



First Teacher:

A Parent's Guide to
Growing and Learning

3-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

3-Year-Olds

Your child is no longer a toddler, but a [preschooler](#). This year of life is a transition away from the baby years and into the childhood years. Your 3-year-old has a stronger sense of independence, which includes not only self-help skills, but a better sense of his own identity – he has his own likes, dislikes, ideas and feelings. This also means that he may sometimes be “bossy” or defiant as a way to show his individuality. Offering choices and being firm but kind with rules and routines will help your preschooler learn expectations for behavior, while boosting his self-esteem.

As a 3-year-old, he will become more aware of his surroundings and try to understand how the world works. You will need to answer many questions that may not have simple answers. With your support and encouragement of his curiosity, your child can not only learn about the world, but also love learning!

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 3-year-old is entering a phase of steady growth, unlike the fast growth of the infant and toddler years. She has better coordination and balance, more awareness of her body in space and more stamina in active play. Your child's new physical skills may cause her to overestimate her abilities and get into dangerous situations. You will need to supervise her closely.



Your child will have better control in her hands and fingers and can use utensils, art materials and writing tools more effectively. All of this progress leads to a more confident, capable and independent child. Her

coordination has improved and she will be able to pedal wheel toys such as tricycles and other riding toys. Make sure she has a safe place to ride. Teach her [safety rules](#) to follow when riding (e.g. never ride in the street, don't crash into other children or pets).

Teach her how to wash her hands and brush her teeth. With your help, she will be able to do these self-care tasks by herself. She will be able to undress, but you may need to help her get dressed. You can let her make some choices in what to wear. Choose two or three outfits and let her choose the one she likes best to wear.

She will enjoy games or activities that require running, jumping or hopping. Play "Simon Says" or "tag" with her. After she learns how to play the game, let her be the leader and you follow her directions.

As your child grows

Your 3-year-old is learning to

- Pedal a tricycle.
- Catch a large ball.
- Balance and hop on one foot.
- Jump in place.
- Begin to use scissors.
- Manipulate buttons, zippers and writing tools more easily.
- Draw with more control.
- Complete self-care routines independently such as brushing hair.

Playing and learning

Support your child's physical development by

- Playing movement games such as *Duck, Duck, Goose* or *Follow the Leader*.
- Giving adequate time and materials for free play outdoors.
- Providing crayons and paper for drawing.
- Allowing her to use safe kitchen tools during meal preparation.
- Giving time and opportunity for her to dress herself.
- Talking to your child about the importance of routines such as hand washing and brushing teeth; for example, "Brushing our teeth keeps them clean so they don't get cavities."

Taking care of your child

[Proper nutrition](#), exercise and sleep are very important, because all learning depends on your child's good health. Preschoolers can understand the concept of healthy food and safety practices such as wearing a seat belt in the car or a helmet when riding a tricycle. Modeling healthy habits yourself is the best way to help your child learn to take care of her health and support her success in school.

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.

Let your child make simple choices, such as what he wants for lunch or which shirt he wants to wear. Three-year-olds like to try and finish new things. Give him a little support when he needs it, but don't take over the task.

Encourage your child to be creative. Teach him to ask questions, use different types of materials in different ways and offer him many new experiences. At this age, he will need lots of time to really get involved in activities. Allow him to spend as much time as he needs to be involved in an activity or let him return to the activity later.

Praise his efforts and talk to him about how much fun it is to learn about new things and to try to solve problems. Encourage his love of learning by exposing him to many different places, reading to him about many different topics and provide lots of things and places for him to explore.



As your child grows

He shows his approach to learning when he

- Frequently asks “why?” He has reached a new stage in which the simple explanations you gave him as a toddler are no longer enough; he wants more information to satisfy his curiosity.
- Persists at a task or activity for longer periods. He has a slightly longer attention span and does not become as easily frustrated as when he was a toddler.
- Spends more time in pretend play. He creates roles to act out, makes up stories during conversations with adults and may even have an imaginary friend.
- Makes and talks about plans for play and talks about what he did or learned afterwards.

Playing and learning

Support your child's approach to learning by

- Making your child's need to know “why” an opportunity to investigate the answers to his questions by looking for library books related to his interests or doing safe experiments.
- Allowing your child to persist at a challenging activity while providing encouragement by saying, “You can do it,” or “I wonder what would happen if you tried . . .”
- Embracing his creativity and taking a role in his pretend play, allowing him to direct you.

