



Infant Parent Center provides:

- Professional counseling for families and children prenatal to age 5 including home visitation.
- Individual, couples, and family therapy.
- Supportive services for foster care and adoptive families.
- Colic & sleep difficulty support.
- Perinatal Consultation and Support.
- Bilingual services available.

Locations in Placerville and Cameron Park.
530-676-2899 www.infantparentcenter.com

New Morning Youth & Family Services provides professional counseling, including bilingual services, for children and families. Services include individual, family, parenting, and co-parenting classes. Outreach and support available for Latino families. Locations in Placerville and Cameron Park.
530-622-5551 www.newmorningyfs.org

Lilliput Children Services provides foster/adoption, permanency focused therapeutic services.
916-941-8799 www.lilliput.org
www.facebook.com/lilliputchildrensenservices

Infant Development Program at the El Dorado County Office of Education Special Services Program provides family-centered early intervention services for infants and toddlers with special needs.
530-622-7130 x2551

Infant, Child & Adult CPR: Pediatric First Aid offered by Choices for Children. Pre-registration required. Parents and childcare providers welcome.
530-676-0707
www.choices4children.org-eldorado.org



FAMILY SUPPORT

Big Brothers Big Sisters offers one-to-one mentoring for children ages 3-5 at the child's preschool. Matches can play on the playground, do puzzles, read, or do arts and crafts together. 530-626-1222 www.bbbs-edc.org

Progress House offers education, therapy and rehabilitation services for individuals struggling with alcohol and drug addictions. Residential programs, outpatient counseling, and transitional living are provided. 530-626-9240 www.progresshouseinc.org

Parenting and Family Support services encourages healthy development of children ages 0-5 through parent-child play groups, developmental screenings, parent education, and community services referrals meeting individual family needs
530-295-2454 www.edcares.org



El Dorado County Health Services, Mental Health Division provides:

- Group and individual counseling for individuals who qualify. 530-621-6290
- 24 Hour mental health crisis support. 530-622-3345 www.edcgov.us

Car Seat Information and Installation ensures that your safety seat is installed properly to protect your child. Appointment required.

- California Highway Patrol 530-622-1110
- Public Health 530-621-6100

Marshall Community Health Library offers resource books for adults and children with topics on nutrition, pregnancy, children's health, and more. Free internet access to health information. 530-626-2778 www.marshallmedical.org

GETTING READY TO LEARN!

Ninety percent of brain development takes place from birth to age 5. That means before your child enters kindergarten, the majority of their brain has been wired for learning.

First 5 El Dorado encourages parents to be their child's first teacher in preparing them for school and lifelong learning.

Here are five ways to support your child's optimal development:

1. **Take your child to all well-child visits and see a dentist by the first tooth or first birthday.** Children who attend well-child visits and the dentist are healthier and better able to learn.
2. **Learn about community resources.** Families that are connected to community services have more resources to support their family.
3. **Make sure your child is developing on track.** Parents who regularly screen their child's development have a better understanding of whether they are meeting critical milestones.
4. **Choose high quality early care and education programs.** Children in rich learning environments with providers that engage the children are better prepared for school.
5. **Read with your child each day.** Reading, singing, and talking with your child each day increases their ability to learn and read.

Funding for the WSCS/Ready by 5 provided by:



530-622-5787

www.first5eldorado.com

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It Takes a Community to Raise a Child!

Your Community Directory for healthy, happy children



Supporting Parents and Children from age 0 to 5





Choices for Children helps parents find community resources, early care and education services, and help paying for child care. Parents are assisted in developing a quality child care plan that includes referrals to centers, preschools, and family childcare homes. 530-676-0707
www.choices4children-eldorado.org

The **El Dorado County Office of Education Child Development Programs and Services** operates Early Head Start, Head Start, and State Preschool programs throughout the county. 530-295-2270
www.edcoe.org



- **Early Head Start** provides a home visitation program to promote positive family health and development and serves families who are expecting a child and/or have children age birth to three.
- **Head Start** and **State Preschool** provide individualized early education, focusing on school readiness and literacy skills for children ages 3 to 5.

