# Parent's Helpbook

2015 Directory of Services
for Families in Catawba County

Catawba County
Partnership For Children

*Published by the Catawba County Partnership for Children*

## Helping Children Grow Up Mentally Healthy

Good mental health allows children to think clearly, develop positive relationships, learn new skills, build self-esteem, and develop a positive outlook on life. Here are the basics for a child's good mental health:

- Give your child unconditional love.
- Notice your child's interests and talk about what they do well.
- Encourage your child to play; independent and group play are both important.
- Provide a safe and secure environment where it's OK for them to make mistakes.
- Demonstrate and explain "good" behavior to help your child develop good habits.
- Listen and talk to your child with the same respect you want from them.
- If you feel that stress is overwhelming your family life and impacting your relationships, it's OK to ask for help! The Helpbook will help you find the resources you need; if you can't figure out where to start, call the Children's Resource Center at 695-6565.

## We're on PINTEREST!

**Visit the Catawba County Partnership for Children on PINTEREST (www.pinterest.com/catawbacpc) for great ideas on fun activities for infants/toddlers, preschoolers, and families. You'll also find boards on parenting, keeping your family healthy, fit and safe, lists of terrific books for kids, ideas for teachers of young children and more!**

# Introduction

We understand that parenting today is quite a challenge, and many parents wonder what services are available to help them in this important role. The Parent's Helpbook has been created to connect Catawba County families to the services they need to make sure their children are able to reach their fullest potential in life.

The Catawba County Partnership for Children was incorporated in 1994 to collaborate with community partners to ensure that children start school healthy and prepared for success. We partner with North Carolina's Smart Start and NC Pre-Kindergarten programs, Catawba County United Way, Dolly Parton's Imagination Library, and many local agencies and funders. Our services include technical assistance for early childhood education providers, child care scholarships and subsidies, child care resource and referral, parent education and support, inclusion support, and a focus on early childhood literacy.

This year we are partnering with the **Catawba County Local Community Collaborative for Children** to include listings for additional mental health, substance abuse, and intellectual disability resources for adolescents and older youth in our community. We hope that your family will find this new and improved Helpbook to be a valuable resource as you continue on your parenting journey!

Catawba County
Partnership For Children

**Catawba County Partnership for Children**

***"Ensuring every child in Catawba County enters kindergarten prepared for lifelong success."***

P.O. Box 3123, Hickory, NC 28603
738 Main Avenue SW, Hickory, NC 28602
Phone 828-695-6505 • Fax 828-328-4551
www.catawbakids.com

# I'm looking for …

The following are some resources we suggest you start with if you have concerns about your child or are looking for information about a particular issue. Agency and organization listings are arranged in alphabetical order in the Helpbook; all area codes are 828 unless otherwise specified.

***If you are concerned that your child may have a developmental delay***

- Ages birth to 3 years: ask your pediatrician or contact the CDSA..... p. 9
- Ages 3-5 years: ask your pediatrician or contact your Public School Preschool Program..... p. 22
- School age: ask your pediatrician or talk with your child's teacher, school guidance counselor, or your school's Exceptional Children's Department staff

***Looking for parenting classes and support***

- Parent Support Team……. p. 23
- Parents As Teachers..... p. 23
- FamilyNET..... p.15
- Family Guidance Center..... p. 14
- FSN/HOPE Network..... p. 15

***If you need help finding and paying for quality child care***

- Children's Resource Center..... p. 9
- Department of Social Service's Child Day Care Unit..... p. 4
- NC Pre-K Pre-kindergarten Program..... p. 22
- Head Start..... p. 16
- United Way Partners Inclusion Program (children with special needs) p. 29

***Looking for help coping with the effects of child abuse, or needing help protecting children from abuse and neglect***

- Children's Advocacy & Protection Center..... p. 8
- Department of Social Services..... p. 4
- Division of Child Development & Early Education (for child care situations)..... p. 12

***Resources for non-English speaking families***

- Parents As Teachers..... p. 23
- Centro Latino..... p. 8
- International Newcomer Center..... p. 20
- Children's Resource Center..... p. 9

# Catawba County Resources

**AIDS Leadership Foothills Area Alliance**
**(ALFA) 322-1447**
Catawba Professional Building, Suite 28
1120 Fairgrove Church Road
Hickory, NC 28602
*www.alfainfo.org*

*Assists people who are HIV positive and their families with support groups, emergency financial assistance, case management, transportation. Also provides community education.*

**Autism Society of NC**
**1-800-442-2762**
505 Oberlin Road, Suite 230
Raleigh, NC 27605
*www.autismsociety-nc.org*

*Provides services for NC residents with autism and related developmental disabilities.*

**BEGINNINGS for Parents of Hearing Impaired Children**
**Voice/TTY: 919-585-2746**
**Voice/TTY: 800-541-4327 (NC residents only)**
PO Box 17646
Raleigh, NC 27619
*www.beginningssvcs.com*

*Provides emotional support and access to information as a central resource for families with deaf or hard of hearing children ages birth through 21 years. These services are also available to deaf parents who have hearing children. The mission of BEGINNINGS is to help parents be informed, empowered, and supported as they make decisions about their child.*

**Boy Scouts of America**
**704-864-2694**
1222 East Franklin Boulevard
Gastonia, NC 28053
*www.scouting.org*

*Contact for information about Boy Scouting in your community. Designed to develop character, citizenship, and personal fitness.*

**Bunker Hill Covered Bridge**
**465-0383**
Hwy. 70 East beyond Claremont

*Historic covered bridge, trails, and picnic areas.*

**Care Coordination for Children (CC4C)**
**695-5800**
Catawba County Public Health
*www.catawbacountync.gov/phealth/Child/CC4C.asp*

*CC4C care managers help with locating a medical home for your child, transportation and childcare. They provide information about a wide variety of family-oriented resources to help ensure that children reach their developmental potential, are raised in healthy, safe environments, and are able to connect with programs, services, and resources the family needs. Children who have been diagnosed with, or are at risk for, developmental delay or disability, long-term illness, and/or social/emotional disorders may be eligible to participate in this free and voluntary program.*

**CAST – Creative Arts Shoestring Theater**
**493-2758**
*www.casttheatre.com*

*An educational theatrical company dedicated to keeping live theatre a vital, thriving art form. Welcomes children and adults as actors and audience members.*

**Catawba County 4-H Youth Programs**
**465-8242**
NC Cooperative Extension Service
P.O. Box 389
Newton, NC 28658

*Provides educational, social, and recreational activities for young children. Contact Livestock Agent for names of farms currently available for tours.*

**Catawba County Council for the Arts**
**324-4906**
243 3rd Ave. NE # 2W
Hickory, NC 28601
*www.catawba-arts.org*

*Provides the quarterly "Art Beat" publication which lists all art exhibits, theatre activities, library workshops, musical happenings, historical lectures, and other cultural interests.*

**Catawba County Firefighters Museum**
**466-0911**
3957 Herman Sipe Road
Conover, NC 28613

*Displays fire trucks, uniforms, and historical information about fighting fires in Catawba County.*

**Catawba County Department of Social Services**
**695-5600**
(To make a report to Child Protective Services, call 324-9111 or 911)
3030 11th Avenue Drive SE
Hickory, NC 28602
*www.catawbacountync.gov/dss/*

- *Economic and Family Support Services 695-5600*
  *Provides a variety of public assistance programs including crisis intervention, SNAP food assistance, and Medicaid.*
- *Child Day Care Services 695-5721*
  *Provides financial assistance for child care expenses for low to moderate income families. Call for eligibility screening. A SMART START funded project.*
- *Child Support Enforcement 695-4405*
  *Ensures non-custodial parents accept financial responsibility for supporting their children.*
- *Child Welfare Services 695-4515*
  *Provides protective services, foster care, and adoption for children who have been abused, neglected or are dependent. For adoption services, see Family Builders of Catawba County.*
- *Success Coach Post Adoption Services 695-5755*
  *Provides voluntary support services to families who have a finalized private, public, domestic, or international adoption.*

# Eat Smart, Move More!

Childhood obesity is a growing problem in our nation, our state … and right here in Catawba County. Here are some quick and easy ideas and resources to encourage you and your family to embrace healthy behaviors.

Make a decision to **Eat Smart** and **Move More** today!

**Tame the Tube…** Plan how much TV you and your family are going to watch. Set clear limits and be a good role model for your children. Make a list of activities you want to do instead of watching TV. Don't keep the TV on all of the time at your home. When you do watch, talk about what you've seen with your kids.

**Prepare More Meals at Home…** Plan meals for your family for a week, two weeks, or longer - whatever works for you. Make a list of all of the food you will need, and then stick to your healthy plan. Keep it simple! Eat together as a family, without the TV, and talk to each other as you eat. Eating at home equals eating healthy!

