



First Teacher:

A Parent's Guide to
Growing and Learning

18 - 24
Months



OFFICE OF
Early Learning
LEARN EARLY. LEARN FOR LIFE

First Teacher: A Parent's Guide to Growing and Learning is a guide to your child's development and has activities for you to support your child's learning during daily routines and play. These activities will help your child's development and provide the building blocks for his future success in school and life.

This booklet addresses eight key areas of your child's development. The information in this booklet will serve as a guide for the knowledge and skills your child is developing at this age. This booklet follows the domains of [Florida's Early Learning and Developmental Standards](#), which are used in early learning programs throughout the state.



PHYSICAL DEVELOPMENT

(general health and development of physical skills involving large and small muscles)



APPROACHES TO LEARNING

(attitudes, behaviors and learning styles)



SOCIAL & EMOTIONAL DEVELOPMENT

(the ability to establish and maintain positive relationships with others)



LANGUAGE & LITERACY

(the ability to understand words, learn to talk and learn about books and reading)



MATHEMATICAL THINKING

(the ability to think about relationships between objects, numbers, shapes, sizes, weights and other concepts)



SCIENTIFIC INQUIRY

(the ability to explore the environment using the five senses, connecting what is observed to science concepts and asking questions)



SOCIAL STUDIES

(the ability to learn about people and the community)



CREATIVE EXPRESSION THROUGH THE ARTS

(the ability to engage in dance, song, music, dramatic play and art to express ideas and feelings)

The information in this booklet will help you make the most of the time you spend with your child. The positive relationship you have with your child and the time you spend together will help your child's development in every way.

Family Matters

18 Months to 24 Months

Your baby is now a toddler and becoming more independent. You may notice her saying "me do it" or "no" more often. This is the age when young children are developing and expressing their need for independence. This is a time when all parents need to be patient and allow their children to do things on their own. Although it is important to let this independence grow, it is critical that parents ensure their child's safety.

You will notice big changes in your child. One word phrases will begin to turn into two-, three- and four-word sentences. Walking will become steadier and she will begin to run, walk on tiptoes and even jump. She may begin to be interested in crayons, markers, finger paint, water play, sand boxes and play dough.

As your child's independence grows, at times she will seem like the boss. This is the time for you to set rules and limits to keep her safe and support her healthy growth and development.

This booklet offers activities and strategies for you to use daily. The easy-to-follow activities will help you build a strong relationship and a foundation for your child's learning and future success. All families are different. Remember to include stories, activities and languages from your own family.

You are your child's first teacher.



Physical Development



It starts with you

Physical development refers to your child's general health and development of physical skills involving large and small muscles. Your child's [physical development](#) continues at a fast pace. As he begins moving around on his own more, he will become more balanced. At this age, he should be able to walk alone and climb on play equipment. Your child will fall less and will begin running, if he hasn't already! His hand-eye coordination will also improve, and he will begin learning to string beads on a piece of yarn, unzip a zipper and use a spoon.

Provide a safe place for your child to explore, run, climb and kick and throw balls. He will need space in your home and outside to do activities to develop his large and small muscles. Look for safety hazards in these spaces and find ways to eliminate them. Use safety gates to keep your child out of rooms or away from stairs that may be dangerous. Cover electrical plugs and make sure cords and cabinet doors are secured. If there is any furniture that may tip over easily, secure it to the wall if possible or block access to it when your child is in the room. Outside, look for and remove any broken glass, debris and rocks or tree limbs that may cause injuries to your child.



As your toddler grows

Your child's [growth and development](#) will go through many changes. He will

- Imitate hand motions to finger plays and songs.
- Push and pull large objects.
- Hold a board book firmly with two hands and turn the pages.
- String large beads on a piece of yarn.
- Kick a ball.
- Walk up and down stairs holding on.
- Stand on tiptoe.

Playing and learning

Help your child's development by trying these activities.

- Let him practice climbing in and out of your car before you buckle him in the car seat.
- Blow bubbles and let him chase and pop them.
- Push and toss a large rubber ball back and forth.
- Let him practice drinking water out of a small cup without a lid.
- Give him crayons and paper to scribble or draw lines and circles.

Taking care of your toddler

Good nutrition is important in helping your child grow and learn. Provide him with a variety of foods of different tastes, textures and colors. He will begin to develop his own sense of taste and will enjoy experimenting with his food. Don't force your child to eat foods he doesn't like initially, but keep introducing the foods in different ways (e.g. raw apples, baked apples, apple juice, applesauce, or apple chips).

