



First Teacher:

A Parent's Guide to
Growing and Learning

2-Year-
Olds



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

2-Year-Olds

The relationship you have with your 2-year-old is very important. He will learn how to interact with others by copying your interactions. He will be eager to learn and explore his environment when you encourage him and provide a safe place for him to play and learn.

Family members are role models for your child as he learns language. When they respond to his cries and words, he learns that words have meaning and can be used to get what he needs or to communicate. The words he hears at home become the basis for his vocabulary.

This age is often referred to as the "terrible twos." But, it really is the "terrific twos." Your child may cry, whine and have temper tantrums, but he is learning how to [deal with all of the feelings](#) he is experiencing. Being supportive and offering different ways for him to express his strong feelings will help to provide a healthy basis for future relationships.

This booklet offers activities and strategies for you to use daily to help your child [grow and develop](#). 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 is no longer a baby! Your baby will begin to look more like a young child. At this age, you can help support his physical growth as he develops muscle skills. Help him learn to turn pages in a book. Encourage him to walk backwards and on his tiptoes by showing him how you walk backwards and on your toes.

Play music and dance with him. Sing songs that have movements such as "I'm a Little Teapot" or "Itsy, Bitsy Spider." These are great ways to help him develop both his small and large muscle skills.

Your 2-year-old will be able to take a more active role in his personal care because he has better coordination. With your help, he can begin to brush his teeth and wash his hands. He is able to feed himself and drink from a cup.

Your toddler may become a more "picky" eater. He needs less food than babies because he is not growing as fast. Offer him [healthy foods](#) and allow him to choose what he wants to eat. Offer new foods frequently and try offering them on multiple occasions. It may take some time for him to learn to like new foods.



As your toddler grows

Your 2-year-old's growth and development will go through many changes. He will

- Feed himself with help.
- Hear and respond to instructions.
- Use one hand to turn the pages of a book.
- Jump off steps.
- Help dress himself.
- Participate in sleep routines such as arranging his bedtime toys.

Playing and learning

Help your child's development by trying these activities.

- Take your child to the park to climb, slide and swing. These activities help him build his large muscle skills and coordination.
- Take him on walks and try different movements like walking, jogging, running or marching.
- Help him stack blocks or nesting cubes.
- Help him learn to string large beads.
- Give him play dough and help him roll it into basic shapes.

Taking care of your toddler

Your child should have almost a full set of teeth by now. It's never too early to get him in the habit of brushing his teeth morning and night. Make [brushing teeth a fun experience](#). Let your child pick out his own toothbrush and cup. Take him to a dental clinic to get his first dental check-up. Even though he will lose his baby teeth, it is very important to take care of his teeth and prevent painful cavities.

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.



Have you ever noticed that your child will ask you to read the same book again and again until you both know every word? This is a good example of her showing her ability to concentrate. She will enjoy hearing you sing the same songs and will probably begin saying “more” or “again” when you finish. Have a conversation with your child by asking different questions about her favorite activity or book. She is learning and building confidence from repeating your words and actions.

You can [help your toddler develop](#) curiosity and eagerness by

- Providing colored pegs she can sort into single-color piles, or buttons so she can put all the small buttons in one container and the big buttons into another container.
- Asking her to help you with setting the table or folding the clothes.
- Encouraging her to explore new toys to see how they work.
- Looking at insects, leaves or other things from nature and continuing to examine them and watch them move or grow.

As your toddler grows

Your child will show how she learns as she

- Helps you with simple chores around the house like sweeping or picking up toys.
- Shows interest in patterns and sorting objects by shape or color.
- Repeats activities or games over and over, such as building a block tower, taking it apart and building it again.
- Finds solutions to simple problems, such as how to go around a toy when riding her tricycle.
- Uses objects in ways other than their intended use, such as pretending a shoebox is a car.

Playing and learning

Help your child's development by trying these activities.

- Fill several clear plastic cups with water colored with food coloring. Take her to an area outside, the bathtub or somewhere she can spill water. Let her have fun dumping and mixing the different colors.
- Give your child a bag or bucket and take her for a walk in the yard or in a park. Help her pick up things she finds on your walk such as pine cones, rocks, sticks, leaves and feathers and put them in her bag. When you finish your walk, talk with her about the things in her bag. How are they alike or different?

