service	1-800-846-3697	<a href="http://rehab.alabama.gov/services/crs">rehab.alabama.gov/services/crs</a>
Consumer Product Safety Commission	1-800-638-2772 1-301-595-7054 (TTY)	<a href="http://cpsc.gov">cpsc.gov</a>
Council on Substance Abuse	1-334-262-1629	<a href="http://cosancadd.org">cosancadd.org</a>
Described and Captioned Media Program	1-800-237-6213	<a href="http://dcmp.org">dcmp.org</a>

# Index of Resources

Use this comprehensive list of resources to find more information or assistance:

DHR Child Care Services	1-334-242-1425	<a href="http://dhr.alabama.gov/child-care">dhr.alabama.gov/child-care</a>
Don't Be In The Dark About Child Care	1-866-711-4025	<a href="http://alabamachildcarefacts.com">alabamachildcarefacts.com</a>
Easter Seals Make the First Five Count	1-334-395-4489	<a href="http://easterseals.com/mtffc">easterseals.com/mtffc</a>
Family Planning	1-800-654-1385	<a href="http://alabamapublichealth.gov/familyplanning">alabamapublichealth.gov/familyplanning</a>
Family Voices of Alabama	1-877-771-3862	<a href="http://familyvoicesal.org">familyvoicesal.org</a>
Federal Student Aid	1-800-433-3243	<a href="http://studentaid.gov">studentaid.gov</a>
First Teacher Home Visiting	1-334-224-3171	<a href="http://children.alabama.gov/firstteacher">children.alabama.gov/firstteacher</a>
Food Safety		<a href="http://foodsafety.gov">foodsafety.gov</a>
Fresh Air Family	1-205-540-6642	<a href="http://freshairfamily.org">freshairfamily.org</a>
Fruits and Veggies - More Matters		<a href="http://fruitsandveggies.org">fruitsandveggies.org</a>
Guide for Financial Aid		<a href="http://finaid.org">finaid.org</a>
Help Me Grow Alabama	1-833-939-0336	<a href="http://helpmegrowalabama.org">helpmegrowalabama.org</a>
HIV/AIDS Hotline	1-800-228-0469	<a href="http://hab.hrsa.gov">hab.hrsa.gov</a>
Insure Alabama	1-888-373-5437	<a href="http://insurealabama.adph.state.al.us">insurealabama.adph.state.al.us</a>
International Center for Disability Resources on the Internet	1-919-349-6661	<a href="http://icdri.org">icdri.org</a>
Juvenile Products Manufacturers Association	1-856-638-0420	<a href="http://jpma.org">jpma.org</a>
KidsHealth		<a href="http://kidshealth.org/en/parents/nutrition-center">kidshealth.org/en/parents/nutrition-center</a>
La Leche League of AL, MS, & LA	1-877-4-LA-LECHE	<a href="http://llalmsla.org">llalmsla.org</a>
Lead Hotline	1-800-424-5323	<a href="http://epa.gov/lead">epa.gov/lead</a>
<i>Learn the Signs. Act Early.</i>	1-800-232-4636	<a href="http://cdc.gov/ncbddd/actearly">cdc.gov/ncbddd/actearly</a>
March of Dimes	1-888-663-4637	<a href="http://marchofdimes.com">marchofdimes.com</a>
Mental Health America	1-800-969-6642	<a href="http://mhanational.org/what-every-child-needs-good-mental-health">mhanational.org/what-every-child-needs-good-mental-health</a>
My Plate	1-888-779-7264	<a href="http://myplate.gov">myplate.gov</a>

