



## **CHILD CARE RESOURCE & REFERRAL**

*(A program of Coordinated Child Care of Pinellas, Inc.)*

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### ***How to access other Pinellas County Programs***

**Coordinated Child Care of Pinellas, Inc. ~ (727) 547- 5700**  
**10601 Belcher Rd. S., Largo, FL 33777**  
**[www.childcarepinellas.org](http://www.childcarepinellas.org)**

CCC is a nonprofit agency that assists parents/guardians with paying for child care.

To qualify for services parents/guardians must:

- Have children between 0-12 years old
- Have incomes below current Federal guidelines
- Be working or going to school full time

**To apply call CCC at (727) 547-5700 and ask for initial application packet.**

**Pinellas County Head Start Program ~ (727) 547- 5900**  
**2210 Tall Pines Dr., Suite 200, Largo, FL 33771**  
**[www.pinellascountyheadstart.org](http://www.pinellascountyheadstart.org)**

Head Start is a federally funded comprehensive child development program. It serves low income children from age 3 to mandatory school age and their families throughout the United States. Developmentally appropriate activities are presented to children in a language rich, nurturing preschool environment.

At least 90% of the children enrolled in Head Start must be from families who meet the poverty guidelines. The remaining 10% may be from families above the income guidelines with approved extenuating circumstances. In addition, 10% of the total enrollment must be children who have been professionally diagnosed as having a disability.

**There are no charges or fees for any of the following services provided by Head Start:**

- \* Education
- \* Nutrition
- \* Family services
- \* Mental health
- \* Disabilities
- \* Parent involvement
- \* Transition
- \* Transportation

# WIC a service of the Pinellas County Health Department

[www.pinellashealth.com](http://www.pinellashealth.com)

You may qualify for WIC if you are:

- breastfeeding,
- pregnant,
- legal guardian of a child under 5 years

WIC offers healthy foods for you and your children like milk, cheese, cereal, eggs, etc. Eligibility for WIC is not affected by your current status in or out of the WAGES/TANF Programs. You are eligible for WIC if you have low to moderate income. Many WIC participants are not on public assistance and working full time.

## **Call for more information:**

St. Petersburg	824-6914	Safety Harbor	942-5457
Pinellas Park	547-7780	High Point	533-0730
Largo	588-4716	Tarpon Springs	942-5457
Clearwater	298-2530		

## 211 Tampa Bay Cares, Inc.

*Community Resources Right At Your Fingertips*

### **What is 2-1-1:**

The Federal Communication Commission (F.C.C.) has set aside the telephone number 2-1-1 nationally for easy access to community information or [www.211tampabay.org](http://www.211tampabay.org)

- Free; anonymous and confidential; available anytime; TTY/TDD accessible
- For cell phone access only dial (727) 210-4243

### **To Find Help:**

Dial 2-1-1 to speak with a representative who will help you find:

- A place to stay for the night
- Food, Clothing
- Someone to talk to
- Youth activities
- Financial assistance

### **To Give Help:**

Dial 2-1-1 to speak with someone who will help you find ways of giving back:

- Donate to a charity
- Build a house for someone
- Mentor or tutor
- Visit a nursing home
- Assist with a special event

# Services for Children with Special Needs

## FDLRS/Gulfcoast Associate Center ~ (727)793-2731

**2929 Country Rd 193, Clearwater, FL 33759**

**[www.fdlrs.com](http://www.fdlrs.com)**

Children eligible for services:

- Are birth to 21 years of age who are not enrolled in a public school
  - May have special needs
  - Are not receiving exceptional student education or related services
- FDLRS Child Find is a service of the Pinellas County Schools for families with children with special needs. The mission of Child Find is:
- ❖ To discover whether a child has special learning needs
  - ❖ To identify what those needs are
  - ❖ To link families to school district evaluations, programs, and services located throughout the county
  - ❖ If your child is age 3 to 5 years, is having problems with speech/language, hearing, vision, motor coordination, concepts, or behavior

## Early Steps Program ~ 1-800-654-4440/(727)-767-4403

**500 7<sup>th</sup> Avenue South, St. Petersburg, FL 33701**

**[http://www.cms-kids.com/families/early\\_steps/early\\_steps.html](http://www.cms-kids.com/families/early_steps/early_steps.html)**

If you have concerns about your child's development including speech/language skills, social or play skills, and or motor skills, please call the Early Steps Program.

The Early Steps Program at All Children's Hospital serves children from birth to age 3. Services offered are developmental screenings, developmental evaluation and coordination of early intervention services for children with special needs.