Approaches to Learning

It starts with you

Approaches to learning is a set of behaviors or characteristics related to how young children interact with their environment, such as curiosity, persistence and creativity. Some of these behaviors occur naturally, but you can encourage the development of others by providing a supportive environment.



Your child is like a little scientist. She learns from [trying new things](#). Your child will begin to show more interest in objects and will show her desire to control these objects. She will look at, feel and probably taste the object. She may even bang the object on a hard surface. Your little scientist is using curiosity and creativity to discover different ways things can be used. For example, she may discover that she can use a hairbrush as a hammer and see what happens when she bangs it on the floor.

Each child is born with a unique personality and [temperament](#). Your child may be curious and inquisitive or more passive and content to watch and listen to others as she tries new activities. She may be [quite active and explore](#) her environment without your help or she may need you to be at her side as she meets new people or tries new activities. Look for signs that she needs your help as she tries to brush her teeth, get out of a chair or put on her shoes. Encourage her to start the new task and help her only if she is having difficulties with the task.

As your toddler grows

Your child will show how she learns as she

- Tries new materials that feel different to touch, such as play dough or finger paints.
- Asks to have the same book read over and over again.
- Demands to complete a task by herself, even when she needs help.
- Role plays everyday activities like pretending to be a mommy, daddy or baby.

Playing and learning

Help your child's development by trying these activities.

- Hand your child an unpeeled banana and watch how she uses it. Does she try to peel it? Does she become easily frustrated? Show her how to peel it and encourage her to try.
- Let your child hold a box or bag of frozen vegetables while grocery shopping. See how she handles the box and what she does with it. Tell her about what she is holding. Talk about how cold it feels.

Taking care of your toddler

Give your child plenty of toys or objects that make new and exciting sounds. Watch how she reacts to these sounds and learns how to create them. Place her in front of a variety of empty pots, plastic containers, boxes or empty coffee cans. Give her a wooden spoon and show her how to make her own music. Boost your child's learning with fast and fun tips from vroom.org.

vroom
Brain building moments

Social & Emotional Development



It starts with you

Social and emotional development refers to your child's feelings, behaviors and relationships. Your young toddler is beginning to recognize that you smile when you are happy. He is beginning to show empathy or understanding if another child is hurt or crying or if you are upset. He may also begin to use his own [emotions as a way to communicate](#) with you. He may do things like smile, cry or pout to tell you that he wants something.

At this age, it is normal for children to have temper tantrums and tantrums may happen for many different reasons. When this happens, it is important to allow him time to calm down. Acknowledge his feelings, name his feelings, remind him of how he should be acting and respond to him the same way each time. As your child continues to grow and become more independent, he will often look to you for encouragement and support.



As your toddler grows

Your child will show development in [forming relationships](#) as he

- Shows concern for others who seem to be sad or hurt.
- Uses emotions to express himself, such as whining, pouting and crying.
- Greets parents and caregivers with an excited, "hi!"
- Says "mine" to a child who takes his toy.
- Shows interest in a certain book.
- Pretends to care for a baby doll.

Playing and learning

Help your child's development by trying some of the following activities.

- Ask him to do a task you know he can do and cheer or praise him when he completes it.
- Encourage the use of "please" and "thank you."
- Rotate different toys and foods for your toddler to try; this helps him discover his likes and dislikes.
- Talk to him about his feelings; for example, "I see you are sad," or "That's a happy face."

Taking care of your toddler

Young children respond well when parents talk with them about their good behavior. When your child is being good, be sure to describe his actions and give a positive comment. For example, when your child picks up his toys say, "You put your toys away. Good for you!"

Language & Literacy



It starts with you

Language and literacy refers to your child's ability to understand words and learn to listen, talk and read. Your child's language skills are getting better each day. The more words your child hears, the more words she learns. She will begin to show her new [vocabulary](#) by naming objects in books, such as dog or ball. She will begin to use two-word sentences such as "all done" and "hold me."

Books are an important tool in your child's language development. She will listen as you read a children's book and ask questions about the stories. Point to the pictures and talk about what you see. Ask her questions about the stories. This helps toddlers to use [language](#) as a tool. Books for toddlers include board books, cloth books and picture books. These books are designed for children this age and are safe for them to put in their mouths.