Taking care of your toddler

At this age, your child learns through her senses. She explores everything around her. Provide her safe places to explore and encourage her curiosity. Describe to her what she is doing as she stacks blocks or pours water from one container to another. 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 2-year-old is developing his sense of self. He is testing his "limits," so to speak. Two-year-olds want to show you they are independent, even though they still need you. They are also looking for your approval and praise of their new independence. You may begin to hear your child say, "Me do it!"



Give your child lots of chances to do things by himself. Getting dressed is a great example. Allow your child to attempt to put on his pants, shirt and socks. Give him plenty of time to try and try again. Help him when he needs it, and tell him what a good job he's done. Your child is learning and growing confident as he tries to do these things on his own!

Two-year-olds are learning to play with others and [may have conflicts](#) when they both want the same toy or to sit in the same chair. You can use dolls or stuffed animals to act out these situations with your child. Act out situations where one stuffed animal grabs a toy away from another stuffed animal. Talk about how the animals feel. Then, show how the animals could share the toy. Let your child make up another situation to show how the animals could play and share toys.

You are a role model for your [child's social development](#). He will watch your interactions with others as you go about your day. Are you pleasant and kind to others? Are you able to maintain a calm manner even when you are angry? Remember he is watching and learning from your interactions with others.

As your toddler grows

Your 2 year-old will show his development in [forming relationships](#) in the following ways.

- Says "hello" to a new neighbor or friend.
- Begins to understand and use words about his feelings, such as "I mad" or "I want" to get his needs met.
- Approaches a new person after his parents or caregivers have talked to the person for a while.
- Asks for help from parents or caregivers during a conflict with another child.

Playing and learning

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

- Let your child help you with small tasks around the house like giving everyone a napkin at dinner. Tell him what a great job he has done and that he is a good helper.
- Tell him his favorite story or a story about family members if you are stuck in traffic. This will give him an opportunity to listen to the story and imagine the characters or family members as he listens.
- Allow him to do things on his own, like climbing the ladder to the slide.
- Let him entertain himself for short periods of time. Pack a bag with a book, a couple of toys and a snack. Take this bag when you need to bring him with you to run errands.

Taking care of your toddler

If your child is in child care, take a few minutes once a week to discuss your child's progress with his teacher. Having these talks will let you know how your child is doing while he's away from you and if the early learning program is a good fit for your family.

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. A 2-year-old's vocabulary has gone from babbles and coos to words you can understand. Your child can use three-word sentences such as "pick me up." Although she is learning a lot of new words, she may still struggle to tell you what she needs and wants. For example, she may become upset when you give her the blue shirt to wear because she wanted the green one. Your 2-year-old does not know how to tell you what she wants to wear. This frustration often causes a "meltdown." Try to be patient and offer other choices if possible. It is easy to forget how hard she works to tell us her wants and needs.

It is important to [talk and read to your child](#) as often as possible. Every day she needs to hear many familiar words and be introduced to new words. Talking to her as you go about your



daily routines and describing things she sees or what you are doing is a natural way to help her build her vocabulary. Talking with your child helps her build her vocabulary and will make it easier for her to learn literacy skills.

Respond to her questions and expand her sentences when she talks to you. When she asks, "What's that?" and points to a bird, respond with a description, "That is a red bird with wings and legs and a beak. It can use its wings to fly up to the sky." If she says, "Me want ball," you can say, "Here is the big yellow ball that can bounce and roll."

As your toddler grows

Your child will show her beginning [language skills](#) as she

- Listens to books for longer periods of time.
- Repeats songs and rhymes.
- Uses words to describe things, such as "pretty flower."
- Recognizes the first letter in her first name.
- Pretends to write letters and numbers.
- Responds to questions when asked.

Playing and learning

Help your child's development by trying these activities.

- Have a conversation with her by asking questions like, "What songs did you sing today at school?" and "What games did you play with your friends today?"
- When you are helping her get dressed, talk about the clothes and the process, "First you put your legs through the holes in your pants and what do you do next?" Talk about the colors of her clothes and what each piece of clothing is called, such as pants, shorts, shirt, dress or pajamas.
- Ask your child to name items in a picture book such as a cat, a car or a flower.

Taking care of your toddler

[Talk, sing and read](#) to your child daily. Visit the local library to find books for toddlers. Attend "story-time" at the library or local bookstore. [Start a home library](#) for your child. Buy books to read to her and suggest that family members buy her books as gifts. Encourage family members to have conversations with her. Ask her questions about her toys, books, clothes and foods she likes.