## Florida Directory of Early Childhood Services (Central Directory) ~ 1-800-654-4440

**[www.centraldirectory.org](http://www.centraldirectory.org)**

The Central Directory maintains a database which contains a wide range of information on community services, counseling, diagnosis/evaluation, early intervention services, education and training, equipment, medical screening, special education services, support groups, and therapies for ages birth to 21 years.

# Steps to Finding Quality Child Care

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## ➤ **Step One: Consider the types of Care available**

**Children's Centers:** A children's center provides full and/or part-time care. Children's centers must meet established minimum health, safety, and educational standards. These children's centers are monitored regularly by the Pinellas County License Board staff. If you choose a child care center, your child will be in a group of children his/her own age with activities planned especially for that age group. In Pinellas County the adult to child ratio for each age group is one adult to:

every 3 infants– age 2 months to 1 year	every 5 toddlers– age 1 to 2 years
every 10 children– age 2 to 3 years	every 15 children– age 3 to 4 years
every 20 children– age 4 to 5 years	every 25 children– age 5 years and older

**Family Child Care Homes:** In a family child care home a person cares for a small group of children in his/her own home. Family child care homes must meet established health and safety standards to be licensed. These sites are monitored regularly by Pinellas County License Board staff. If you choose a family child care home, your child will be with a small group of children whose ages may range from a few weeks to school age. Your child will be in a home environment that should offer indoor and outdoor play.

The number of children in a Family Child Care Home is limited to a maximum of **five (5)** including children or relatives of the operator who are not yet of school age. No more than **three (3)** of the five children may be under **two (2)** years of age.

**Large Family Child Care Homes (LFCCH):** A LFCCH may have a maximum of 12 children with no more than four (4) children being under the age of two (2) years OR they may have more than four (4) children under the age of two (2) years with no more than a total of eight (8) children.

**School Age Care:** School age programs may provide before and after school care. Quality school age programs may be held onsite at a local school, community recreation center, church, or even a family child care home. Group size and ages may vary according to the program. Standards in care may also vary due to variations in regulations.

**Play Groups:** Playgroups are primarily groups of parents and children who meet together on a regular basis in a variety of locations. The parents have the opportunity to network and share experiences of parenthood. Many parents use these occasions to allow their children to socialize with children of similar age. Parents new to the area find this type of exchange an ideal way to meet new friends and learn about the many Pinellas County resources.

**In-Home Care:** In-home providers are baby-sitters, housekeepers, or nannies who come into your home. This type of care is not regulated by any governmental agency. You may contact CCR&R for information about private agencies that will help you find people interested in providing this type of child care.

➤ **Step Two: Define your child care needs** Does the child have special needs that need to be taken into consideration when looking for care? Think about your schedule, the days you will need care, and where you would like the provider to be located. Know what you can afford to pay and keep in mind the services that each provider might offer.

➤ **Step Three: Resource and Referral** Call Child Care Resource and Referral of Pinellas County for free information at 547-5750. You will receive a list of children's centers and/or family childcare homes in your area and prepared specifically to your needs.

## ➤ **Step Four: Visit the children's centers and homes you have selected**

Remember that it is up to you to choose what is best for your child. You are the expert when it comes to knowing what environment is best suited for you and your child. Arrange a time to talk with the children's center director or family childcare provider. Discuss the program you have seen at the end of your visit. Don't be afraid to ask questions!

➤ **Step Five: Make your decision** Sort out what you have seen. If you chose licensed child care, and you have narrowed your choices, you may contact the Pinellas County License Board at 507-4857 to ask for a file review. Ask if the prospective provider has met standards over the past year. Find out about complaints, commendations, and staff qualifications.

➤ **Step Six: Making child care work** It is important to establish and maintain a good relationship with the provider. Establish a clear contract with the provider and make sure you understand the policy of the provider. Communicate often and exchange information on an ongoing basis. Be involved in the program!

## Plan on Sick Days...They Will Happen!

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It is inevitable that working parents with a young child will sooner or later have to cope with their child being ill. Parents need to develop a plan that allows them to manage the difficult problem of caring for their sick child in a way that:

- ✓ **Decreases stress for the child;**
- ✓ **Eases tension and guilt for you; and**
- ✓ **Makes business run smoothly for your employer.**

### How Sick is Too Sick for Child Care?

Children suspected of having a communicable disease such as chicken pox, measles or strep throat may not be placed in child care. Furthermore, children exhibiting symptoms of illness such as undiagnosed rashes, sore throat, vomiting, or diarrhea also should not be in care.

These guidelines apply to both children's centers and family child care homes. When enrolling your child in care, discuss the caregiver's sick child care policies.