**Right-Size your Portions…**

If you order take-out, don't super-size! Otherwise, remember that the secret to a "serving size" is in your hand. Here are some general rules: A fist or cupped hand = 1 cup of food (1 serving equals ½ cup of cereal, rice or pasta, 1 cup of raw leafy green vegetables, or ½ cup of raw vegetables or fruit) A thumb = 1 ounce (1 serving equals 1½-2 ounces of low-fat cheese) A handful = about 1-2 ounces (1 serving equals 1 ounce of nuts or 2 ounces of pretzels) Palm of your hand = about 3 ounces (1 serving equals 3 ounces of meat) Tip of your thumb = 1 teaspoon (Keep high fat foods such as peanut butter and mayonnaise at a minimum by measuring the serving with the tip of your thumb.

**Choose to Move More Everyday…** Commit to take a walk every day - even if it's just for 10 minutes. Choose the stairs instead of the elevator. Park farther away and walk. Have fun with your kids - dance in the living room or kick a ball in the yard. Simply put - move more!

**Re-Think your Drink…** Limit juice and soft drinks. Encourage your family to drink water, at least 6-8 eight-ounce glasses each day. Children 1-2 years old need 2 cups of whole milk a day. Older children and adults should drink fat-free or low-fat milk.

**Enjoy More Fruits and Veggies…** Eat 2-3 servings of fruit per day, and 3-5 servings of vegetables a day. To maximize the health benefits, choose fruits and vegetables in a variety of colors. Depending on the color, they offer a wide variety of nutrients that your body needs to be healthy.

**For more information, go to www.eatsmartmovemorenc.com To find out the childhood obesity prevention efforts that are happening here in Catawba County, call Catawba County Health Partners at 695-5818**

### Catawba County Historical Association and Museum

**465-0383**
30 North College Ave.
Newton, NC 28658
*www.catawbahistory.org*

*Provides information and exhibits describing origins of Catawba County and surrounding area from prehistoric to present.*

### Catawba County Library Branches

- **Newton - Main Branch**
**465-8664**
115 West C Street
Newton, NC 28658

- **Claremont**
**466-6817**
3288 East Main Street
Claremont, NC 28610

- **Conover**
**466-5108**
403 Conover Station SE.
Conover, NC 28613

- **Maiden 428-2712**
11 South A Avenue
Maiden, NC 28650

- **Sherills Ford – Terrell**
**478-2729**
9154 Sherrills Ford Road
Terrell, NC 28682

- **Southwest**
**466-6818**
2944 Highway 127 South
Hickory, NC 28602

- **St. Stephens**
**466-6821**
3225 Springs Road
Hickory, NC 28601

### Catawba County Parks

**312-4803**
*www.catawbacountync.gov/parks*

*Opportunities for fishing, hiking, and wildlife observation, plus horseback riding trails, mountain biking trails, canoe/kayak access to the Catawba River & dog parks. Check in at the ranger station.*

- **River Bend Park**
**256-9157**
6700 NC Hwy. 16 N
Conover, NC 28613

- **Bakers Mountain Park**
**324-8461**
6680 Bakers Mt. Road
Hickory, NC 28602

- **St. Stephens Park**
**441-7277**
2247 36th Ave. NE
Hickory, NC 28601

### Catawba County Partnership for Children

**695-6505**
Early Childhood Resource Center
738 4th Street SW
Hickory, NC 28602
*www.catawbakids.com*

*The Catawba County Partnership for Children (CCPC) administers the North Carolina Smart Start program locally; CCPC awards funding to local organizations to provide services such as child care subsidy scholarships, child care resource and referral, parent education and support, technical assistance for child care providers, and others. CCPC also administers the NC Pre-Kindergarten program, United Way Partners Inclusion Program, and our local Imagination Library program.*

**Catawba County Public Health & Dental Practice**
**695-5800**
3070 11th Avenue Drive SE
Hickory, NC 28602
*www.catawbacountync.gov/phealth/*

*Catawba County Public Health offers a variety of family services, including family planning, Women, Infants & Children nutrition program, health screenings, immunizations, child service coordination and more.* ***The Dental Practice*** *provides complete examinations and a wide range of treatment and educational services for children ages 1-21 and pregnant women with Medicaid. Serves as a dental home for every patient, which means services are comprehensive, continuously accessible and family-centered.*

**Catawba County Ready Schools Task Force**
**695-6501**
*www.catawbakids.com*

*A collaborative group with representatives from the Partnership for Children, Children's Resource Center, all three school districts, Catawba Valley Community College, Community Schools, and local child care centers, that is focused on working with elementary schools to make sure they are "ready" for children when they enter school. Primary activities focus on making smooth transitions to kindergarten.*

**Catawba County United Way - Volunteer Center and Information and Referral**
**324-HELP (4357) or 327-6851**
800 17th Street NW
Hickory, NC 28601
*www.ccunitedway.com*

*Maintains current resource information on human services available to the residents of Catawba County. Referrals to appropriate agencies. Access local resources by calling 2-1-1 or going to www.211nc.org.*

**Catawba Science Center**
**322-8169**
243 3rd Avenue NE
Hickory, NC 28601
*www.catawbascience.org*

*Hands-on learning for all ages. Explore physical, natural, and earth sciences through visiting exhibits, NC's only marine touch tank with sharks and stingrays, and the new full-dome digital planetarium, and special summer programs. Call or see website for schedules and more.*

**Catawba Valley Community College**
**327-7000**
250 Hwy 70 SE
Hickory, NC 28602
*www.cvcc.edu*

*CVCC is a comprehensive community college offering a wide range of educational, career preparation and corporate training options. Over 100 different programs are available, from short-term training to full associate degrees, on campus or online. Also offers many innovative summer programs for school-age youth.*

**Catawba Valley Medical Center**
**326-3000**
810 Fairgrove Church Road
Hickory, NC 28602
*www.catawbavalleymedical.org*

*CVMC is a full-service hospital, also offering educational programs of interest to families with young children. See separate listing for HealthFirst of CVMC for more details.*

**Centro Latino**
**330-0477**
306 14th Street SW
Hickory, NC 28602
*www.centrolatinohickory.com*

*A center where Hispanic/Latino families can access resources relating to child care, parent education, ESL/GED classes, employment, prenatal health care, human services, and many others.*

**Children's Advocacy & Protection Center**
**465-9296**
4360 County Home Road
Conover, NC 28613
*www.catawbacountycapc.org*

*Coordinates services for children who are victims of sexual abuse and/or severe physical abuse and their non-offending family members. Provides leadership and coordination for the prevention of child abuse and neglect, and is a "Prevent Child Abuse NC" affiliate. Coordinates the "Darkness to Light" community training program to educate adults on recognizing and preventing child sexual abuse.*

## Help Prevent SIDS

Sudden Infant Death Syndrome (SIDS) is an occurrence of sudden, unexpected death in seemingly healthy infants under the age of one year. In the year 2000, SIDS was the 3rd leading cause of infant death in North Carolina.

Here are some tips to help prevent SIDS:

Put your baby to sleep on his back – always! All caregivers of the child should follow this practice.

Provide plenty of supervised "tummy time" where your baby can practice head control while playing and interacting with you!

Use a firm mattress in your baby's crib, and remove all pillows, soft toys, and excess bedding. Never let your baby sleep on a waterbed or a beanbag.

Do not allow anyone to smoke around your baby. Secondhand smoke or smoking during pregnancy can increase the risk of SIDS.

Keep room temperatures comfortable, but not too warm (68-72° F, not over 75° F.) During colder weather, choose a one-piece sleeper for baby, rather than heavier or additional bedding.

For more information, call **1-800-505-CRIB** or **1-800-FOR-BABY** or go to **www.nichd.nih.gov/sids** to learn more about the "Back to Sleep" campaign.

**Children's Developmental Services Agency (CDSA)**
**267-6464**
1985 Tate Boulevard SE, 4th Floor
Hickory, NC 28602
*www.beearly.nc.gov*

*Through a team approach with several professionals, this agency provides an in-depth evaluation of a child's medical, psychological, educational, physical, and speech/ language needs. Early intervention service coordinators assist families in locating services and therapies (such as speech, occupational, or physical) as well as other support resources. Parents and others may refer children to the CDSA; if you suspect that your infant or toddler may have a developmental delay, call for more information.*

**Children's Resource Center**
**695-6565**
Early Childhood Resource Center
738 4th Street SW
Hickory, NC 28602
*www.childrensresourcecenter.org*

*Catawba County's "Child Care Resource & Referral" agency. Maintains a database on local child care availability and provides impartial referrals to legal child care centers, family child care homes, and half-day programs. Counsels parents on selecting high quality child care that fits their individual needs and responds to parents' requests for referrals to other community service agencies. Provides technical assistance and training to the child care community, and works closely with many community agencies to increase awareness of child care and early childhood issues. Parents may call for guidance on reporting child abuse/neglect or violations of child care regulations to the proper authorities. A SMART START funded project.*

**Christian Community Outreach Ministry**
**328-1803**
870 8th Street NE
Hickory, NC 28601

*Financial and biblical counseling for those who are poor, needy and in distress. GED program through CVCC. Emergency assistance for food and clothing.*

**What is the Period of PURPLE Crying?**

The Period of PURPLE Crying is a program to help parents understand the early weeks and months of an infant's life when they seem to cry frequently, sometimes for hours at a time. Even though it may seem that the baby is in pain, this is a period of normal development that most infants go through. The website www.purplecrying.info has a wealth of information, including educational videos, about this developmental period, along with lots of tips on how to soothe your baby, encourage good sleep habits, and manage the stress this experience can place on your family. Visit the website if you are experiencing a "fussy" baby, but also be sure to consult your pediatrician, your PAT Educator, Early HeadStart Educator, or other early childhood professional for more information and reassurance.