By the end of this year, if your child speaks fewer than 50 words or it is difficult for you to understand your child when she talks to you, ask the pediatrician about her speech development. You want to make sure that her hearing and speech are developing as they should.

Mathematical Thinking



It starts with you

Mathematical thinking refers to your child's ability to think about relationships between objects, numbers and shapes. Two-year-olds are becoming more active, alert and aware. Your toddler is [beginning to understand concepts](#) such as big and small and notices when someone has more of something than he does. Point out other comparisons during daily routines, such as when helping him get dressed, "Your shoes are small and my shoes are big." When having dinner show him two spoons and say, "This spoon is small and that one is big."

Your child is aware of numbers and likes to have you count things. You can find things to count with him throughout the day. Count the pieces of banana on his plate at lunch. Count the number of buttons on his jacket or shirt. Count the toys he has on the floor as he plays. Count the number of people at the table during dinner. Sing counting songs together, "One, Two, Buckle My Shoe" or "Ten Little Monkeys."



Have blocks and puzzles that you and your toddler play with together. Help him build things with the blocks and show him how to put simple puzzles together. Then, encourage him to build with the blocks and put the puzzles together by himself.

Use spatial direction words when you play with your child, such as climb up to the top of the slide and slide down; the toy is on top of the table; the shoe is under the bed.

As your toddler grows

As your child learns and grows, he will show his [thinking and reasoning skills](#) as he

- Talks about and finds objects of different shapes and sizes, such as a "big box" or "little circle."
- Shows spatial positions with his body during songs or fingerplays.
- Takes things apart, stacks and sorts objects.
- Completes simple three- or four-piece puzzles.

Playing and learning

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

- Talk to your child about the different kinds of signs he sees as you ride in the car. Talk about differences such as, "That sign is round. This sign looks like a triangle."
- Use his toys and help him find toys that are the same size or same shape.
- Count his toes and fingers when you give him a bath, wash his hands or put on his socks.
- Give him various sizes of plastic containers to fill and dump when he takes a bath. Ask him which ones are empty and which ones are full.

Taking care of your toddler

When your child has a problem, such as not being able to complete a simple puzzle, he may need your support in finding a solution. Take the time to encourage him to work through the problem. This teaches him to be patient and to think things through. This will help him solve the problem on his own the next time.

Scientific Inquiry

It starts with you



Scientific inquiry refers to your child's ability to explore the environment using the five senses, connecting what is observed to science concepts and asking questions. Your 2-year-old is curious about objects, animals and people. She uses her senses to gather information about the world around her. She begins to notice how her actions affect objects around her. She knows that she can push her food off of the table, and it falls on the floor. She touches food or water to find out if it is hot or cold. She finds toys that can float in her bath water and toys that sink. She tastes food to see if it is sweet or sour. She can identify some smells as good or bad. These are the basics of [scientific inquiry](#). Encouraging her explorations and observations and keeping her safe as she explores will support her development of science concepts.

Take her on walks and have outside play time often so she can see different kinds of plants and animals. Talk about trees, leaves, flowers, grass, dirt and sand. Let her touch and smell them and talk about the way they feel and smell. Watch different animals such as cats, dogs and birds and talk about the ways they move and what they eat.

Give her toys that she can move by pushing, pulling or rolling them. Say, "When you push the car it moves," or "You can roll the ball across the floor." Point out the way she moves by running, walking, jumping, rolling or crawling. Ask her to move like an animal such as a cat, dog or kangaroo.

Encourage her [curiosity and exploration](#) by giving her time to explore new materials and toys and by asking questions about them. "What can you do with the play dough? Can you roll it into a ball? Can you make a snake with it? How does it feel?"



As your toddler grows

During the third year of your child's life, your child will show her problem-solving and observational skills as she

- Turns her cup upside down and the juice spills on the floor.
- Puts different toys into the bath water and finds that some float and some sink.
- Rolls toy cars on flat surfaces and on inclines and sees how fast they go.
- Plants a seed and watches it grow into a plant.
- Puts toys in a wagon and pulls them to a new location.

Playing and learning

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

- Give her a magnifying glass and take her outside to look at leaves, bugs, rocks and other items. Ask her how the things look when she looks at them with and without the magnifying glass.
- Ask her to look at and feel the foods that you give her for lunch. Ask her if the crackers are smooth or rough, if the bread is soft or hard and if the soup is hot or cold.

