



Family Connections Family Resource Center

provides professional counseling for adults, children, couples, and families and special help for infants and toddlers with disabilities. 530 626 5164

www.familyconnected.org

Infant Parent Center provides:

- Individual, couples and family counseling including home visitation.
- Preconception counseling for individuals and couples.



530 622 2899 - www.infantparentcenter.com

The Center for Violence Free Relationships provides:

- Safe Shelter for women and children who experience domestic violence.
- Education, legal advice and counseling.

530 626 1450 - www.thecenternow.org

Progress House offers residential and out patient treatments for families with substance abuse issues. 530 626 9240

New Morning Youth and Family provides professional counseling for children and families. 530 622 5551 - www.newmorningyfs.org



Lilliput Children Services provides foster/adoption, therapeutic services, and a kinship support program for families raising a relative's or close friend's child. 916 941 8799 www.lilliput.org

Health Services, Mental Health Division provides:

- Group and individual counseling. 530 621 6290
 - 24 Hour mental health crisis support. 530 622 3345
- www.co.el-dorado.ca.us/mentalhealth

SUPPORTIVE SERVICES

The Center for Violence Free Relationships provides assistance to people who currently have a residence, but are at risk of losing their housing. A minimum income of \$1,000 is required for assistance. 530 626 1450

The **Community Resource Center** assists those at-risk of homelessness and the homeless population in locating and utilizing local assistance organizations.

1864 Broadway, Placerville 530 344 1864
www.edc-crc.vpweb.com



Green Valley Church provides clothing at no cost. Call for distribution information. 3500 Missouri Flat Road, Placerville 530-622-3231
www.gvconline.com

The Food Bank of El Dorado County - Call the Food Bank for dates, times and locations of food distribution. 530 621 9950
www.foodbankedc.org



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

- Cash Aid
- Welfare to Work
- Food Stamps
- Energy Assistance

3057 Briw Road, Suite A Placerville, 530 642-7300

www.co.el-dorado.ca.us/humanservices

Funding for the Western Slope Ready by 5 Committee



BASIC NEEDS

What does it mean to be ready for school by age 5?

Self-Care/Motor Skills

- Wash own hands, is toilet trained, and can eat on own
- Use crayons, paintbrushes, can open/close buttons, zippers, etc.
- Can kick balls, run, climb etc.
- Hangs up sweaters, jackets and hats without help

Self Regulation

- Likes to play with others/others like to play with them
- Follows two to three step directions
- Is not disruptive in class
- Listens, focuses and sits still during story time
- Is comfortable away from parents for several hours

Social Expression

- Expresses ideas and feelings to adults other than parent or primary care giver
- Expresses caring for others
- Curious and eager to learn
- Engages in imaginative play with self and peers
- Retells familiar stories, nursery rhymes, or songs

Kindergarten Academics

- Recognizes some of the letters of the alphabet
- Beginning to write own first name and state their full name and age to the teacher
- Can name most of the parts of the body
- Can recognize rhyming words
- Engages with books
- Can count 10 objects correctly
- Recognizes primary colors
- Recognizes primary shapes

“Children will be healthy and ready for school by age 5.”

Western Slope Ready by 5 Committee mission

It Takes a Community to Raise a Child!

Your Community Directory for healthy, happy children

Supporting Parents and Children from Age 0 to 5
El Dorado County Western Slope Ready by 5 Committee



Choices for Children refers parents to child care that meet their individual needs. Community Resources, child care subsidies, and early education services are offered. 530 676 0707 - www.choices4children.org - El Dorado

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



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

Happy Kids Child Care provides full-day and part-day programs. State funding available for income eligible participants. 530 676 2223, 530 626 0344, or 530 677 0551 www.happykidspreschool-childcare.com

Rainbowland Christian Preschool has part-time preschool classes including Mommy/Daddy & Me for 18 mo. Through 5 years. 530 676 2120 www.rainbowland.us

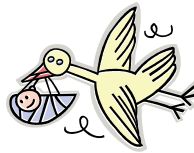


The **Library's**, "Ready to Read @ Your Library" programs offer monthly and weekly literacy-based storytimes for children 0-5 featuring stories, songs, crafts and free books. Storytimes in Spanish are also offered at the Main Library! Placerville 530 621 5540, Cameron Park 530 621 5500, El Dorado Hills 916 358 3500, www.eldoradolibrary.org



Child Care and Early Education

Marshall Medical Center provides Healthy Pregnancy, Childbirth Preparation, Breast-feeding, and Baby Basics classes.