As your toddler grows

Your child will show her beginning language skills as she

- Names pictures in a book.
- Uses two-word sentences, such as "more juice" and "go bye-bye."
- Points to body parts when asked questions like, "Where is your belly button?"
- Makes marks on paper with a pencil, marker or crayon and tells you what it says.
- Pretends to be a dog or cat.
- Finds her shoes when it is time to get dressed.

Playing and learning

Help your child's development by trying these activities.

- Read children's books every night at bedtime. This may help your child "wind down" while learning.
- Ask your child specific questions about her day on the car ride home from child care or a family trip to the park. Talk about what she did on the playground or what she had for lunch and ask questions to help her think of things to tell you about her day.

Taking care of your toddler

Take time to sit with your child each night and look at and read books. Children love simple picture books. You can use picture books to teach children new words. When reading books to your child point to the words as you read. This will help your child begin to understand that words tell about the pictures in the books.

Mathematical Thinking

It starts with you



Mathematical thinking refers to your child's ability to think about relationships between objects, numbers, shapes and other concepts. Children are born with an ability to recognize quantity without learning math in the way we think of it. They can tell the difference between two and three objects even without counting. You can help your child associate number words to items by counting with them up to five. "You have one, two, three crackers on your plate."



Children also learn early that adding more objects will make the pile bigger or when they have finished a snack they may want "more." You can help your child [understand](#) "adding to." For example, when playing with blocks, you may ask, "Do you need to add more blocks to make your tower taller?"

Your child can also learn about patterns. He knows the pattern in his daily routine, that playtime comes

after his nap for example. As he learns to recognize patterns, he will be able to sort objects using one characteristic. For example, there may be a group of red and yellow blocks (up to five) on the table. You can ask your child to give you the red blocks. Be sure that the blocks are the same size and the only difference is the color. Once you get started, it will be easy to find other things to sort—forks and spoons, big socks and little socks, or triangles and circles. Keep the number of items to sort fairly small and be patient as he learns this new skill.

As your toddler grows

You can see how much your child is growing during these next months. He will

- Use number words or sign language to count small amounts of items (two cookies, three blocks, one book).
- Begin to recognize patterns in his environment.
- Begin to match basic shapes or sort familiar objects into two groups based on size.
- Use direction words like up, down, in, out, over.
- Use appropriate size words or gestures (small, big) to describe his toys.

Playing and learning

[Help your child's development](#) by trying some of the following activities such as

- Sorting laundry. Ask your child to match socks by size. Mix them up again, and have him match by color. Talk about what he is doing and patiently help him.
- Helping him find the patterns or repeated phrases in story books, such as "The Story of the Little Red Hen". He can also see the pattern in a song when parts are repeated. Point them out or ask him to try to guess what comes next.
- Counting steps or stepping stones. When walking together, hold his hand and count the stairs as you go up. Count and hop on pavers.

Taking care of your toddler

Your toddler is growing quickly. His independence is starting to emerge. You will begin to hear "no" often and have to repeat yourself regularly. Part of this is his emerging independence but also his developing memory skills. Matching and patterning are good ways to help him build his memory and allow him to practice new skills.

Scientific Inquiry

It starts with you



Scientific inquiry refers to your child's ability to explore the environment using her five senses, connecting what is observed to science concepts and asking questions. Your toddler is beginning to explore her body and the environment through experimentation when she plays. Daily routines help her make connections between her body and the functions of each part. She is also learning how the world around her works. She is [taking risks and trying new things](#). Sometimes the new idea works and sometimes it doesn't. She may try to brush her hair with the paintbrush or put a glove on her foot. Enjoy these moments - laugh with her when her "experiment" doesn't quite work out and cheer when it does. These trials and errors help her learn to problem-solve and encourage her natural curiosity.

Children are curious, and your toddler is noticing more details about her world. When you take her for walks, point out the details in leaves on bushes and trees and make comparisons between them. Give her a magnifying glass to look at bugs, plants and rocks. Watch animals—what they look like, how they move, and what they eat. Talk about what you see and give her words to describe her experiences. Go home and read related books. Real-world experiences help to bring what you read about to life for her.



As your toddler grows

Your child is growing every day. You should begin to see her

- Use her senses and know that she uses her nose to smell, her eyes to see, her ears to hear, her fingers to touch and her mouth to taste.
- Explore materials, foods and objects with different smells, feels, tastes and sounds.
- Explore, interact with and identify some plants and animals.
- Push and pull objects.
- Play with objects to gain knowledge about them (moving, stacking, pushing and pulling).

Playing and learning

You can help your child [grow and learn](#) by trying some of the following activities.