**Cognitive Connections Corp.**
**256-3436**
4431 County Home Road
Conover, NC 28613
*www.thecogcon.com*

*Provides substance abuse education and prevention programs. Alternative to suspension classes are offered for youth receiving a substance-related suspension. Helping people put their lives back on track.*

**Community Schools Program of Catawba County**
**464-9355**
301 W. 18th Street
Newton, NC 28658
*www.nccs.k12.nc.us/community/commschs.html*

*Offers before and afterschool care and summer camps in coordination with Newton-Conover City Schools and Hickory Public Schools.*

**Conover City Parks**
**464-1191**
101 1st Street East
Conover, NC 28613

*Provides playgrounds, picnic facilities, walking trails, basketball courts, ball fields.*

- City Park - 361 5th Avenue SE
- Downtown Park - 112 2nd Avenue NE
- Gateway Park - along 1st Street W
- Hines Park - 1130 4th Street SW
- Hunsucker Park - corner of 8th Street NE and 1st Avenue Place NE
- Majestic Park - 624 2nd Street Drive SW
- Rowe Park - 217 9th Street SW
- Travis Park - 612 6th Street Court NW
- Washington/Southwest Park - 555 4th Street Place SW

**Conover School**
**464-9532**
108 7th Street Place SW
Conover, NC 28613
*www.nccs.k12.nc.us/conover/conoverschl.html*

*Conover School is a separate school setting for children ages 3-21 years with significant intellectual and/or developmental disabilities.*

**Mandatory Reporting Laws**

www.ncdhhs.gov/dss/cps/about.htm

If you suspect that a child is being abused or neglected, or if you think a child may have died from being mistreated, **you must report what you know** to the county Department of Social Services (695-5600). This is the law (N.C.G.S.§7B-301). Do not be afraid to report. As long as you are acting in good faith, you cannot be held liable. (N.C.G.S. §7B-309).

## Red Flags of Autism Spectrum Disorders

The following red flags may indicate a child is at risk for an autism spectrum disorder, and is in need of an immediate evaluation. In clinical terms, there are a few "absolute indicators," often referred to as "red flags," that indicate that a child should be evaluated. For a parent, these are the "red flags" that your child should be screened to ensure that he/she is on the right developmental path.

If your baby shows two or more of these signs, please ask your pediatric healthcare provider for an immediate evaluation.

Impairment in Social Interaction:

- Lack of appropriate eye gaze
- Lack of warm, joyful expressions
- Lack of sharing interest or enjoyment
- Lack of response to name

Impairment in Communication:

- Lack of showing gestures
- Lack of coordination of nonverbal communication
- Unusual prosody (little variation in pitch, odd intonation, irregular rhythm, unusual voice quality)

Repetitive Behaviors & Restricted Interests:

- Repetitive movements with objects
- Repetitive movements or posturing of body, arms, hands, or fingers

Red Flags are reprinted with permission from First Signs, Inc. For more information, please go to www.firstsigns.org. First Signs is dedicated to the early identification and intervention of children with developmental delays and disorders. Red Flags were compiled from the following source: Wetherby, A., Woods, J., Allen, L., Cleary, J., Dickinson, H., & Lord, C. (2004). Early indicators of autism spectrum disorders in the second year of life. Journal of Autism and Developmental Disorders, 34, 473-493. Based on research at the Florida State University FIRST WORDS® Project.

**Cooperative Christian Ministry (CCM) of Hickory**
**327-0979**
31 1st Avenue SE
Hickory, NC 28602
*www.ccmhickory.com*

*Assists Catawba County's unemployed, underemployed and indigent residents by providing crisis relief, support, and education, as well as health care and food.*

**Cooperative Extension Service**
**465-8240**
1175 South Brady Avenue
Newton, NC 28658
*http://catawba.ces.ncsu.edu/*

*Provides information and education focusing on family, community, and environment.*

**Council on Adolescents**
**322-4591**
1120 Fairgrove Church Road SE, Suite 22
Hickory, NC 28602
*www.councilonadolescents.org*

*CoA's mission is to inspire today's youth to be physically and emotionally healthy through education, awareness and advocacy. Offers in-school and community Healthy Youth Education programs to youth in Catawba County; these prevention programs educate youth about making healthy choices, bullying, future goals, healthy relationships, internet/social media safety, nutrition, peer pressure, puberty, hygiene, reproductive health, STIs, sexual violence, teen pregnancy, setting boundaries, and avoiding risky behaviors. We also administer the Lunch Buddy Program, a mentoring program for at-risk youth, to middle school students across the county. This program provides youth a positive adult mentor who meets with them on a regular, planned, and consistent basis. The mentor develops a healthy relationship with the student and encourages them to succeed in school.*

**Creation Station**
**695-6505**
Catawba County Partnership for Children
Early Childhood Resource Center
738 4th Street SW
Hickory, NC 28602
*www.catawbakids.com*

*A resource room with books, magazines, laminating machines, die cut machines, and more. Open to early childhood teachers and professionals, parents, and others.*

**CVCC Adult Basic Education**
**327-7000 ext. 4353**
*http://www.cvcc.edu/Learning_And_Personal_Enrichment/CEIC/Basic_Skills/index.cfm*

*Improve your reading, math, vocabulary, English skills, and/or complete your high school equivalency or Adult High School Diploma. You can also learn to help your child with homework, or learn some skills to help you get a better job. Learn at your own pace in a classroom atmosphere in either Alexander or Catawba county. All Basic Skills programs are designed for ADULTS and are FREE.*

**Division of Child Development and Early Education (DCDEE)**
**1-800-859-0829**
*www.ncchildcare.net*

*Monitors and licenses child care programs in North Carolina to assure safe, healthy, and developmentally appropriate environments for young children. Also provides information to parents about choosing quality child care. Parents may call the toll-free number above to report violations of child care regulations, or call the Children's Resource Center at 695-6565 for more guidance in reporting incidents of concern.*

**Early Childhood Resource Center**
**695-6505**
738 4th Street SW
Hickory, NC 28602

*Home of the Catawba County Partnership for Children, Children's Resource Center, Early Childhood Support Team, Parent Support Team, NC Pre-Kindergarten program, Dolly Parton's Imagination Library, United Way Partners Inclusion Program, Creation Station, Family Fair, and more. Call or visit for information about services and programs to support families with young children. Funded by Smart Start.*

**Early Childhood Support Team (ECST)**
**695-6590**
Early Childhood Resource Center
738 4th Street SW
Hickory, NC 28602
*www.catawbacountync.gov/dss/ecst/ecst*

*This multi-disciplinary team is made up of early childhood education specialists, public health nurses, and clinical specialists who provide consultation to child care programs to improve quality, as well as information and support to parents on behavioral, emotional, and health issues. Education specialists administer developmental screenings when a child is suspected of having a delay and refer families to early intervention services as needed. A SMART START funded project.*

**Early Head Start of Catawba County**
**327-3689, ext. 204**
Sweetwater Early Childhood Education Center
2110 Main Avenue SE
Hickory, NC 28602

*Early Head Start provides services for low-income families with young children, beginning during pregnancy and continuing up to age 3. Family Resource Educators make 90 minute weekly home visits focusing on parenting and child development. EHS supports parents in preparing their children for preschool services, and helps families access health, dental, nutrition, educational opportunities and twice-monthly parent child groups. Available to families throughout Catawba County.*

**Easter Seals UCP of NC ECOS Hickory/Morganton**
**800-662-7119**
*www.easterseals.com*

*Easter Seals and United Cerebral Palsy (UCP) have merged to serve NC and VA, sharing a commitment to assisting people with disabilities to maximize their potential for living, learning, working and playing within the community. We offer a variety of services for children, adults, seniors, military, and veterans. These include Autism Spectrum Disorder services, employment and training services, medical rehabilitation, and more.*

**Eastern Catawba Cooperative Christian Ministry (ECCCM)**
**465-1702**
245 East N St.
Newton, NC 28658
*www.ecccm.org*

*Provides assistance with mortgage and rent payments, utility bills, food, pharmaceuticals, clothing, and fuel oil/kerosene for residents of the eastern portions of Catawba County who are facing un/underemployment, personal crisis, or other extenuating circumstances.*

**Employment Security Commission**
**466-5535**
245 E. N Street
Newton, NC 28658

*Provides job service to workers and employers on a non –fee basis. Job service staff evaluate workers' interests, skills, aptitudes and abilities, and match those with employers' job requirements.*