Taking care of your toddler

When you go about your daily routines such as doing laundry, preparing meals and giving her a bath, talk about the things you are doing. Let her touch and taste different foods. Talk about the differences in the way things feel and smell. Explain that to be safe, she may only taste things you give to her.

Social Studies

It starts with you

Social studies refers to your child's ability to learn about the people around you and in your community. Your 2-year-old is learning to [interact with the people](#) in his environment and recognizes that some people are like him or his family members and some are different. He is learning how to respond to others and how to ask questions. He is learning to follow rules and routines and is dependent upon you and your family to be models for interacting with others.

He is beginning to recognize places in your community and the roles of community members. Point out community helpers such as police officers or firefighters and talk about their uniforms. Tell him about the ways firefighters and police officers help to keep the community safe.

In the grocery store tell him about the roles of the people who work there. Take him to a library and tell him what the librarian does as you check out books. In the doctor's office, tell him what the doctor does and what the nurses do and how they help you when you are sick.



As your toddler grows

During this time in your child's life, he will begin to show you that he knows the difference between himself and others as he

- Recognizes family members and close friends and knows their names.
- Follows familiar routines such as bedtime and bath time.
- Recognizes community members such as police officers and firefighters.
- Knows his own personal space.
- Responds to the needs of others such as giving a friend a toy.

Playing and learning

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

- Talk to him about the food that your family likes to eat and how it is part of your family's culture. Let him help you in the kitchen by handing you the bread as you prepare lunch.
- As you walk or drive through the neighborhood, point out places in the community such as schools, stores, parks, bus stations, police stations or hospitals. Talk about the people who work in or visit these places. At home, pretend to visit some of these places. Role-play with your child what some of these community members do.

Taking care of your toddler

Talk about the differences in people in your family and explain that everyone is different. Read books with stories about people from different cultures. Discuss what you do during daily routines and why it is important, "You need to wash your hands to stay clean and healthy" or "When it is time for bed we read a book to relax and go to sleep so we will be rested in the morning."

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. Your 2-year-old enjoys expressing herself in many ways. Singing, dancing, coloring, painting and creating things with play dough, paper or cardboard provide her with many ways to express her feelings.

Allow messy [activities](#) in appropriate places like outside or on a plastic tablecloth. Encourage her by praising the process, "You are putting a lot of colors on your paper." Give her a variety of materials and show her how to use them.



Join her as she dances and sings or take part in her creative play. Creative play allows her to problem solve and try out new ideas. Provide many opportunities for creative play to allow her to express her uniqueness and personality. Dress-up clothes and grown-up props such as toy phones, children's doctor's kit or plastic dishes and food encourage her to become a mommy, a doctor or nurse, a teacher or any other role models she identifies with in her community.

Having different types of dolls and stuffed animals encourages pretend or creative play. Have books that she can pretend to read to her dolls and stuffed animals just as you read to her.

As your toddler grows

As a 2-year-old, your child will begin to use her imagination and creativity to express herself as she

- Engages in creative play (often known as pretend play).
- Learns to use crayons, paint and pencils to mark or draw on paper.
- Sings, moves and dances to music.
- Uses common objects to "make music."
- Listens to music and repeats simple songs she hears.

Playing and learning

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

- [Create a space](#) where she can use crayons, washable paints, glue and different kinds of paper to explore the process of drawing or making things.
- Play different types of music and move or clap to the music.
- Find simple children's songs for you to sing together.
- Give her kitchen utensils, pots, pans or buckets and show her how to use them to "make music."

Taking care of your toddler

At home or while riding in the car, listen to music with your child and talk about the sounds she hears. Is the music fast or slow, loud or soft, happy or sad? Find children's songs that she likes and play them for her throughout the day. Supervise her closely as she learns to use different types of art supplies. Make sure you have products that are safe for children. Make a place where she can "make a mess" as she creates, using washable paints, crayons and markers on paper and other types of surfaces.

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!



Housework is a never-ending cycle. Let your little one help. Young children love to help and can be successful at simple chores. Letting your child help with housework is a great way to help him learn new skills. Just remember that it's the effort that counts! Below are some easy chores for you to introduce to your young child.

- Sort spoons to put away.
- Put dirty clothes in a laundry basket or hamper.
- Match socks.
- Pick up toys.
- Help feed pets.
- Pick up trash.

All of these activities encourage your child to learn new skills and to be a contributing member of your family. Feeling secure in his role as a family member helps him to develop self-confidence and a sense of responsibility.

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.



OFFICE OF
Early Learning
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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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