- Play games that use her senses, like "I spy." Have her smell items and give her the words to describe them. "The orange smells sweet."
- Provide lots of sensory experiences with feathers, large shells or pinecones and items that have different colors or lights. Point out sounds you hear when walking, like the sound of the wind in the trees, the meows of a cat, rain falling into a puddle or a bird singing.
- Encourage her to imitate animals you see—crawl like a bug, hop like a cricket, jump like a squirrel or run like a dog. Describe the way the animal moves, "Let's crawl slowly like a turtle."

Taking care of your baby

One of the wonderful ways in which your toddler is growing is her ability to learn from her actions. At this stage, she is beginning to discover that she can have an effect on her environment. She may drop a ball from the chair and then drop a toy truck. She will be interested to see how they fall and hear the sounds they make. Make sure she has safe toys and spaces to use in her explorations.

Social Studies

It starts with you

Social studies refers to your child's ability to learn about the people around him and in your community. Your toddler is beginning to understand he is his own person, separate from you. Yet, he is beginning to learn that he is part of a [family](#) and other groups. He is sharing in family traditions and celebrations. He can sing special songs, ask about family routines around holidays and "help" prepare favorite meals. Like his family at home, he is learning he is part of a group at school, too. He knows the names of his friends and likes to interact by playing simple games, trying out new words and exploring his home and school.

With his new skills, your toddler can now complete simple requests. He can help hand out spoons before meals, wash hands after outside play and set up his mat for nap time. He can tell you where he naps and where his favorite chair or space is.

Routines are important, too. Your toddler knows there is a difference between home and school routines and can begin to anticipate what comes next. He understands it is bedtime after he has his warm bath, you read him a book and he has cuddle time with you. This consistency in his schedule helps him to feel secure and confident.



As your toddler grows

Your child can do many things such as

- Participate in family traditions, celebrations and songs.
- Begin to respond to the needs of others, like his family or friends.
- Begin to participate in routines at home and school.
- Communicate wants and needs to others.
- Begin to recognize there are tools and machines (spoons for eating, cups and containers used in play, or a wagon to pull or ride in).

Playing and learning

You can help your child grow and learn by trying some of the following activities.

- Share family celebrations. Talk with your child about what is happening.
- If your family speaks a language other than English, talk to your child, read stories and sing songs in that language.
- Show him pictures of himself with his family.
- Arrange for him to play with friends at a park and model ways to invite friends to play games.
- Maintain family routines to help him feel confident in what to expect next.
- Help him learn to do things for himself, such as feeding himself or putting on his shirt.

Taking care of your toddler

Routines are important so your toddler feels confident about what will happen next. Routines make him feel safe and secure and reduce anxiety. More importantly, it helps him to avoid temper tantrums. For example, you can remind your toddler that he can get ready for naptime by choosing two books to read. By establishing a daily routine, you provide continuity and security for your child. By giving him ways to help prepare for the next activity, you are helping him begin to develop independence.

Creative Expression Through the Arts



It starts with you

Creative expression refers to your child's ability to engage in dance, song, music, dramatic play and art to express ideas and feelings. Children who are given opportunities to develop their imagination and creativity through different forms of art learn to express their individuality. Creative expression helps to develop problem-solving skills and teaches your child to better understand the world around her. She will enjoy talking about the art she creates and will begin to identify favorite pictures and music. Your child will learn from viewing the art of others. She will be able to see a different point of view and how others express themselves through art.



As your toddler grows and gains new skills, she can experiment in many ways with art materials. Make sure the materials and supplies used are safe for your child. She will enjoy using simple materials to build and create new art. Talk about what you see in her artwork—the shapes, the colors, the textures. Children this age love to move their bodies and pretend. [Playing music](#) with different rhythms, beats, and instruments

helps your child hear the differences between the styles of music. Dance together to the different types of music and talk about the way the music makes you feel. This will increase her understanding of music.

As your toddler grows

Your child is learning new things. She will

- Combine a variety of art materials to create new images and pictures.
- Respond and move in creative ways while listening to music, stories and/or verbal cues.
- Engage in imaginative and creative play by using a variety of objects in the environment.
- Begin to show preferences for various art forms.

Playing and learning

You can help your child grow and learn by trying some of the following activities.

- Collect items around the house that can be used for creating art, such as plastic cookie cutters, a small rolling pin, scrap paper, paints, chubby washable markers or watercolors.
- Make musical instruments from simple supplies around the house like spoons and plastic bowls, combs and wax paper, or rice in a paper towel roll covered at the ends.
- Play different kinds of music with various tempos, instruments and voices.
- Provide your child with lots of dress up clothes, props and real-life materials for creative play.

