

RESOURCES FOR FAMILIES

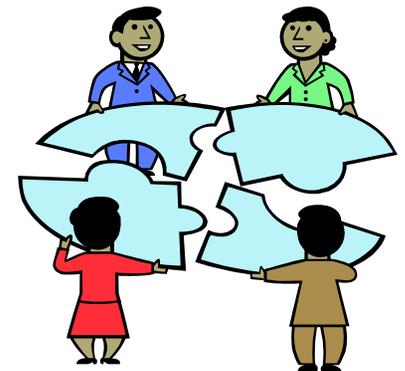
Debra S. Fish Library 651-641-3544

The Debra S. Fish Library contains books, DVD's, and other resources related to early childhood, including parenting.

All materials in the Debra S. Fish Library are searchable through your local library and can be checked out through your local library.

For directions to visit www.ThinkSmall.org

- > St. Paul Public Schools
- > Ramsey County
- > Minnesota



Early Childhood Screening 651-632-3746

It's important to have children screened at an early age so there is adequate time to obtain help for any identified concerns before the child enters school.

Children are expected to be screened prior to participation in the Pre-Kindergarten Program. State law requires that all children must be screened before starting kindergarten. Screening includes:

Vision and hearing checks

Height and weight measurements

Social/emotional, development, and speech screenings

Review of immunizations and health information

A summary interview

The school district offers this screening at **no cost** to families for children ages 3, 4 or 5 years old.

<http://studentwellness.spps.org/screening>

To schedule an appointment, call the Early Childhood Screening office at 651-632-3746

County	Child Care Assistance Program	MFIP, DWP, or Transition Year programs
Hennepin	612-348-5937	612-596-1300
Ramsey	651-641-6665	651-266-4444
Dakota	651-554-5611	651-554-5611
Scott	952-496-8686	952-496-8686
Washington	651-430-6459	651-430-6459
Carver	952-361-1721	952-361-1710
Anoka	763-717-7711	763-717-7730

Financial Aid Estimator at MN Child Care.org

Go to <http://www.mnchildcare.org/financial/index.php>

United Way 2-1-1 (formerly First Call for Help)

Get Connected. Get Answers.

United Way 2-1-1 is a free and confidential community help line available 24 hours a day, 7 days a week. 2-1-1 helps people access information to navigate human services. The first step to finding help is knowing who to call.

Dial 211 or 1-800-543-7709

MN Department of Public Health:

651-201-5000 or email health.ophp@state.mn.us

Dental Resources

Give Kids a Smile <http://www.ada.org/givekidsasmile.aspx>

Dental Directory: <http://minnesota-low-cost-health-care-directory1.friendshelpingfriends.aidpage.com/>

Local Clinic: Century College Dental Clinic, 3300 Century Ave N, White Bear Lake, MN 55110
651-779-5787

Bridge to Benefits**www.bridgetobenefits.org**

Bridge to Benefits is a multi-state project by Children's Defense Fund to improve the well-being of families and individuals by linking them to public work support programs and tax credits. It is very easy to use and does not keep personal information.

This screening tool can help people in Minnesota learn if they **may** be able to get help from the programs below:

- Health Insurance Programs:
 - Medical Assistance (MA)
 - Minnesota Healthy Care
- Child Care Assistance Program (MFIP &, Basic Sliding Fee)
- Energy Assistance Program (EAP, LIHEAP)
- School Lunch Program (Free and Reduced School Lunch)
- Supplemental Nutrition Assistance Program (SNAP)
- Earned Income Tax Credit & Working Family Credit
- WIC (Women, Infants, Children supplemental program)

MNSure 1-855-366-7873

Choose health coverage.

Www.MNSure.org

Help Me Grow

Screening for developmental concerns. Online referrals can be made at http://www.parentsknow.state.mn.us/parentsknow/newborn/helpmegrow_specialneeds/referchild/index.html

Phone: 1-866-693-4769

Early Childhood Family Education**651-793-5410**

Saint Paul Early Childhood Family Education (ECFE) offers parent and early childhood education for families with children between birth and kindergarten age. ECFE is based on the idea that the family provides a child's first and most important learning environment, and parents are a child's first and most significant teachers. ECFE works to strengthen families and enhance the ability of all parents to provide the best possible environment for the healthy growth and development of their children.

A typical ECFE class consists of three learning sections:

- **Together Time:** ECFE most often begins with parent/child activities in the children's classroom.
- **Parents' Time:** Parents then separate from their children and join together for a discussion group facilitated by a Parent Educator.
- **Childrens' Time:** While the parents are in discussion, children continue to participate in activities facilitated by an Early Childhood Teacher.

CONTACT INFORMATION:

Early Childhood Family Education,
1845 Sheridan Avenue Saint Paul, MN 55116

Www.commed.spps.org/ecfe

Pre Kindergarten Programs

651-632-3760

Many Saint Paul Public schools have Pre-K programs for four-year olds to help them prepare for success in kindergarten. Children who are four years old by September 1st and live in Saint Paul are eligible to attend a Pre-K program in the fall.

Most classes are between 2.5 and 3 hours and some sites have a full-day program; all classes meet five days a week.

If you have questions about the program at a specific school, please call the school. If you have general questions about the program, transportation availability, or the application process, call the Student Placement Center at [651-632-3760](tel:651-632-3760) or go to apply.spps.org.