### Be Prepared:

Before your child gets sick, consider what your choices will be. After thinking about your commitments, you will know what problems you face in caring for your child when he or she is sick.

### Caring for the Sick Child Yourself:

This is likely the very best choice for your child. What are the policies regarding use of sick leave at your workplace? Can you rearrange your schedule at work or school, or bring work home? If two parents care for the child and have flexible schedules, you may want to share equally in caring for the child during an illness.

### Finding an Alternate Care Situation:

Most working parents will need to call on an alternate caregiver to provide care for their sick child. Search for a dependable adult whom the child knows and likes. Likely prospects are relative, friends, neighbors, retirees, and college students.

Get acquainted with several alternate caregivers before you need them. Invite them to your home to meet you and your child. The better acquainted you are with each other, the easier it will be for your child when sickness occurs. Check in advance about transportation arrangements and fees.

Several nursing agencies can provide sick child care in the Pinellas and Hillsborough County areas. These services provide trained workers to the sick child's home for short-term care. If you are interested in this option, call the agencies in your areas to find out how they operate (fees, training of caregivers, etc.).

The numbers for these agencies can be found in the yellow pages of your phone book under NURSES. In addition, there are a few area hospitals which provide sick child care services to the public (see the attached listing). Before placing your child in one of these programs, be sure to contact the hospital and discuss their policies. If possible, take your child to visit the program before he or she gets sick in order to alleviate some anxieties and fears.

For more information please call *Child Care Resource and Referral of Pinellas at (727) 547-5750.*

## Sick Child Care Options

	<b>MORTON PLANT HOSPITAL</b> Clearwater Rainbow Recovery 727-441-2878	<b>TAMPA GENERAL HOSPITAL</b> Kid's Care 813-844-7192
<b>HOURS</b>	6:00 a.m. to 6:00 p.m. Closed Weekends and Major Holidays	6:30 a.m. to 7:00 p.m.
<b>COST PER HOUR</b>	\$4.00 per hour	\$5.00 per hour
<b>MINIMUM # OF HOURS</b>	4 hours	4 hours
<b>AGES ACCEPTED</b>	3 months to 12 years	4 months to 15 years
<b>SICKNESS LIMITATIONS</b>	No contagious diseases such as chicken pox or strep throat. Accepts children with colds and gastro illnesses.	No contagious or communicable diseases. (No isolation available)
<b>STAFF</b>	L.P.N.	L.P.N.
<b>TOTAL CHILD CAPACITY</b>	14	15
<b>STAFF/ CHILD RATIO</b>	Infants 1:3 Older Children 1:5	Infants 1:3 Older Children 1:5
<b>REGISTRATION REQUIREMENTS</b>	They require a one time pre-registration fee of \$10. This fee is good at Morton Plant Hospital. When child is sick call the evening before care is needed, or early the next morning. A current immunization record is required	Parents should call as soon as possible when care is needed for a sick child. A current immunization record is required

**BAYFRONT MEDICAL CENTERS - BEARLY SICK PROGRAM - 893-6789**

OFFERED TO THE EMPLOYEES OF BAYFRONT MEDICAL CENTER

THE ST.PETERSBURG TIMES - PREMIER COMMUNITY BANK

SUNCOAST MEDICAL PLAZA - ECKERD COLLEGE

HOME SHOPPING NETWORK - CERIDIAN

Distributed by Child Care Resource and Referral of Pinellas

# WHAT IS ACCREDITATION?

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Licensed child care providers meet at least minimum standards set by state and local ordinances. Providers that are accredited have met standards established by national and regional organizations. To achieve this accreditation status the program must engage in extensive self-study and be validated during a site visit by a team of trained volunteer monitors. The early childhood program agrees to act upon the commission's suggestions regarding areas of marginal compliance with the criteria and submit written reports documenting improvements and continued compliance.

\*Florida Gold Seal was instituted by the Florida legislature to pay a higher rate for a child care scholarship to providers who have met the national accreditation standards of one of the following organizations: **ACSI, ACTS, APPLE, MSAC, NACECPPP, NAEYC, NAFCC, NECPA, NAA, NAC, NCPSA, SACS.**

## **\*ACSI**

Association of Christian Schools International  
727-734-7096 [www.acsi.org](http://www.acsi.org)

## **\*ACTS**

Association of Christian Teachers and Schools  
417-862-2781 [acts@actsschools.org](mailto:acts@actsschools.org)

## **\*APPLE**

Accredited Professional Preschool Learning Environment  
800-322-2603 [www.faccm.org](http://www.faccm.org)