**Exceptional Children's Assistance Center (ECAC)**
**704-892-1321**
907 Barra Row, Suites 102/103
Davidson, NC 28036
*www.ecac-parentcenter.org*

*Parent training and information center offering parents of children with disabilities information, assistance, and workshops on laws, IEP's, etc. Parent newsletter available.*

**Exceptional Equestrians**
**433-2291**
300 Enola Road
Morganton, NC 28655

*A therapeutic horseback riding program for adults and children with disabilities. Also provides volunteer opportunities for adults and youth to assist in providing services.*

**Family Builders of Catawba County**
**465-8901**
3050 11th Avenue Drive SE
Hickory, NC 28602
*www.familybuilderscv.org*

*Provides adoption placement, counseling, and support, plus the Model Approach to Parenting class for foster and adoptive parents.*

**Family Care Center**
**324-9917**
2875 Highland Avenue NE
Hickory, NC 28601
*www.fcchickory.org*

*Provides housing for homeless families with dependent children on both short-term and long-term bases.*

**Family Guidance Center**
**322-1400**
17 Highway 70 SE
Hickory, NC 28602
*www.fgcservices.com*

*A multi services agency with specialized services for children and families, including:*

- *Counseling for adults, couples, children, adolescents, and families to address a wide variety of needs and issues; also the Nurturing parenting education program.*
- *First Step Domestic Violence services for victims of domestic violence and their children; 24 hour crisis assistance support and counseling, court advocacy, victim support group, Mate Abuse Treatment group, community education.*
- *Credit counseling services: confidential financial counseling to reduce the stress of credit problems, resolve debt problems, and regain financial stability.*

**Family Infant Preschool Program (FIPP)**
**433-2661**
300 Enola Road
Morganton, NC 28655

*Provides services to children ages birth to 5 years in Alexander, Burke, Caldwell, Catawba, and McDowell counties. Early intervention services, parent education, pregnancy supports, neonatal intensive care follow-up, and more.*

**FamilyNET**
**695-6500**
Family Services Center
3050 11th Avenue Drive SE
Hickory, NC 28602
*www.catawbacountync.gov/dss/familynet*

*Family NET of Catawba County provides mental health and behavioral health services to children and adolescents. Family NET offers an array of services and has expertise in meeting the specific needs of children and adolescents. Monitoring clinical outcomes is vital to success in the treatment of children/adolescents and insures the quality of our programs. Services are provided in an office setting, schools, home, and community. Family NET is nationally accredited through the Commission on Accreditation of Rehabilitation Facilities and is a certified Critical Access Behavioral Health Agency.*

**Family Support Network - HOPE Network**
**256-5202 / Spanish: 704-803-7082 / Hmong: 403-1286**
P.O. Box 11395
Hickory, NC 28603
*www.fsnnc.org*

*Family Support Network/Hope provides support, information, and training to assist families in promoting the education, development, and quality of life for their children of all ages and with all types of special needs; and partners with parents and professionals on community, state and national levels to expand opportunities and generate resources in order to advance positive participation of people with disabilities in all aspects of society.*

**Frye Regional Medical Center**
**322-6070**
420 N. Center Street
Hickory, NC 28601
*www.fryemedctr.com*

*FRMC is a full-service hospital, also offering a number of programs of interest to families with young children. Call 315-3429 for more information about prepared childbirth classes, breastfeeding support, and many other programs for new parents.*

**Girl Scouts Peaks to Piedmont-Hickory Service Center**
**328-2444**
530 4th Street SW
Hickory, NC 28602
*www.girlscoutsp2p.org*

*Girl Scouting offers a variety of programs for girls ages 5-17 to build character and skills for future success; an accepting environment where girls discover the fun, friendship, and power of girls together.*

**Governor Morehead Preschool**
**432-5278 or 919-733-0533**
NCSD Box 38
517 West Fleming Drive
*Morganton, NC 28655*
*www.governormorehead.net*

*Provides a variety of services for infants, toddlers, and preschoolers with visual impairments. Services may be delivered in homes, child care centers, and preschool classrooms.*

**The Green Room Community Theater**
**464-6583**
10 South Main Street
Newton, NC 28658
*www.the-green-room.org*

*A non-profit organization dedicated to strengthening the quality of life in Catawba County and surrounding communities through the preservation and growth of the dramatic arts. Theatre experiences for all ages.*

**Greenway Public Transportation**
**464-9444 or 465-7634**
1515 4th Street SW
Conover, NC 28613
*www.mygreenway.org*

*Safe, high quality, environmentally friendly transportation services for the citizens of Catawba and surroundings counties. Fixed route and flex services are available. Also provides specialized services for disabled customers. Information available in Spanish via phone or website.*

**Habitat for Humanity of Catawba Valley**
**328-4663**
772 4th Street SW
Hickory, NC 28602
*www.habitatcatawbavalley.org*

*Builds homes in partnership with Catawba County residents in need of a simple, decent place to live. The Habitat ReStore is located at 1615 8th Street Drive SE in Hickory.*

**Head Start/I-Care, Inc.**
**464-1108**
249 East N Street
Newton, NC 28658

*A federally funded child development program serving low-income preschool children and families in Catawba County. Limited bus transportation is available. Children participate in a variety of activities that follow an educational curriculum and allow learning through play and in a safe environment. Services and therapy are offered on-site for children with disabilities. Medical and dental assistance is also available. Participation is contingent upon space and enrollment*

**HealthFirst Center of Catawba Valley Medical Center**
**485-2300**
Valley Hills Mall - lower level beside Belk
1960 Highway 70 SE
Hickory, NC 28602

*Located in Valley Hills Mall, HealthFirst offers a variety of resources to parents, including prepared childbirth classes, early parenting support programs, infant massage, and many others. Stop in for a tour and to receive a calendar! Open Monday-Saturday,10 a.m.-6 p.m.*

**Hickory Community Theatre**
**328-2283**
30 3rd Street NW
Hickory, NC 28601
*www.hct.org*

*Live drama theatre open to children and adults as audience or participants.*

**Hickory Fire Department**
**323-7420**
19 2nd Street Drive NE
Hickory, NC 28601
*www.hickorync.gov*

*Provides fire safety education to groups on request. Families in need of smoke detectors should contact HFD regarding eligibility for a free smoke detector.*

**Hickory Museum of Art**
**327-8576**
243 3rd Avenue NE
Hickory, NC 28601
*www.hickoryart.org*

*Provides permanent art exhibits as well as themed, rotating exhibits. Children's activities available.*

**Hickory Soup Kitchen**
**327-4828**
131 Main Avenue NE
Hickory, NC 28601
*www.hickorysoupkitchen.org*

*Provides a nutritious midday meal for those in need.*

**Hickory Parks and Recreation**
**322-7046**
Office location:
1451 8th Street Drive NE
Hickory, NC 28601
*www.hickorync.gov*

*Provides 18 public parks with a wide variety of facilities, such as basketball courts, playgrounds, picnic shelters, sports competition fields, walking trails, skate parks, fitness centers, swimming pools, and many others. Visit the website for locations and hours of operation, or call the office for more information.*

**Hickory Public Housing Authority**
**328-5373**
841 South Center Street
Hickory, NC 28602

*Provides affordable housing along with resources and support systems designed to facilitate self-sufficiency and foster increased economic independence within the community.*

# When Do Children Need Immunizations?

The table lists the current recommended schedule for routine immunizations of infants and children, including a brief description of how each vaccine protects your child. Because this schedule may change, please contact Catawba County Public Health at 828-695-5800 with any questions or for an annual update.

North Carolina law requires every child to have a basic series of immunizations. In order for child care centers and schools to maintain compliance with the immunization laws, it is necessary to have a copy of an updated immunization record or immunization card endorsed by a registered nurse, physician, physician extender, or clinic within 30 days of enrollment on file at the child care center or school. If a child is exempt from vaccination because of medical condition or religious objection, this should be noted on the immunization certificate and supported in the child's file with documentation from the physician or religious authority.

Each child will be provided an immunization card at birth. This card should be treated with care and should accompany the child to each doctor's visit. Please keep this UPDATED immunization card with other important documents such as social security cards and birth certificates.

**For more information, visit the following websites:**

Centers for Disease Control and Prevention
(National Immunization Project) www.cdc.gov/nip

American Academy of Pediatrics
http://aap.org/new/immpublic.htm

**IMMUNIZATION SCHEDULE DISCLAIMER:**

This immunization schedule is based on the 2006 Childhood and Adolescent Immunization Schedule recommended by the Advisory Committee on Immunization Practices (ACIP), the American Academy of Pediatrics (AAP), and the American Academy of Family Physicians (AAFP). This schedule provides generally recommended dates for immunizations based on your child's birth date. Some diseases or treatments for disease affect the immune system.
For children with these diseases or for children receiving these treatments, the recommended immunization schedule may need to be modified. If you have questions or concerns, consult your child's physician or other healthcare professional for advice about your child's immunization schedule.