Taking care of your toddler

Your toddler enjoys [art, music and creative play](#). The best part is the process, not the outcome. Provide lots of different kinds of materials for painting, drawing, or dramatic play, but do not expect a finished product or outcome. Your child is enjoying the process of watching the marks fill the paper, the clay form new shapes, and the feel of her body moving to the music. Encourage her by commenting on the colors you see in her art, the emotions you notice in her play, or the way she stomps her feet to musical beats.

The Importance of Family

Learning starts at home with you as your child's first teacher. Infants, toddlers and preschoolers learn by observing and listening to family members as they go about their daily routines.

Families are responsible for shaping a child's development of values, learning skills and social skills. Your child is watching everything you do and listening to everything you say.

Learning occurs naturally for children through their play. Children are happiest when they play and playing is one of the best tools for learning new skills. Join in your child's play by getting down on his level and playing with him. Get down on the floor and pretend to be his favorite animal to encourage his imagination.

Use objects around your house for pretend play such as an empty paper towel tube that he can use as a horn or a telescope. A plastic spoon and a pot for cooking can become a drum. Play helps improve his imagination, his physical development, his social skills and more. Playing outside is very important. Running, jumping and climbing help build your child's muscles and coordination. Your child will enjoy the time you two spend together, and so will you!



From nine to 24 months, your child is developing important language milestones. Ask your pediatrician or the local early learning coalition about developmental screenings that are available for your child that will identify any delays in language or other areas.

When a developmental delay is not recognized early, children must wait to get the help they need. This can make it hard for them to learn when they start school. Early screenings for these problems will allow your child to get needed early intervention so he will be ready to learn when he enters school.

Remember, you are your child's first teacher.



All children develop differently and at different times. If you have questions or concerns about your toddler's development or behavior, it is important to take action early.

Developmental screenings can help identify areas of your child's development that might need some extra help. Talk to a doctor, your child's teacher or your local early learning coalition about your concerns and request to have your child screened. If the screening indicates any areas that need extra help, your child may qualify for early intervention services. Your child's doctor or your early learning coalition can help connect you to those services.

You are your child's greatest advocate!

Websites That Promote Child Development

Florida Early Learning and Developmental Standards for Birth to Kindergarten: <http://flbt5.floridaearlylearning.com>

Centers for Disease Control and Prevention Parent Information:
<https://www.cdc.gov/ncbddd/actearly/milestones>
<https://www.cdc.gov/parents/essentials/index.html>


Center for Early Literacy Learning Parent Information:
<http://www.earlyliteracylearning.org/parentresource1.php>

Center on the Social and Emotional Foundations for Learning:
<http://csefel.vanderbilt.edu/resources/family.html>

National Association for the Education of Young Children:
<https://www.naeyc.org/our-work/for-families>

PBS Parents: <http://www.pbs.org/parents/>

Zero to Three: <https://www.zerotothree.org/parenting>



Child Care Resource and Referral




What is CCR&R?

CCR&R is a free service that helps families

- identify and select quality early learning programs.
- connect to local community agencies and resources.
- engage in their children's education and learning.
- locate financial resource options.

Family Focused

When a family contacts CCR&R, they can receive



Child Care Listings

Based on information from the family, CCR&R can provide a customized list of child care options.




Financial Assistance Options

CCR&R can provide information and help with applying for child care assistance and exploring other financial assistance options.




Consumer Education

CCR&R can provide information on a range of topics including how to locate quality early learning programs and the importance of family engagement.



Community Resources

CCR&R can connect families with local resources that may be able to assist with other needs, such as housing, food or utility assistance.



CCR&R can also provide information about and help families apply for



Voluntary Prekindergarten (VPK) - a free educational program available for all of Florida's 4-year-olds that prepares children for kindergarten.



School Readiness - a program that helps income eligible families in Florida pay for child care and helps children to be ready for school.



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CCR&R call center: 1-866-357-3239
www.floridaearlylearning.com

Free Apps for Families



Family Resources

OFFICE OF EARLY LEARNING

Provides state-level support and direction for parents, teachers and early learning professionals. OEL administers three statewide programs including: the state child care assistance program, School Readiness, the free Voluntary Prekindergarten (VPK) program for four-year-olds and the Child Care Resource and Referral program for all Florida families.

