



# Family Guide to NYS Early Childhood Services - Prenatal through Age 5

A resource guide for families to connect and link children to early childhood services throughout New York State

## Home Visiting (age prenatal – 5)

Home visitors offer support to pregnant women and families with children birth to age 5 to promote healthy child development. Home visiting is provided at no cost to your family. To find a home visiting program near you: [www.health.ny.gov/ParentingSupport](http://www.health.ny.gov/ParentingSupport)

Home Visiting Programs connect families to community resources:

- Medical, Dental & Mental Health Services
- Child Care and Head Start
- Early Intervention Services
- Food, Housing and Employment



## Child Care (age 6 weeks – 5+)



NYS Office of Children and Family Services provides information on:

- finding care
- paying for care

The website includes helpful videos and handouts and local child care resource and referral agency contacts.

[www.ocfs.ny.gov](http://www.ocfs.ny.gov)

### QUALYstarsNY (QSNY)

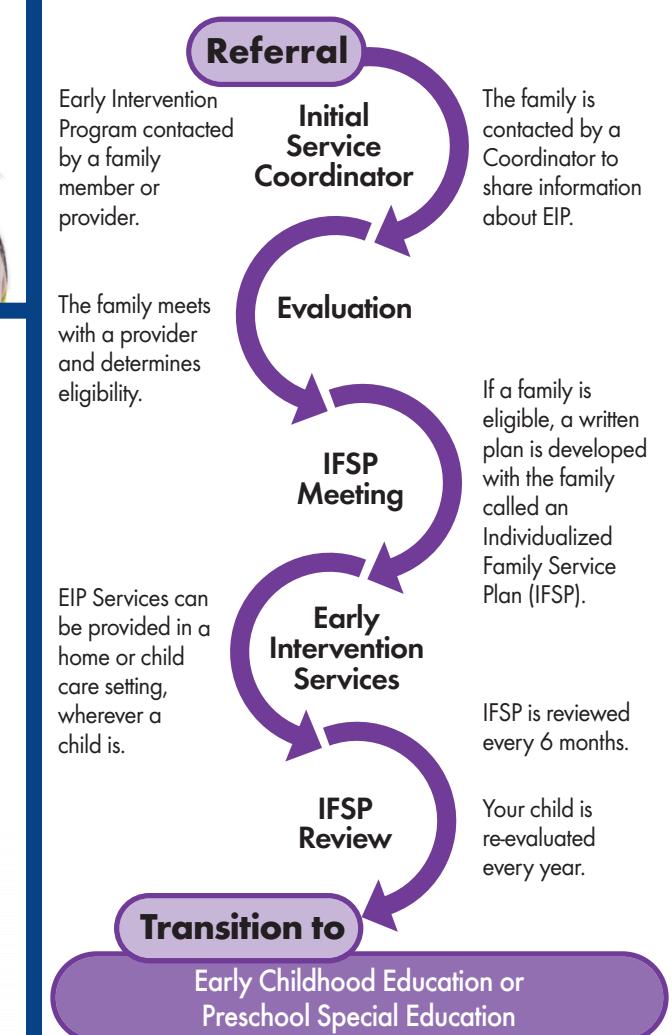
QSNY is the NYS quality rating and improvement system to ensure that young children in early care programs have access to excellence and their families can trust the quality of the programs they choose.

[www.qualitystarsny.org/families](http://www.qualitystarsny.org/families)

## Early Intervention (age 0 – 3)

Every county has an Early Intervention Program (EIP) to support infants and toddlers ages birth to 3 years with disabilities or developmental delays. Services are provided at no cost to eligible families. Find your county provider at:

[www.health.ny.gov](http://www.health.ny.gov)



### Examples of Early Intervention Services include:

- Speech therapy
- Physical therapy
- Home visits
- Family counseling

## Head Start (age 0 – 5)

Head Start/Early Head Start offer services and supports to help families reach their goals. Programs offer full-day, half-day and home visiting options at no cost to eligible families.

To find a program near you go to: [eclkc.ohs.acf.hhs.gov](http://eclkc.ohs.acf.hhs.gov)



**Head Start Supports**  
Early Learning • Health • Family Well-Being



## Preschool Special Education (age 3 – 5)

Preschool Special Education provides services to meet the needs of identified preschool students with disabilities. Services are provided through your local school district at no cost to your family.

[www.p12.nysed.gov/specialed](http://www.p12.nysed.gov/specialed)



## State-Funded PreKindergarten (age 3 – 4)

Prekindergarten helps prepare children for school. Programs are offered through your local school district or community based organizations at no cost to your family. Check with your local district to see if a program is available in your community.

[www.p12.nysed.gov/earlylearning](http://www.p12.nysed.gov/earlylearning)

### Preschool Special Education includes:

- 1 IEP**  
An Individualized Education Program (IEP) developed to meet your child's needs and goals.
- 2 Annual Review**  
A meeting each year to review your child's progress and determine next year's goals.