## What Shots Do They Need?

| By this age: | Children Need These Shots: | | | | | | |
|---|---|---|---|---|---|---|---|
| | DTaP | Polio | Hib | PCV | MMR | Hep B | Var |
| 3 months | 1 | 1 | 1 | 1 | | 1 | |
| 5 months | 2 | 2 | 2 | 2 | | 2 | |
| 7 months | 3 | 2 | 2-3 | 3 | | 2 | |
| 12-16 months | 3 | 2 | 3-4 | 4 | 1 | 2 | 1+ |
| 19 months | 4 | 3 | 3-4 | 4 | 1 | 3 | 1+ |
| 4 years | 4 | 3 | 3-4** | 4** | 1 | 3 | 1+ |
| 5 years | 5* | 4* | 3-4** | 4** | 2* | 3 | 2*+ |

DTaP: Diptheria, Tetanus & accellular Pertussis
Hib: Haemophilus influenza type B
Hep B: Hepatitis B
PCV: Pneumococcal Conjugate Vaccine (Required for all chilren born on or after July 1, 2015)
MMR: Measles, Mumps & Rubella (a 3-in-1 shot)
Var: Varicella (Chickenpox)

* - The 5th DTaP-4th Polio-2nd MMR-2nd Varicella are not required until children enter kindergarten. The last DTaP and Polio must be after age 4.
** - Children beyond their 5th birthday are not required to receive Hib or PCV vaccines.
+ - Vaccination is required unless signed documentation of disease history is provided by a health care worker stating the date or age of child's infection.

*Note: Hepatitis A, Rotavirus and Flu vaccines are not required or reportable but are recommended by the Advisory Committee on Immunization Practices.*

**Hickory Public Library Branches**
**• Patrick Beaver Memorial Library**
**304-0500**
375 Third Street NE Hickory, NC 28601
**• Ridgeview**
**345-6037**
706 1st Street SW Hickory, NC 28602

**Imagination Library**
***A Project of Catawba County Partnership for Children***
**695-6505**
Early Childhood Resource Center
738 4th Street SW
Hickory, NC 28602
*www.imaginationlibrary.com*
*or www.catawbakids.com*

*Dolly Parton's Imagination Library program sends all enrolled children one free age-appropriate book each month until their fifth birthday. Program promotes early literacy and the importance of parents reading to their children.*

**International Newcomer Center**
**855-9387**
Sweetwater Early Childhood Education Center
2110 Main Avenue SE
Hickory, NC 28602

*The Newcomer Center serves all 25 schools in the Catawba County School System, and assists parents with limited English proficiency to enroll their children in school, complete necessary forms, review health records, assess the child's language skills, and locate needed resources and services.*

**Local Interagency Coordinating Council (LICC)**
*Please call your local CDSA office to get current information about your county's LICC contacts:*
**267-6464** (Catawba, Alexander)
**432-5430** (Burke, Caldwell, McDowell)

*This organization is comprised of representatives from various agencies and parents of children with disabilities who work together to ensure that services for children with disabilities are efficient and family-friendly.*

**Longview Recreation Center**
**322-3921**
3107 2nd Avenue NW
Longview, NC 28601

*Recreation center includes adult and kiddie pool, snack bar, and lockers.*

**Maiden Recreation Center**
**428-5023**
207 East Klutz Street
Maiden, NC 28650

*Provides sports activities for youth, walking trail, picnic area, playground, and more.*

**Maple Grove Home**
**322-4731**
542 2nd Street NE
Hickory, NC 28601
*www.hickorylandmarks.org*
*Historic home built in 1883, specially decorated at Christmas.*

**March of Dimes Birth Defects Foundation**
**464-8905**
Carolina Foothills Division
1220 Commerce Street, Suite G
Conover, NC 28613
*www.marchofdimes.com*
*Community services to address maternal and infant needs; advocacy for programs and policies to improve the health of mothers and babies.*

**McLeod Center of Hickory**
**464-1172 or 1-855-824-9458**
1170 Fairgrove Church Rd.
Hickory, NC 28601
*www.mcleodcenter.com*
*Provides care for persons who are seeking education, intervention, treatment, or support related to their addictive disease. Residential and outpatient services offered, methodone and suboxone treatment available.*

**MOPS (Mothers Of PreschoolerS)**
*www.mops.org*
*A Christian support organization for mothers of children from birth to 5. Provides encouragement, support, teaching, and friendships. Meets at Sandy Ridge Baptist Church in Hickory, 1st Wednesday morning of each month during the school year. Visit the website to find a group near you.*

**Murray's Mill Historic Site**
**241-4299**
1489 Murray's Mill Road
Catawba, NC 28609
*A working gristmill museum powered by a waterwheel, 1890's county store and folk art gallery.*

**Muscular Dystrophy Association**
**704-567-2912**
1515 Mockingbird Lane #701
Charlotte, NC 28209
*www.mda.org/office/charlotte*
*Diagnostic testing, clinical services, physical and occupational therapies, summer camp, public health education.*

**NC Department of Labor**
**322-2619 or 1-800-625-2267**
*www.nclabor.com*
*Job training, job seeking/keeping skills, referral services.*

**NC Dept. of Public Safety (Juvenile Justice)**
**919-733-3388**
*https://www.ncdps.gov/sbc/sbc.cfm?cty=catawba-25*

*In North Carolina, if a youth is 15 years old or younger and commits a crime, his or her case will be brought to the attention of the juvenile justice staff within the N.C. Department of Public Safety, Division of Adult Correction and Juvenile Justice, which focuses on juvenile justice issues and at-risk youth in the state. The Juvenile Justice Section is committed to the reduction and prevention of juvenile delinquency by effectively intervening, educating, and treating youth in order to strengthen families and increase public safety.*

**NC Pre-Kindergarten Program**
**695-6506**
Catawba County Partnership for Children
738 4th Street SW
Hickory, NC 28602
*www.catawbakids.com*

*NC Pre-K is a free, public preschool program for 4-year-olds who are at risk for delays in school readiness. Classrooms are located throughout the county, in public schools and child care centers. Call for more information or to get an application.*

**NC Mental Health Consumers' Organization**
**919-832-2285**
*www.ncmhco.org*

*Promotes mutual help, advocacy, insight, support, socialization, and empowerment for people living with mental illness. Offers an annual conference, suicide prevention resources and a warmline (1-800-326-3842).*

**NC School for the Deaf (NCSD)**
**432-5200 (voice/TTY)**
517 West Fleming Drive
Morganton, NC 28655
*www.ncsd.net*

*Serves students in K-12 with a vigorous and challenging curriculum. Students receive explicit direct instruction in sign language while following the NC Standard Course of Study. Residential and additional support services are available.*

**NC Sex Offender Website**
*http://sexoffender.ncdoj.gov/*

*Knowing when offenders move into your neighborhood and where they live can be an important tool in keeping families and communities safe. Sign up here to receive e-mail alerts when an offender registers to an address in your community, or to track a specific offender. You can also map all offenders' addresses up to five miles away from any site you choose, such as home, school, child care center or park.*

**Newcomers of Catawba Valley**
**325-9830**
*www.newcomersofcv.com*

*Helps newcomers become familiar with the area and all it has to offer. Meets the second Wednesday each month at the Crosswinds Cafe in the Hickory Airport at 10:00am. Visit website for list of activities.*

**Newton Parks and Recreation Department**
**695-4317**
*www.newtonnc.gov*
*Provides sporting activities, playgrounds, picnic facilities, swimming facilities, walking trails, playing fields/courts, and more. Visit their website or call their office for more information.*

**Old St. Paul's Lutheran Church**
**464-9786**
2035 Old Conover-Startown Road
Newton, NC 28658
*www.oldstpaulslutheran.org*
*Founded in 1757, the oldest church in the county.*

**Parents As Teachers (Catawba County Parent Education Program)**
**358-6112**
*The Parents as Teachers program offers home visits focusing on parenting and child development. Group meetings, developmental screenings, and other services are also offered. Services are also available in Spanish and Hmong. Parents as Teachers serves the families in the Catawba County School District. To find the program nearest you, contact the program coordinator at 358-6112 or 828-327-3689.*
*A **SMART START** funded project.*

**Parent Support Team**
**695-6590**
Early Childhood Resource Center
738 4th Street SW
Hickory, NC 28602
*An extension of the Early Childhood Support Team, the Parent Support Team helps parents determine what types of support they need to maintain healthy, stable families and then access those services through a variety of partner agencies. Services range from Active Parenting classes (English/Spanish) and Nurturing Parenting classes to family or individual therapy to post-adoption services to support for parenting children who have experienced significant trauma. Call for class schedules or for more information. A **SMART START** funded project.*

**Partners Behavioral Health Management**
**1-888-235-HOPE (4673)**
*www.partnersbhm.org*
*Need Help with a mental health, substance abuse, or developmental disability issue? Start by calling Access to Care. Staff are available 24/7 and are ready to assess your needs and concerns, offer a choice of mental health service providers in the community, help with emergency situations, schedule appointments, or provide information about community resources.*
*Mental health emergencies can be serious but do not always require an evaluation at the emergency room of a hospital; call the number listed above or your current service provider or doctor. **If you have a life-threatening situation, call 911 or go to the nearest hospital emergency room**. Pregnant women and persons who are injecting drugs receive priority scheduling for service appointments.*

**Patrick Beaver Learning Resource Center**
**624-2012**
361 10th Avenue Drive NE
Hickory, NC 28601
*www.patrickbeaverlrc.org*
*Information, support, and resources related to ADHD, dyslexia and other learning differences.*

**Need activity ideas and resources for homeschooling, Sunday school, or VBS?**

Visit **Creation Station** at the Catawba County Partnership for Children's office at the Early Childhood Resource Center at 738 4th Street SW in Hickory. We have a large library of early childhood education and parenting resources, diecut machines and dies, magazines, videos, and more. Membership is FREE!