Taking care of your child

Each child is [different in their approach](#) to play, people and experiences. Observing and respecting your child's pace at trying new things and interacting with others is key to helping him become a confident learner. 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. Three-year-olds are an interesting mix of independent, playful and fearful. They need familiar adults nearby for security as they explore and play. As your child develops more independence, she will begin to have real [friendships with other children](#). When [conflicts](#) arise with peers, she will typically seek help from an adult. She is [learning to recognize the causes of feelings](#) and will give simple help, such as a hug, to those who are upset. She can better manage her emotions, but may still fall apart under stress.



Point out the things your child is doing that shows she is trying to solve a problem, such as "You are working so hard to put on your jacket by yourself." Then offer your help if she needs it. Help her put her feelings into words when she gets frustrated or upset. "You were really angry when your sister took your toy from you." Talk to her about your own feelings when you

are sad, angry or happy. "I was frustrated when I couldn't find the keys for the car" or "I am so happy that you picked up your blocks!"

As your child grows

As a 3-year-old your child will be able to

- Play more cooperatively with children.
- Comfort and show concern for others without prompting.
- Take turns while playing (with prompting).
- Play "real life" with toys like pots, bowls, spoons and play kitchens.
- Find simple ways to solve arguments and disagreements.
- Show and name a variety of feelings beyond happy, sad and mad, such as frustrated or excited.
- Ask to play with others rather than joining without asking.

Playing and learning

Support your child's social development by

- Reading books about feelings. Tell her about times when you or she may have felt the same way.
- Giving her a few responsibilities she is capable of doing herself, such as picking up toys or helping set the table. Praise her efforts by saying, "You did it!"
- Showing her your [expectations for appropriate behavior](#); for example, how to greet someone, share a toy during play or how to comfort someone.
- Guiding her to notice the feelings of others; for example, "Jill is crying. How do you think we could help her feel better?"

Taking care of your child

One of the easiest ways to help children develop socially is by the simple act of playing. Joining in her play builds relationships in a fun way and puts you in a great position to teach skills like sharing and cooperation. Use these opportunities to introduce concepts like winning and losing. Playing with friends also gives your child a chance to learn about more subtle social cues, like body language and vocal intonations.

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. Language is the way we communicate, a tool for problem-solving and building memory. Language is a way to share thoughts, beliefs, and culture. As your 3-year-old expands his use of language, he uses words to get his needs met, talk about his thoughts, feelings and experiences, and to socialize with others.

Remember that your child is [listening to you and others talk](#) and is learning words at an amazing rate. You can understand his speech, and he can have a conversation with you. You might be surprised by the words that come out of his mouth!

Early literacy skills are also developing. He loves listening to stories, is starting to understand that the words on the page have meaning and will "read" his favorite books from memory. He is interested in letter sounds and new words. He is beginning to use "real" writing with special interest in writing his own name. Your child may write letter-like forms, rather than scribbling, and say, "This is my name," or ask you to write his name at the top of his picture.

[Becoming a reader and writer](#) starts with your support, such as reading to him daily, talking about the things he sees and describing them for him. Give him paper and crayons or pencils and have him "write" notes to you, or help him write his name.



As your child grows

Your child is beginning to

- Make comments on what he observes.
- Follow some two-step directions.
- Use longer and more complex sentences and questions.
- Connect stories to real-life experiences.
- Ask what words mean.
- Recognize and name some letters.
- Retell or reenact stories.
- Begin to make letter-like shapes on paper.

Playing and learning

You can support your child's [language and literacy development](#) by

- Starting conversations with your child by asking questions such as, "What songs did you sing at school today?" or "Which friends did you play with?"
- Asking your child to read their favorite stories to you.
- Singing rhyming songs and reading poems and nursery rhymes.
- Making yourself an example of reading and writing at home, such as using recipes, writing grocery lists, etc.
- Asking your child to predict what a new book is about or what will happen on the next page.