## **\*MSAC**

Montessori School Accreditation Commission  
212-358-1250 [www.amshq.org/](http://www.amshq.org/)

## **\*NACECPPP**

National Accreditation Council for Early Childhood Professional Personnel and Programs  
561-300-4229 [www.goldsealflorida.com](http://www.goldsealflorida.com)

## **\*NAEYC**

National Association for the Education of Young Children  
800-424-2460 [www.naeyc.org](http://www.naeyc.org)

## **\*NAFCC**

National Association for Family Child Care  
800-359-3817 [www.nafcc.org](http://www.nafcc.org)

## **\*NECPA**

National Early Childhood Program Accreditation  
800-505-9878 [www.necpa.net](http://www.necpa.net)

## **\*NAC**

National Accreditation Commission for Early Care and Education Programs  
800-537-1118 [www.naccp.org](http://www.naccp.org)

## **FUMC**

Florida United Methodist Church  
800-282-8011 ext.141 [www.flumc.org](http://www.flumc.org)

## **NPSAG**

National Private School Association Group  
407-522-0124 [www.npsag.com](http://www.npsag.com)

## **\*SACS**

Southern Association of Colleges & Schools  
800-865-9068 [www.sacscasi.org](http://www.sacscasi.org)

## **AMI**

American Montessori International  
800-872-2643 [www.Montessori-ami.org](http://www.Montessori-ami.org)

## **AMS**

American Montessori Society  
212-358-1250 [www.amshq.org](http://www.amshq.org)

## **CGACS**

Church of God Association of Christian School and Day Care  
813-620-3366

## **FACCS**

Florida Association of Christian Colleges and Schools  
954-517-9500 [www.faccs.org](http://www.faccs.org)

## **FCC**

Florida Catholic Conference  
850-222-3803 [www.flacathconf.org](http://www.flacathconf.org)

## **FCIS**

Florida Council of Independent Schools  
813-287-2820 [www.fcis.org](http://www.fcis.org)

## **FKC**

Florida Kindergarten Council  
813-286-2997 [www.fcis.org](http://www.fcis.org)

## **FLOCS**

Florida League of Christian Schools  
863-683-5726

## **\*NCPSA**

National Council for Private School Accreditation  
253-874-3408 [www.ncpsa.org](http://www.ncpsa.org)

## **\*NAA**

National After School Association  
703-610-9003

# Child Care, What Will My Child Eat?

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Many childcare centers and family day care home providers are part of a special government program called the Child and Adult Care Food Program (CACFP). Your child's day care center or day care home provider may be, too. CACFP assures that meals and snacks served to your child meet government nutrition guidelines for healthful eating.

## *What Can You Expect?*

Here's what a CACFP meal or snack provides:

**MEAL GUIDELINES:** The type and amount of food served vary according to the age of the child.

### Infants:

- Birth through 3 months: iron-fortified formula or breast milk for all meals
- 4 months through 7 months: iron-fortified formula or breast milk for all meals, iron fortified dry infant cereal and fruits and vegetables are optional
- 8 months through 11 months:
  - Breakfast: iron-fortified formula or breast milk, iron fortified dry infant cereal, and fruit or vegetable
  - Lunch: iron-fortified formula or breast milk, iron fortified infant cereal or meat, egg yolk, dry beans or peas, cheese or cottage cheese, and fruit or vegetable
  - Snack: iron-fortified formula, breast milk, or full strength fruit juice, enriched bread or crackers are optional

### Children over 1 year:

- Breakfast: juice, fruit or vegetable, bread, cereal, rice or noodles, and milk
- Lunch: meat or meat alternate, 2 portions of fruit or vegetable, bread, cereal, rice or noodles, and milk
- Snack: two of any of these foods -juice, fruit or vegetable; bread; meat or meat alternate; milk

## *You Can Help*

Childcare staff can help make child feeding easier for you. Together you can help your child eat healthfully and enjoy all kinds of food. Here's how you can be "partners":

- **Tell childcare staff** – if your child has a food allergy or other food concern. Let staff know if your child must eat or avoid any foods for religious or other reasons, too.
- **Put your child's name on containers** – if you are permitted to send food.
- **Volunteer** – if you can. Tell about a new food, and help with a tasting. Help with field trips to a food store or garden or with cooking activities. Eat with the children.
- **Attend family or parent events.** Offer to bring another parent if you drive.
- **Talk to your child** about what they ate during the day. If it's a new food, make it at home, too. Children need to try new foods several times before they like them.

Adapted from NIBBLES FOR HEALTH Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Services