## How Do I Choose Quality Chid Care?

There are many child care options available to parents today. In Catawba County, the main types of care available for young children are

- Family Child Care Homes
- Child Care Centers
- Church- Affiliated Centers
- Half-Day or "Mothers Morning Out" Programs

**How do parents identify a child care program that will be safe, healthy, and will be a good fit for what their family needs?**

ChildCareAware suggests visiting several different child care programs before deciding which one is best for your needs. Count the number of adults and the number of children they will each be supervising to make certain there is enough adult supervision to ensure safety, and ask about the training and experience of all adults who will interact with your child. How many of the staff have had CPR/First Aid training? Have all caregivers gone through a background check? Are children supervised at all times, even while sleeping? Visit **www.childcareaware.org** for more tips.

For more information on N.C.'s child care licensing system, or to check the license status of a particular child care provider, visit the N.C. Division of Child Development's website at **www.ncchildcare.net**

THE CHILDREN'S RESOURCE CENTER

The **Children's Resource Center,** our local child care resource & referral agency, recommends keeping the following questions in mind when visiting potential child care providers:

### Basics

- Is the program licensed?
- Is the facility well maintained with a pleasant atmosphere?
- Are the toys safe and appropriate?
- Are medicines/cleaning products locked away? Are the hours acceptable and fees affordable?

### Caregivers

- Do the caregivers enjoy playing with the children?
- Are children and parents greeted when they arrive and leave the facility?
- Do the caregivers respond to the children's needs gently and promptly?
- What is the discipline policy?
- Do the caregivers meet with parents regularly and share information about the child on a daily basis?
- Are parents' ideas and input encouraged?  Could you be involved?

### Activities

- Are the children engaged in interesting and age-appropriate activities?
- Are there plenty o materials in good repair for the children to play with?
- Do the children play outdoors each day?  Is the outdoor play area safe and age-appropriate?
- Is there a clear schedule for meals, naps, play in small groups, story time, and individual/quiet time?
- Do the caregivers follow the schedule?
- Are snacks and meals nutritious and appealing?
- Are parents welcome to visit and spend time in the facility?

The **Children's Resource Center** can assist parents in locating suitable child care arrangements, offering non-biased referrals, and can provide information about age appropriate toys, activities and environments.

The **Children's Resource Center** will also direct parents to resources for obtaining financial assistance with child care fees. Call 828-695-6565 to speak with a parent counselor.

*The Children's Resource Center is a **SMART START** funded project.*

**Physician Referral Service**
**485-2300**

*A service of Catawba Valley Medical Center; offers directory of local physicians and referrals to specialists.*

**Poison Control**
**Call 911 or 1-800-222-1222**

*If someone ingests, inhales, or touches, a poisonous substance, or splashes something in his or her eyes:*

1. *Don't panic!*
2. *If you suspect poisoning, bring the container to the phone and call 1-800-222-1222 immediately.*
3. *Follow the poison center's instructions.*

**Pregnancy Care Center**
**322-4272**
421 Main Avenue SW
Hickory, NC 28602
*www.pcchickory.com*

*Free and confidential services to women experiencing an unexpected pregnancy. Offers compassionate care, counseling options, free pregnancy tests, and other services.*

**Pregnancy Exposure Riskline**
**1-800-322-5014**
*www.thepeil.org*

*Provides information about prenatal exposure to drugs, alcohol, and many other environmental substances, prenatal or while breastfeeding.*

**Prenatal/Postpartum Support**
**381-9841 / 464-8248**

*Free telephone support for expectant or new mothers and families who are experiencing prenatal or postpartum sadness, depression, or anxiety.*

**Propst Victorian House**
**322-4731**
534 Third Avenue NW
Hickory, NC 28601

*Historic house originally built in 1883; call for tour information.*

**Public School Preschool Programs**

*Public schools provide services for children ages 3-5 with disabilities. Call your school system if you suspect your 3-5 year old may have trouble with hearing, speech, learning, or other skills.*

- **Catawba County Schools Preschool 327-3689**
- **Newton-Conover City Schools Preschool 464-9355**
- **Hickory Public Schools Preschool 322-5860 (ask for Pre-K Program)**

**QUEST School-Age Child Care**
**695-2684**
2285 N. Anderson Ave.
Newton, NC 28658
*www.catawbaschools.net*

*Located at each Catawba County Schools elementary school, the QUEST program provides before and afterschool and full-day summer care.*

**Rape Crisis Center of Catawba County**
**322-6011 / Emergencies call 911**
1220 Commerce St SW #J
Conover, NC 28613
*www.rapecrisiscenter.com*

*24-hour crisis support to anyone affected by rape or sexual assault. Also offers counseling family support, medical and legal advocacy, community outreach, and other services.*

**Reclaiming Futures**
**323-8049**
1985 Tate Blvd SE, Suite 529
Hickory, NC 28602
*http://reclaimingfutures.org/our-sites/site-directory/sites-northcarolina/sites-northcarolina-catawba*

*The goal of Catawba County Reclaiming Futures is to develop a continuum of care for youth who are impacted by substance use/abuse and involved in the Juvenile Justice system. Reclaiming Futures is a model that facilitates positive change among juvenile justice involved youth through collaboration among treatment providers, community members, families, and youth.*

**Safe Harbor Rescue Mission**
**326-7233**
210 Second Street SE
Hickory, NC 28602
*www.safeharborrescuemission.org*

*Safe Harbor provides safety, shelter, and positive programming during daytime hours for homeless women and children, along with transitional housing and other support programs.*

**Safe Kids Catawba County Coalition**
**Catawba Valley Medical Center**
**485-2300, x6204**
1960 Hwy 70 SE, Box 196
Hickory, NC 28602

*The Safe Kids Catawba County Coalition is dedicated to the prevention of accidental childhood injury - the number one killer of children ages 14 and under. Representatives from local agencies work together to educate children, parents, and caregivers about safety for children through workshops and many other public events in our community.*

**Salvation Army**
**322-8061**
750 3rd Avenue Place SE
Hickory, NC 28602
*www.salvationarmyusa.org*

*Hunger relief, housing & homeless services, Christmas assistance, youth camps & recreation, adult rehabilitation, veterans' services, prison ministries, services for the elderly, and more.*

**Salvation Army Boys and Girls Club**
**322-3066**
750 3rd Avenue Place SE
Hickory, NC 28602

*Provides sports activities, recreation, after-school tutoring for community youth, and more.*

**Sipe's Orchard Home**
**256-5056**
4431 County Home Road
Conover, NC 28613
*www.sipesorchardhome.org*

*Sipe's Orchard Home provides a variety of programs that support families. Please call for more information about:*

- *NC Pre-kindergarten Program (for 4 year olds) at theTyndall Center*
- *Huckleberry Summer Camp and PreK Summer Camp (for school-age children)*
- *Houston Transitional Living Center (for homeless, disadvantaged youth)*

**Smart Start - Catawba County Partnership for Children**
**695-6505**
*www.catawbakids.com*

*Smart Start is a North Carolina state-funded early childhood initiative focused on ensuring that children enter school healthy and prepared for lifelong success. Our local Smart Start grant is administered by the Catawba County Partnership for Children, a nonprofit agency that is responsible for providing the most critical services for children age birth to five and their families. In Catawba County, Smart Start funds are primarily utilized to improve the quality of child care, provide child care subsidy scholarships, provide information and referrals to families, and support parenting education. Call our office for more information or details.*

**Special Olympics of Catawba County**
**Local Coordinator: 291-7318 or 855-2873**
*Email: sonccatawba@gmail.com*

*Provides opportunities for children and adults with intellectual disabilities to develop physical fitness, engage in athletic competition, and experience the joy of sharing and friendship through a variety of sporting events.*

**Sweetwater Early Childhood Education Center**
**327-3689**
2110 Main Avenue SE
Hickory, NC 28602

*SECEC houses a variety of programs under the Catawba County Schools' umbrella, including pre-kindergarten classrooms, the Catawba County Schools Preschool Program, Early Head Start, the Newcomer Center and Parents as Teachers.*

**Tadpole Lending Library**
**919-575-3093**
*www.tadpole.org*

*Lends and delivers low-tech assistive technology devices and toys free to families and professionals who work with individuals with special needs. Free shipping.*