Español: 651-632-3751

Hmoob: 651-632-3706

Karen 651-632-3716

Soomaali: 651-632-3709

Public Health -Ramsey County

Ramsey County Public health offers many services including

- Immunizations
- Reproductive/sexual health
- WIC (Women, Infants and Children)- Food vouchers can be used to purchase infant formula, milk and other specified foods. **651-266-1300**
- Health Care and Coverage / Medical Assistance with no monthly premium payment for children: **651-266-4444**
- SNAP (Nutrition / Food assistance): **651-266-4439**
- MFIP (MN Families Investment Program) Financial support, job support, child care: **651-266-4444**

For more information call 651-266-2400 or email askph@co.ramsey.mn.us

For Other Languages call: 651-266-3800

Head Start 651-603-5977

Head Start helps families with low incomes by encouraging financial independence for parents, and helps to improve the health and social skills of children from birth to age five. Head Start provides early childhood classes, parent involvement, and health and social services for children and their families. Head Start is offered throughout Minnesota.

Apply in person at
450 Syndicate Street, Suite 5
St Paul, MN 55104

<http://www.caprw.org/community-action-services/head-start/program-enrollment/>

State Early Learning Scholarships

The State Early Learning Scholarships give families financial support up to \$5000 to help pay for high-quality early care and education to prepare their young children for school.

Due to limited resources, Minnesota State Early Learning Scholarships will be distributed on a priority-basis. Priorities include the county in which the family resides, whether the parent is under 21, the early childhood program chosen by the parent and/or whether the child has a previous scholarship. If you have questions, please contact Think Small at please call **651-641-6604** or email scholarships@thinksmall.org.
http://www.thinksmall.org/for_parents_and_guardians/help_paying_for_child_care

For scholarship information available in **other languages**, call **651-665-0150** or 1-866-807-6021

St Paul Promise Neighborhood Early Learning Scholarships 651-641-6604

The St Paul Promise Neighborhood Early Learning Scholarships give families financial support to help pay for high-quality early childhood education to prepare their young children for school.

Who can be in the program?

Families who live in the Promise Neighborhood (Frogtown, Summit-University in St Paul),

Families with a child who are preschool age, and are income-eligible

What services will families receive?

Information about choosing quality early care and education.

Help pay for high-quality early care and education.

How can families get into the program?

To be placed on the waiting list for a scholarship, families can download the application and entry indicators form below and mail them to:

SPPN Scholarships, Think Small, 10 Yorkton Court, St Paul MN 55117

Call for an application or Download an application here:

http://www.thinksmall.org/for_parents_and_guardians/help_paying_for_child_care

Blast off to K

Www.blastofftok.org

Blast Off to Kindergarten, a collaboration of community partners, seeks to generate community awareness and action in Saint Paul, support schools, families, and children to prepare for kindergarten.

Read, write and talk with your child everyday!

Help children get ready to read years before they start school. Children's success in school depends on how much they learn before they even get to school!

Early Childhood Screening

Call for an Early Childhood Screening appointment between the ages of 3 and 5 - the younger the better!
 Early Childhood Screening Office: 651-632-3746

Immunization

Make sure that your child's immunization records are up-to-date.

Minnesota Immunization Program: 651-201-5503

Visit and choose a school.

Contact the Student Placement Center for more information: 651-632-3760

Plan Ahead!

Visit the web site blastofftok.org to find skills to practice, activities to do, and recommended books to help your children prepare for kindergarten.

HELP ME GROW 651-604-3700

If you have questions or concerns about your baby or your child's development, call the St. Paul and North Suburban Help Me Grow Office and make a referral.

WHEN TO CALL HELP ME GROW:

If a baby or young child has a suspected medical diagnosis that slows the child's development; or any of the following:

- ◇ Complications of prematurity
- ◇ Delays in meeting developmental milestones
- ◇ Short attention span
- ◇ Unintelligible speech
- ◇ No speech/few words compared to peers
- ◇ Hearing or vision concerns
- ◇ Testing positive for drugs at birth
- ◇ Lack of eye contact
- ◇ Behavioral concerns or mental health concerns
- ◇ Unusual or repetitive play behavior

SERVICES PROVIDED:

- Evaluate to learn if your child needs help
- Refer and coordinate services
- Help you understand Parent's Rights to services
- Inform your family of options so the best choice can be made
- Help with an Individual Family Service Plan (IFSP)
- Connect your family with other families who have children with special needs and other support groups
- Inform your family of advocacy groups
- Provide your family with information about child development
- Help your child prepare for school

<http://helpmegrowramseyco.org/>

Dental Resources

Give Kids a Smile <http://www.ada.org/givekidsasmile.aspx>

Dental Directory: <http://minnesota-low-cost-health-care-directory1.friendshelpingfriends.aidpage.com/>

Local Clinics:

Century College Dental Clinic,
3300 Century Ave N,
White Bear Lake, MN 55110
651-779-5787

University of Minnesota, School of Dentistry

515 Delaware Street
Minneapolis, MN 55455
612-625-7171

Helping Hands Health Center

506 W. 7th St.
St. Paul, MN 55102-3006
651-224-7561

Model Cities Health Clinic

409 North Dunlap St
St. Paul, MN 55104-4201
651-290-9200

Community Dental Care

St. Paul Clinic
828 Hawthorne Ave. East
St. Paul, MN 55106
651-774-2959

Westside Dental Clinic

478 South Robert Street
St. Paul, MN 55107.
651-602-7575