# Index of Resources

**Use this comprehensive list of resources to find more information or assistance:**

My Plate for Pregnant & Breastfeeding Women	1-888-779-7264	<a href="http://myplate.gov/life-stages/pregnancy-and-breastfeeding">myplate.gov/life-stages/pregnancy-and-breastfeeding</a>
My Plate for Preschoolers	1-888-779-7264	<a href="http://myplate.gov/life-stages/preschoolers">myplate.gov/life-stages/preschoolers</a>
Narcotics Anonymous	1-818-773-9999	<a href="http://na.org">na.org</a>
National Alliance on Mental Illness: Alabama	1-800-626-4199	<a href="http://namialabama.org">namialabama.org</a>
National Center for Families Learning	1-502-584-1133	<a href="http://familieslearning.org">familieslearning.org</a>
National Center on Physical Activity and Disability	1-800-900-8086	<a href="http://nchpad.org">nchpad.org</a>
National Children's Oral Health Foundation	1-800-559-9838	<a href="http://americastoothfairy.org">americastoothfairy.org</a>
National Crime Prevention Council	1-202-919-4222	<a href="http://npc.org">npc.org</a>
National Domestic Violence Hotline	1-800-799-7233	<a href="http://thehotline.org">thehotline.org</a>
National Fatherhood Initiative	1-301-948-0599	<a href="http://fatherhood.org">fatherhood.org</a>
National Federation of Families for Children's Mental Health	1-240-403-1901	<a href="http://ffcmh.org">ffcmh.org</a>
National Inhalant Prevention Coalition	1-855-704-4400	<a href="http://inhalants.org">inhalants.org</a>
National Women's Health Info Center	1-800-994-9662	<a href="http://womenshealth.gov">womenshealth.gov</a>
Parenting Assistance Line	1-866-962-3030	<a href="http://pal.ua.edu">pal.ua.edu</a>
PBS Kids		<a href="http://pbskids.org">pbskids.org</a>
PBS Parents		<a href="http://pbs.org/parents">pbs.org/parents</a>
Perinatal Care	1-334-206-5955	<a href="http://alabamapublichealth.gov/perinatal">alabamapublichealth.gov/perinatal</a>
Plan First	1-888-737-2083	<a href="http://alabamapublichealth.gov/planfirst">alabamapublichealth.gov/planfirst</a>
PNC Grow Up Great	1-877-762-4769	<a href="http://pncgrowupgreat.com">pncgrowupgreat.com</a>
Poison Control	1-800-222-1222	<a href="http://aapcc.org">aapcc.org</a>
Police, Fire, or Ambulance	9-1-1	
Post Partum Support International	1-800-944-4773	<a href="http://postpartum.net">postpartum.net</a>
Product Recall Information		<a href="http://recalls.gov">recalls.gov</a>
Rape, Abuse, & Incest Hotline	1-800-656-4673	<a href="http://rainn.org">rainn.org</a>
Reach Out and Read Alabama	1-205-223-0097	<a href="http://roralabama.org">roralabama.org</a>

# Index of Resources

**Use this comprehensive list of resources to find more information or assistance:**

Quit Now Alabama	1-800-784-8669	<a href="http://quitnowalabama.com">quitnowalabama.com</a>
Safe Kids Worldwide	1-205-939-6339	<a href="http://safekids.org">safekids.org</a>
Screen Time Awareness		<a href="http://cdc.gov/nccdphp/dnpao/multimedia/infographics/getmoving.html">cdc.gov/nccdphp/dnpao/multimedia/infographics/getmoving.html</a>
STAR: Alabama Assistive Technology Resource	1-800-782-7656	<a href="http://al.at4all.com">al.at4all.com</a>
Alabama's AT 4 ALL		
Substance Abuse Prevention	1-877-726-4727	<a href="http://samhsa.gov/prevention">samhsa.gov/prevention</a>
Suicide Crisis Lifeline	9-8-8	<a href="http://988lifeline.org">988lifeline.org</a>
Super Kids Nutrition		<a href="http://superkidsnutrition.com">superkidsnutrition.com</a>
Text4Baby	Text BABY (or BEBE) to 511411	<a href="http://text4baby.org">text4baby.org</a>
Partnership to End Addiction	1-855-378-4373	<a href="http://drugfree.org">drugfree.org</a>
The Whole Child	1-855-924-7141	<a href="http://pbs.org/wholechild">pbs.org/wholechild</a>
Through the Looking Glass	1-800-644-2666	<a href="http://lookingglass.org">lookingglass.org</a>
Vroom		<a href="http://vroom.org">vroom.org</a>
WIC	1-888-942-4673	<a href="http://alabamapublichealth.gov/wic">alabamapublichealth.gov/wic</a>
YMCA of the USA	1-800-872-9622	<a href="http://ymca.org">ymca.org</a>
ZERO TO THREE	1-800-899-4301	<a href="http://zerotothree.org">zerotothree.org</a>

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