**TEACCH Autism Program**
**704-563-4103**
5701 Executive Drive, Suite 108
Charlotte, NC 28212
*www.teacch.com*

*The TEACCH Charlotte Center serves individuals with Autism Spectrum Disorders. Services include diagnostic evaluations, treatment planning and implementation, education, consultation, supported employment assistance, training opportunities and research.*

**The Breakfast Club Org**
**572-1187**
*Email: breakfastcluborg@yahoo.com*

*A social and advocacy organization dedicated to all families who care for a loved one with intellectual/developmental disabilities (IDD). Meets monthly in Lenoir to support family members and caregivers. Call or email for schedule and location.*

**Toxic Stress Task Force**
**695-6565**

*A local multi-agency task force working to educate families and professionals about the serious long-term effects of chronic stress and trauma on young children and their families. Call if you are interested in learning more about toxic stress or participating in training.*

**United Way Partners Inclusion Program**
**695-6502**

*This project focuses on supporting children with special needs and their families in high quality typical child care settings. Education and technical assistance for child care providers, small stipends for providers and qualifying families, and guidance in creating a team of parents, teachers, administrators, and agency professionals ensure successful inclusion. Funded by the Catawba County United Way and administered by Catawba County Partnership for Children.*

**Walkin' Roll Activities League, Inc.**
**228-0616**
P.O. Box 334
Claremont, NC 28610
*www.walkinroll.org*

*Provides sports and other recreation activities for children and adults with disabilities and their families.*

**WIC (Women, Infants and Children) Catawba County Public Health**
**695-5884**

*WIC is a federal supplemental nutrition program funded by the United States Department of Agriculture (USDA) for infants and children up to age five and pregnant, postpartum and breastfeeding women. The WIC office offers breastfeeding peer counselors and a Lactation Consultant to assist clients who have questions and concerns about breastfeeding. The staff provides encouragement and guidance for breastfeeding, which may include supplies such as manual and electric breast pumps for women who meet the criteria.*

**Women's Resource Center**
**322-6333**
125 3rd Street NE
Hickory, NC 28601
*www.wrchickory.org*

*Resource and referral services, educational programs, support groups, and more. Women 2 Work Clothing Closet. Limited financial assistance program. Small fees for some programs.*

**YMCA of Catawba Valley**
**324-9622**
Corporate Office:
1375 LR Blvd SE, Suite 202
Hickory, NC 28602
*www.ymcacv.org*

*Putting Christian principles into practice through programs to build strong kids, families and communities. Offers recreation facilities, sports programs, and child care facilities throughout Catawba County. Call or visit website for more details and locations.*

## Developmental Milestones: About 0-3 Months

**Cognition**
Responds to new sound with movement or with voice
Follows movement of hands with eyes
Looks at an object or person
Shows positive response to familiar sounds

**Communication**
Makes small, throaty noises
Coos expressively, vocalizes
Smiles at mother's voice
Responds vocally to a friendly person

**Gross Motor**
Waves hands and kicks feet when on back
Turns head to either side when lying on stomach or back
Rolls from side to back
Gains head control in upright position

**Fine Motor**
Follows movement up, down & across
Glances from one object to another
Grasps object when placed in hand
Watches movement of own hands

**Self-Help**
Demonstrates sucking reflex
Opens mouth to bottle or breast and sucks
Demonstrates gag reflex

**Social**
Enjoys being tickled and cuddled
Smiles spontaneously
Smiles in response to smile, voice, or touch
Expresses pleasure with physical activity.
Quiets when picked up
Maintains brief eye contact during feeding

## Developmental Milestones: About 3-6 Months

**Cognition**
Repeats action on objects
Recognizes mother
Looks at hand and object when grasping
Uses visually directed reaching
Secures partially hidden object
Imitates cooing sounds
Uses movement or sound to continue an interesting game

**Communication**
Turns head to locate sounds and voices
Responds to voice by sound or movement
Vocalizes sound patterns, begins babbling
Varies crying to different stimuli

**Gross Motor**
Pushes up from ground, lifts head and chest
Pushes self to sitting position; sits alone momentarily
Rolls from stomach to back
Straightens hips, lifts legs when on stomach
Reaches for feet and brings to mouth

**Fine Motor**
Holds objects directly in front with both hands
Uses fingers and palm to hold objects
Bangs objects in play

**Self-Help**
Eats baby foods from spoon
Anticipates feeding with increased activity
Reaches for and holds bottle

**Social**
Laughs aloud often
Notices strangers
Voices pleasures and displeasures
Approaches image in a mirror
Cries when left alone or put down
Likes physical play
Shows awareness of strange environments

## Developmental Milestones: About 6-9 Months

**Cognition**
Imitates simple, familiar gestures
Responds to name
Uncovers toys that have been partially hidden
Tracks and locates object falling out of view

**Communication**
Vocalizes consonant/vowel syllables and two syllables (gaga, mama, dada)
Engages in vocal play; uses word-like expressions
Uses vocalization for attention
Responds to name vocally

**Gross Motor**
Bears weight in standing position
Sits unsupported and reaches for toys
Lifts head when on back
Rolls from back to stomach
Crawls forward with stomach on floor
Bounds when held in standing position
Maintains balance on hands and knees
Assists in pulling to standing position

**Fine Motor**
Grasps with thumb and side of index finger
Moves wrist to manipulate toy or object
Reaches for and obtains objects 10-12" away
Retains one toy when given another
Transfers objects from one hand to the other
Clasps hands

**Self-Help**
Begins chewing movements
Reaches for and holds bottle
Drinks from a cup with help
Manipulates finger foods
Holds, bites, and chews biscuit

**Social**
Plays Peek-a-Boo
Expresses pleasure when playfully handled
Reacts playfully to mirror image
Plays unattended for short periods of time
Understands and adapts to social signals (smile, harsh tone)
Shows displeasure when a familiar toy is removed

## Developmental Milestones: About 9-12 Months

**Cognition**
Plays simple games (pat-a-cake)
Acts on or with visible toys or objects
Moves to reach a desired toy
Finds a completely hidden object
Looks at pictures in book
Touches adult or object to cause reaction

**Communication**
Plays pat-a-cake, waves good-bye
Imitates coughs, tongue clicks, lip smacks
Stops activities in response to "no"
Repeats what adults say
Understands a few words and gestures
Uses jargon or non-meaningful monologue
Imitates new words

**Gross Motor**
Creeps forward on hands and knees Pulls to standing, using stable support
Sits from standing with help and then alone
Walks holding on to furniture
Walks with support
Lets go of support and stands alone

**Fine Motor**
Uses index finger alone
Purposely releases an object
Makes mark on piece of paper with pencil or crayon
Grasps with finger and thumb
Pokes at objects with index finger
Bangs spoon or cup

**Self-Help**
Stops drooling
Licks food off utensil or from sides of mouth
Finger feeds for part of meal
Usually weaned from bottle or breast
Drinks from cup, with some spilling from mouth

**Social**
Laughs aloud in play with adult
Responds appropriately to adult's change of mood
Temporarily responds to "no"
Shows preference for one toy over another

## Developmental Milestones: About 12-18 Months

**Cognition**
Places one round shape in a form board
Uses tool such as stick to obtain objects
Recognizes shapes in a puzzle board
Imitates unfamiliar sound patterns & gestures
Points to an object named or wanted
Imitates at least one facial gesture
Attempts to operate toy

**Communication**
Shakes head from side to side to mean "no"
Uses first spontaneous words
Uses one word to express an idea ("milk")
Follows simple commands
Performs requested actions

**Gross Motor**
Makes 4-5 stepping movements in place
Creeps upstairs
Stands alone in the middle of floor
Walks backwards and sideways
Climbs upstairs, with one hand held
Creeps downstairs backwards
Rises to standing position independently
Walks alone

**Fine Motor**
Places small toys into cup
Uses both hands to perform same action
Holds crayon and scribbles on paper
Stacks one block on top of another
Builds tower of 3 or 4 blocks

**Self-Help**
Picks up cup and drinks
Spoon feeds without many spills Removes simple garments on request Cooperates in dressing by moving limbs Indicates wet or soiled diaper

**Social**
Repeats a performance laughed at
Exhibits specific emotional behaviors such as fear, joy, and anger
Gives affection - returns a kiss or hug
Makes some decisions for self

## Developmental Milestones: About 18-24 Months

**Cognition**
Identifies parts of own body Names 5 parts of the body
Pays attention to nursery rhymes Points to pictures in book when asked
Imitates sounds, words, or body movements
Activates objects directly
Finds object from indirect visual cues

**Communication**
Uses two words to describe actions
Uses one word for many similar things
Refers to self by name
Uses two-word possessives (daddy car)
Follows verbal instructions
Uses familiar names of objects

**Gross Motor**
Walks downstairs with support Jumps in place
Pushes/pulls a light object
Sits directly in small chair
Runs length of the room without falling
Stands on one foot momentarily
Picks up toy from floor when standing up

**Fine Motor**
Imitates vertical crayon stroke
Places 3 shapes in a form board
Picks up an object with fingers and thumb alone
Imitates stacking tower of 4 blocks
Turns pages of book one by one