1-866-357-3239 (Toll-free), (TTY:711)

<http://www.floridaearlylearning.com>



2-1-1

A 24-hour hotline where parents connect with national, state and local information and referral services. 2-1-1 offers parents information to assist families with food, housing, employment, health care and counseling services.

Dial 211

www.211.org



ACCESS FLORIDA

Temporary cash assistance and food stamp information is available through DCF's Access Florida Hotline.

1-866-762-2237 (Toll-free)

www.dcf.state.fl.us/programs/access



BRIGHT FUTURES

A national health promotion and prevention initiative, led by the American Academy of Pediatrics and supported by the Maternal and Child Health Bureau, Health Resources and Services Administration that provides guidance for all preventive care screenings and well-child visits.

<https://brightfutures.aap.org/Pages/default.aspx>



CHILD CARE RESOURCE & REFERRAL NETWORK (CCR&R)

Helps families find local child care programs that fits their unique needs and local resources and provides information on how parents can find, locate and afford quality child care.

1-866-357-3239 (Toll-free), (TTY:711)

www.floridaearlylearning.com/ccrr.aspx



You have what it takes to be a brain builder!

Download the Vroom app to add learning to mealtime, bathtime, bedtime, and anytime with Vroom tips.

See for yourself how Vroom tips are fast and fun!

vroom.org



También disponible en español

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CHILD CARE AWARE® of AMERICA

National network of more than 900 child care resource and referral agencies committed to helping parents find the best information on locating quality programs and resources in their local community; maintains links to resource and referral agencies in every state.

1-800-424-2246 (Toll-free)

<http://childcareaware.org/families/>



CHILD HELP USA® NATIONAL CHILD ABUSE HOTLINE

This hotline is staffed 24 hours daily with professional crisis counselors with access to thousands of resources.

1-800-4-A-Child or 1-800-422-4453 (Toll-free)

www.childhelp.org

<https://www.childhelp.org/states/florida>



DEPARTMENT OF CHILDREN & FAMILIES (DCF) LICENSING WEBSITE

Responsible for the administration of child care program licensing and training throughout Florida and administers programs addressing issues such as adult and child protective services, homelessness, food stamps, refugee services and adoption and foster care.

www.myflorida.com/childcare

Find Child Care Providers

<https://cares.myflfamilies.com/PublicSearch>



DEPARTMENT OF HEALTH/CHILDREN'S MEDICAL SERVICES/EARLY STEPS

Provides information and referrals on disabilities and special health care needs for families, service coordinators and other professionals who work with children with special needs.

1-800-218-0001 (Toll-free)

http://www.floridahealth.gov/AlternateSites/CMS-Kids/early_steps_directory/index.html



FLORIDA CHILD SUPPORT ENFORCEMENT

Child support services that include locating missing parents, establishing legal paternity, and establishing, enforcing and modifying support orders.

1-800-622-KIDS or 1-800-622-5437 (Toll-free)

www.myflorida.com/dor/childsupport/



FLORIDA KIDCARE

Health insurance program for uninsured children younger than age 19. The Florida Kidcare program assesses eligibility based on age and family income.

1-888-540-5437 (Toll-free), (TTY: 1-877-316-8748)

<http://floridakidcare.org/>



FLORIDA HEALTHY START

Ensures that all Florida families have access to a continuum of affordable and quality health and related services.

727-507-6330

www.healthystartflorida.com



HEAD START

Head Start is a national school readiness program that provides comprehensive education, health, nutrition and parent involvement services to children from low-income families. For Head Start programs in your area, visit the listed website.

www.floridaheadstart.org



THE OUNCE OF PREVENTION FUND

Identifies and supports prevention programs to improve outcomes for children, preserve and strengthen families and promote healthy behavior and functioning in society.

<https://www.ounce.org/>



PARENTS WITHOUT PARTNERS

Provides help to single parents through discussions, professional speakers, study groups, publications and social activities for families.

1-800-637-7974 (Toll-free)

<http://www.parentswithoutpartners.org>



VOLUNTARY PREKINDERGARTEN

Florida's free voluntary program designed to prepare 4-year-olds for kindergarten and build the foundation for their educational success.

1-866-357-3239 (Toll-free), (TTY: 711)

<http://www.floridaearlylearning.com/vpk.aspx>



Florida Department of Education
Office of Early Learning
Child Care Resource and Referral Network
Toll-free Family Line: 1-866-357-3239
<http://www.floridaearlylearning.com>



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Early Learning
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