530 626 2990 - www.marshallmedical.org

Children's Health Initiative (Insurance) provides assistance for insurance enrollment for pregnant women and children. 800 388 8690 www.co.el-dorado.ca.us/publichealth

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

El Dorado Children's Dental Van provides dental services for children through age 5 on Medi-Cal. 800 388 8690 www.edcdentalvan.com



El Dorado County Community Health Center is a primary care center that provides a full range of family practice services. 530 621 6100 www.co.el-dorado.ca.us/publichealth



Shingle Springs Tribal Health Community Clinic offers medical, dental and behavioral health services for all El Dorado County residents.

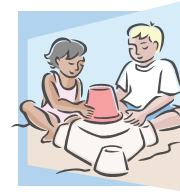
Accepts Medi-Cal. 530 672 8059

The **California Highway Patrol** provides Child Car Safety Seat installation for all parents. Make certain your Safety Seat is installed properly to protect your child. Appointment Required. 530-622-1110



Health and Nutrition

Toy and Resource Library offered by Choices for Children. Toys, books, and informational videos for loan. Laminator and consumable craft supplies for sale. Knowledgeable staff can assist with selection. 530 676 0707 www.choices4children.org - El Dorado



The Summer Reading Club at the Library each June and July offer prizes for reading books and special performances featuring puppeteers, magicians, science exploration, art and music. Placerville 530 621 5540, Cameron Park 530 621 5500, El Dorado Hills 916 358 3500 www.eldoradolibrary.org

Community Service Districts provide a variety of fun and educational age specific activities right in your neighborhood. Location information can be found at: www.edlafco.us/Directory.html

Teddy Bear Picnic is a Fall event sponsored by Family Connections with games, entertainment, food, a parade and lots of teddy bears. 530 626 5164



www.familyconnected.org/events.html

Kids' Expo is an annual event honoring children. Free hands on activities for the children and resources for parents. The event is sponsored by Choices for Children and is held in April. 530 676 0707 www.choices4children.org - El Dorado



Mom's Groups in El Dorado County are plentiful. Internet search "Mom playgroups in El Dorado County" for a listing of the groups.

Play Groups & Fun Things to Do



Best Beginnings provides in-hospital visits and follow-up home visits to new mothers and families to assist the family in having a great start with their new child born at Marshall Medical. 530 626 2770 x2315 - www.marshallmedical.org

Infant, Child & Adult CPR; Pediatric First Aid offered by Choice for Children for a fee. Classes are scheduled each month. Pre-registration required. Partners and caregivers welcome. 530 676 0707 www.choices4children.org - El Dorado

Together We Grow helps parents support and understand their child's development through developmental questionnaires, parenting classes and referrals to community services that meet each child's needs. 530 295 2457



Play to Grow offered by the El Dorado Hills and Cameron Park Libraries, is an opportunity for babies and grown ups to play, learn and socialize. Registration is required. Cameron Park 530 621 5500, El Dorado Hills 916 358 3500, www.eldoradolibrary.org

Family Connections Family Resource Center provides in depth parenting groups such as Roots & Wings, Cooperative Parenting & Divorce, and a 52-Week Parenting class. 530 626 5164

www.familyconnected.org

Infant Parent Center provides support groups for expectant families and families with infants. Infant massage classes are available. Locations in Placerville and El Dorado Hills.



530 622 2899 - www.infantparentcenter.com

Parenting Support