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## Family

### Paid Family Leave

NYS now offers job-protected, paid leave to bond with a new child, to care for a loved one with a serious health condition, or to help relieve family pressures when someone is called to active military service abroad. To find out more, call the Helpline at **1.844.337.6303** or [www.ny.gov/PaidFamilyLeave](http://www.ny.gov/PaidFamilyLeave)

### The New York State Enhanced Services to Refugee Program

Supports newly arrived refugee families in obtaining services like language training, health services and employment.

[www.otda.ny.gov/programs/bria/](http://www.otda.ny.gov/programs/bria/)

### Parent to Parent of NYS

Organization that empowers families who care for children with developmental disabilities.

[www.parenttoparentnys.org](http://www.parenttoparentnys.org)

### Families Together of NYS

Organization that supports families and children with social, emotional and behavioral problems.

[www.ftnys.org](http://www.ftnys.org)

### eiFamilies

Organization that supports parents with children who receive Early Intervention services.

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

### Prevent Child Abuse NY

Organization that offers parenting support and resources including a parent helpline.

**1.800.CHILDREN**

[www.preventchildabuseny.org](http://www.preventchildabuseny.org)

## Mental Health and Social Emotional Development

### The New York State Office of Mental Health

Connects you to local resources and services for perinatal depression, child mental health and other social-emotional needs for your family.

[www.omh.ny.gov](http://www.omh.ny.gov)



### Postpartum Resource Center of New York

Organization that ensures families receive the mental health support needed after giving birth. Call the Helpline at **1.855.631.0001** or [www.postpartumny.org](http://www.postpartumny.org)



### Health and Safety

#### Growing Up Healthy Hotline

Provides information about health care, nutrition, and other family needs. Available 24 hours/day, 7 days a week in English, Spanish and other languages. All calls are confidential. **1.800.522.5006**

#### Medicaid + Child Health Plus

Your family may qualify for Medicaid or CHP if you meet certain financial requirements. Apply through the NY State of Health marketplace, or by calling the Medicaid Helpline at **1.800.541.2831** or CHP **1.800.698.4KIDS**

#### NY State of Health Marketplace

Online resource to help you shop, compare and enroll in a low-cost quality health insurance plan. [www.nystateofhealth.ny.gov](http://www.nystateofhealth.ny.gov)

#### Dental Services and Resources

Find resources for prenatal and childhood oral health.

[www.health.ny.gov/prevention/dental](http://www.health.ny.gov/prevention/dental)

#### Injury Prevention

SAFE KIDS NY is an organization dedicated to preventing injuries to children.

For more information visit:

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

#### Child Passenger Safety

Safety seat inspection stations

[www.safeny.ny.gov](http://www.safeny.ny.gov)



## Basic Needs (Food, clothing, shelter)

### WIC (Special Supplemental Nutrition Program for Women, Infants and Children)

WIC promotes and supports the good health of qualifying infants, children, and women who are pregnant, breastfeeding or postpartum. [www.health.ny.gov/wic](http://www.health.ny.gov/wic)

### SNAP

(Supplemental Nutrition Assistance Program) NYS program that helps buy healthy food for you and your family when money is tight. [www.ny.gov/services/apply.snap](http://www.ny.gov/services/apply.snap)

### HEAP (Home Energy Assistance Program)

NYS program that helps pay the cost of heating your home.

[www.otda.ny.gov/programs/heap](http://www.otda.ny.gov/programs/heap)

### 211nys

**211** is an easy to remember number that helps connect NY families with basic needs and supports.

### Regional Food Bank

The NYS Department of Health has a website to help you connect to your local food pantry. [www.health.ny.gov/nutrition](http://www.health.ny.gov/nutrition)

### Shelter Support

If you are currently homeless or at risk of homelessness, contact your local Department of Social Services.

[www.otda.ny.gov/programs/housing](http://www.otda.ny.gov/programs/housing)

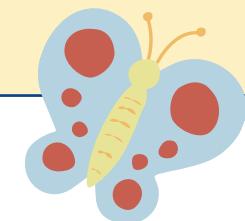


## The NYS Parent Portal

[www.nysparenting.org](http://www.nysparenting.org)

Connects parents to family friendly websites including:

- The NYS Parent Guide
- The NYS Child Care and After School Program Locator
- The Multiple Systems Navigator
- Every Student Present



\*Eligibility and enrollment for SNAP, HEAP, Assistance Programs, Health Insurance and tax credit information can be found at [mybenefits.ny.gov](http://mybenefits.ny.gov)



## Local Contacts

### Child Care Resource & Referral Agency:

### County Early Intervention:

### Early Head Start / Head Start Coordinator:

### Food Pantry:

### Home Visiting Program:

### School District:

### WIC Center:

### Pediatrician:

### Sign up for Health Insurance:

[www.nystateofhealth.ny.gov](http://www.nystateofhealth.ny.gov)

**1.800.541.2831**

### Poison Control:

**1.800.222.1222**

### Crisis Text Line:

Text "Got5" to **741-741**