Happy Kids Preschool & Child Care provides full-day and part-day programs. State funding available for income-eligible participants. Cameron Park 530-676-2223, Placerville 530-626-0344, or Shingle Springs 530-677-0551
www.happykidspreschoolandchildcare.com

The **El Dorado County Library's**, "Ready to Read @ Your Library" early literacy programs offer storytimes for children 0-5 featuring stories, songs, activities, and free books. Placerville 530-621-5540, Cameron Park 530-621-5500, El Dorado Hills 916-358-3500, www.eldoradolibrary.org

Child Care and Early Education

Marshall Medical Center provides:

- Birth Center Lactation Support: breastfeeding support and breast pumps. 530-626-2835
- Healthy pregnancy and childbirth preparation.
- Baby Basics classes. 530-626-2990 www.marshallmedical.org

Children's Health services assist families in finding health insurance, choose doctors and dentists, and encourage families to attend all well child visits. 800-844-4491 www.edcgov.us

WIC (Women, Infants and Children) is a nutrition program that helps pregnant women, new mothers, babies and young children eat well, be active, and stay healthy. 530-621-6176 www.edcgov.us

El Dorado Dental Van provides dental services to children and their families on Medi-Cal, dental insurance, and those without insurance through a sliding fee payment based on family size and income. For more information visit www.edchc.org or call 530-497-5016

El Dorado Community Health Centers provides primary care, dental, and behavior health services. Managed Medical, Medi-Cal, Medicare, sliding fee and private insurance is accepted. Placerville, Diamond Springs and Cameron Park. 530-621-7700 www.edcchc.org

Shingle Springs Tribal Health Program offers medical, dental, and behavioral health services for all El Dorado County residents. Accepts Medi-Cal. 530-672-8059

El Dorado County Public Health Nursing provides low-cost immunizations for eligible children and adults, 530-621-6100, and Registered Nurse Home Visitation for families. 530-621-6108

Growing Healthy Children Therapy Services provides individualized occupational, physical, and speech therapy, along with social skills and feeding therapy groups. 530-219-3150 www.ghcot.com

Health and Nutrition

Resource Center at Choices for Children offers a toy lending library, arts & crafts store, and child care and development experts who can connect parents with information and resources. 530-676-0707
www.choices4children-eldorado.org

Community Service Districts provide a variety of fun and educational age-specific activities right in your neighborhood. Placerville www.cityofplacerville.org/depts/parks, Cameron Park www.cameronpark.org, El Dorado Hills www.eldoradohillscsd.org

0-5 Play Groups offered at the El Dorado County Libraries are fun programs for babies, small children, and grown-ups where you can play, learn, and socialize together. Registration is required. 530-295-2493
www.edcares.org

Kids' Expo is a free annual event for families that offers hands-on activities, children's performances and community resources. The event is presented by Choices for Children and is held in Spring. 530-676-0707



Play and Activity Groups are plentiful and provide opportunities to have fun, learn and to connect with other families. Internet search "Playgroups in El Dorado County" or join First 5 El Dorado's Facebook page for local listings.
www.facebook.com/first5eldoradocounty

Play Groups & Fun Things to Do

Green Valley Community Church, at no cost, provides clothing and food outreach, firewood distribution, winter shelter, and transitional housing. Placerville 530-622-3231
www.gvcconline.com

The **Food Bank of El Dorado County** provides food assistance on a daily basis to individuals and families throughout El Dorado County. Call the Food Bank for dates, times, and locations of food distribution. 530-621-9950
www.foodbankedc.org



El Dorado County Human Services, Social Services Division has several assistance programs, such as:

- Cash Aid
- Welfare to Work
- Cal Fresh
- Medi-Cal
- Housing
- Energy Assistance

Placerville 530-642-7300 www.edcgov.us

The **Center for Violence Free Relationships** provides a 24-hour crisis line, counseling, legal advice, emergency food, clothing and transportation, and a Safe House for women and children who experience domestic violence. 24-hour help line, 530-626-1131 or 916-939-6616. Placerville, 530-626-1450 or 916-939-4464.
www.thecenternow.org

Choices for Children-Diaper Bank provides no cost supplemental diapers to families in need, newborn to size six. Parents need to provide appropriate identification. 530-676-0707
www.choices4children-eldorado.org

BASIC NEEDS