**Self-Help**
Zips and unzips large zipper
Attempts to put on shoes
Removes all clothes without help
Attempts to put familiar objects away
Unwraps enclosed food such as crackers
Ceases activity for naptime

**Social**
Cries or fusses for short period when parents are absent
Plays alone for extended period of time
Shows intense positive and negative reactions
Becomes easily frustrated
Shows pride in actions

## Developmental Milestones: About 24-36 Months

**Cognition**
Matches familiar objects
Enjoys short stories read from picture book
Points to "one" and "many"
Exhibits sense of ownership ("it's mine")
Recognizes self in mirror
Engages in domestic make-believe play

**Communication**
Joins in songs and rhythm activities
Uses own first name, says complete name
Uses 3-word phrases
Uses "no" appropriately
Uses simple pronouns and regular plurals
Asks questions with appropriate tone
Carries out 2-step commands

**Gross Motor**
Walks up and down stairs holding railing
Stands on balance beam with help
Kicks ball without support
Balances on one foot, runs and jumps
Throws ball overhand
Rides tricycle using pedals

**Fine Motor**
Imitates drawing horizontal & vertical strokes
Snips or makes small cuts with scissors
Strings 3 or 4 beads
Begins to hold crayons correctly
Builds tower of 9 blocks

**Self-Help**
Eats whole meal with spoon; starts to use fork
Toilets with some help and has only occasional accidents
Puts on simple clothing and then all clothes except for buttoning
Washes and dries hands with help
Brushes teeth with help

**Social**
Varies mood in response to reactions of others
Initiates own play activities and plays in simple games
Indulges in pretend or make-believe play
Requests that specific stories be read
Avoids dangerous situations
Attempts to take turns

## Developmental Milestones: About 36-48 Months

**Cognition**
Matches 2-3 colors, counts up to 3
Knows concepts big/little, fast/slow, long/short
Tells a simple story
Matches pictures of similar objects
Discriminates size, weight, and length

**Communication**
Asks questions beginning with who, what or where
Uses possessives correctly ("Mommy's car")
Uses regular past tense and prepositions like in, on, and under
Learns to whisper
Uses normal loudness and tone
Uses language in imaginative play
Uses sentences most of the time

**Gross Motor**
Catches a bounced ball
Walks downstairs without support, alternating feet
Jumps forward without falling
Throws ball overhead
Stands on balance beam without help
Walks entire length of tape line on floor
Climbs to top of slide and slides down

**Fine Motor**
Strings 1/2" beads
Copies a circle
Cuts along line with continuous motion
Laces shoes, not necessarily with pattern

**Self-Help**
Buttons and unbuttons larger buttons
Completely dresses with verbal assistance
Wipes up spills
Brushes teeth with verbal assistance
Washes and dries hands independently
Completely cares for self at toilet

**Social**
Initiates play in group and remains in play
Shares toys upon suggestion
Performs simple errands
Plays cooperatively
Shows sympathy and concern when appropriate
Enjoys helping and participating

## Developmental Milestones:
## About 48-60 Months

**Cognition**
Knows own age Knows day and night

**Self-Help**
Blows nose independently
Serves self at table from bowl without
Matches and names four primary colors
Counts 10 objects; answers how many on request
Sequences pictures in order of occurrence
Answers questions about a story being read
Names three objects from memory
Chooses own categories for sorting

**Communication**
Regularly uses pronouns (i.e. he, she) and possessive pronouns
Uses some adverbs
Verbally call attention to own performance
Carries out series of three unrelated commands
Uses future tense
Names attributes of objects (size, shape, color)
Uses “no” and “not” appropriately
Uses contracted negatives (i.e. can’t, don’t)

**Gross Motor**
Gallops
Walks full length of balance beam without falling
Kicks rolling ball toward target
Skips, alternating feet
Hops on one foot
Catches a thrown ball
Walks on tiptoes for 10 feet

**Fine Motor**
Draws a picture
Demonstrates hand preference
Copies shapes (circle, square, triangle, rectangle) from example
Cuts out a circle and other simple shapes
Eats with spoon and fork skillfully
Stays dry overnight
Distinguishes between front and back of clothing
Plays in yard with periodic monitoring
Hangs coat on hook

**Social**
Calls attention to own performance
Uses social responses (i.e. please, thank you, raises hand, stands in line)
Chooses another child to play with
Talks about family
Prefers to be with peers rather than adults
Controls emotions and expresses them in acceptable ways

If you have any concerns about your child’s development, please call your child’s doctor!

## North Carolina Child Passenger Safety Law

### Effective January 1, 2005

A properly used child safety seat is required if the child is less than 8 years old AND weighs less than 80 pounds. Most parents and other caregivers will be able to comply using belt-positioning booster seats for children between 40 and 80 pounds. The child must be within the weight range for the child restraint/booster seat, and the seat must meet Federal Standards in effect at time of manufacture.

Children may be secured in a properly fitted seat belt at age 8 (regardless of weight) OR at 80 pounds (regardless of age), whichever comes first. Placing the shoulder belt under a child's (or adult's) arm or behind the back is both dangerous and illegal.

To make sure your car seat is installed properly or to get information about how to get a safe car seat for your child, contact SAFE KIDS at 485-2300.

## Early Literacy Begins with YOU!

Learn how to help your child get **ready to read** with these simple every day activities …

**Talking** … Children learn about language by listening to parents talk and joining in the conversation. Make a point to include them in conversations while you're in the car and at the dinner table.

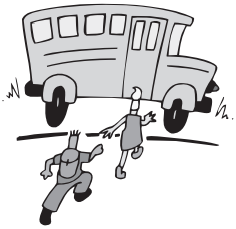
**Singing** … Songs are a natural way to learn about language. Singing develops listening and memory skills and makes repetition easier for young children. Singing also helps children understand rhyming.

**Reading** … The best thing you can do is read with your child! Children who enjoy being read to are more likely to want to learn to read themselves.

**Writing** … Reading and writing go together. Scribbling and drawing are forms of writing. They may not be words, but the lines and pictures your child draws mean something to them. Encourage them to practice those skills.

**Playing** … Children learn about language through different kinds of play. Play helps children express themselves, put their thoughts into words, and develop creativity.

# I'm Going To Kindergarten!



The Catawba County Partnership for Children is charged with ensuring that children are entering school healthy & prepared for success. Thanks to funding from Smart Start and NC Pre-K, we have developed and funded many projects to support children and families up until they enter kindergarten.

In order to help ensure a smooth transition into "big school," we have produced a booklet called, **"I'm Going To Kindergarten!"** In this booklet, given out to all children before they enter Kindergarten, you will find a lot of important information about how you can prepare your child - and your family - for this adjustment. Here is a sample of some of the information you'll find in the booklet.

## Who is eligible for kindergarten?

By NC state law, registration in kindergarten is open to ALL children who turn 5 years old on or before August 31st.

## What do I need to bring when I register my child for kindergarten?

- Your child's Social Security card
- Proof of residency (property deed, rental lease, utility bill, etc.)
- Your child's certified birth certificate with seal
- Your child's up-to-date immunization records (see **Page 19** for details)

You will also need to turn in a completed health assessment for your child (completed by your physician or the health department) on the first day of school. Your school will provide the necessary form.

**Attention Parents:**
You are the first and best teacher for your child.
Being involved in your child's education will make a difference!

## How can you help to create a great beginning to your child's kindergarten year?

By simply believing that your child can succeed, you are helping your child to be successful! Expect and encourage a positive attitude about going to school, and your child will follow your lead. Here are some other things you can do to help your child in this important transition to Kindergarten.

- Read with your child every day! Ask questions and answer your child's questions as you read.
- Talk to your child! Listen carefully to your child's experiences, ideas, and feelings. Share stories about some of the good times you had at school when you were a child.
- Help your child learn how to make friends, share, and get along with others by organizing time for him or her to play with other children.
- Work with your child to be independent by learning to snap, zip, button, and tie so that he or she can put on shoes and coats at school.
- Start giving your child some responsibility for small jobs around the house, such as setting the table, or putting away toys and clean clothes.
- Help your child start to make decisions by giving him or her an opportunity to choose which book to read, which shirt to wear, or what activity to do next.
- Complete all of the necessary paperwork that your school requires and don't forget to call the school to get information about any events you should attend such as Beginner's Day, the kindergarten screening days, or parent orientation meetings
- Visit the school with your child. Meet the principal and other staff members and schedule a time to eat lunch in the school cafeteria with your child.
- Establish a good morning and bedtime routine well before the first day of school. Be sure to start with a good breakfast and end with consistent bedtime habits.

For more information, or for a copy of our **"I'm Going To Kindergarten"** booklet please call the Partnership for Children at 828-695-6505.

*Catawba County Ready Schools*

Dolly Parton's IMAGINATION LIBRARY

Enroll your child in

# IMAGINATION LIBRARY!

**Children receive one FREE children's book in the mail each month until they turn 5 years of age!**

## Call
## 828-695-6505
## or enroll online at www.catawbakids.com

Imagination Library is a project of the
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