Taking care of your child

[Talking with and reading](#) to your child are the best ways to build his language and literacy skills. The more words children hear, the better readers they become. If your home language is not English, it is extremely important that you continue to use that first language at home. Success at learning a second language is based on successfully learning one's first language. It also maintains strong communication between you and your child, other family members and your community.

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. Your 3-year-old has been [learning about math](#) since birth; the infant and toddler experiences of playing with shape sorters, reading books with numbers, and asking for and getting "more" of something lays the foundation for future math learning.

It can be entertaining to listen to your child talk about math concepts. She is a concrete thinker and has limited experience; her understanding is quite different from an adult. For example, she may say her race car traveled at "35 six 800 miles an hour," or she may become fixated on a particular number when asked a question about "How many?" These incorrect but normal responses show that your child is already starting to apply math concepts to her world.

The most common idea about [preschool math](#) is counting, but shapes, patterns and measurement are other math concepts your 3-year-olds is developing. Keep asking her questions such as; "How many blocks are red?" "What numbers are on the clock?" "Which toy is the heaviest?" "Who is taller, you or your brother?" and "How many circles can you find in this room?"



As your child grows

Your 3-year-old is learning to

- Recognize the number of items in a small group without counting.
- Notice and copy patterns.
- Recognize, name and match shapes.
- Understand position and direction words (under, beside, across, over, etc.).
- Compare and group things by size, weight, length, etc.
- Correctly count the number of items in a group.

Playing and learning

Try these [activities](#) to support your child's growing math skills.

- Count in everyday activities - "How many plates do we need to set the table for dinner?" or "There are one, two, three boats in the bathtub with you." When counting items, touch each one.
- Ask her to find shapes and patterns in the house.
- Use words that describe objects - "Please bring me the large bowl," "Your lunchbox is heavy when it is full."
- Play games about position and direction - "Put the ball behind you/next to you/over your head," or playing *Hokey Pokey*.
- Read books about counting, comparing, shapes and size.

Taking care of your child

The best way to support your child's interest in math concepts is with her own toys and everyday objects of different shape, size and color. As she plays with these items, ask questions and make comments such as, "How many cars are in your garage?" "How far did the ball go?" or "I see you made circles on the paper with your crayons." This type of [play forms the foundation](#) for understanding more advanced math concepts in the elementary school years.

Scientific Inquiry

It starts with you

Scientific inquiry refers to your child's ability to explore the environment using his five senses, connecting what is observed to science concepts and asking questions. [Children are born scientists!](#) The whole world is new to them and they want to learn everything about it. Science for preschoolers is about the same things you learned in school, like the weather and seasons, animals, plants and space. However, the process of learning science concepts is just as important as the information that is learned.

Your 3-year-old's need to know "why" is the driving force behind the development of his thinking and reasoning skills, which support all learning. These skills include asking questions, making predictions, testing his ideas and reflecting on what happened. These thinking and reasoning skills form the basis of learning for life.

As you go about your daily routines, ask him questions he must use his senses to answer, "How does the water feel?" "What sounds does the clock make?" or "Does the big ball and the little ball bounce the same?" Let him help you cook dinner and talk about the way the food looks and smells before and after you cook it. Ask him to taste different kinds of fruit and tell you which ones are sweet and which ones are sour. Tell him he is learning to "think like a scientist" when he uses his senses to compare things and tell about things.



As your child grows

Your 3-year-old is learning to

- Identify the five senses and use them to explore.
- Use simple tools for investigating (sticks, magnifying glasses).
- Observe and ask questions about weather.
- Explore the similarities and differences between living things.
- Try to solve problems using tools.
- Build structures and simple machines in play.

Playing and learning

Support your [child's scientific knowledge](#) and inquiry skills by

- Reading fiction and non-fiction books about topics such as weather, animals, plants, space.
- Talking about the properties of natural materials your child plays with such as rocks, sand, water, etc. ("The sand sticks together when it gets wet.").
- Asking questions to stimulate your child's thinking, such as "Why do you think your building fell down?" or "Where do you think the birds go when it rains?"
- Allowing your child time to play outdoors and encouraging exploration of natural materials and living things, such as grass, flowers, rocks, bugs and dirt.

Taking care of your child

Encourage your child to use all of his senses—see the difference of a ball bouncing on tile compared to bouncing on a rug, smell the difference between the apple and the orange, taste a graham cracker and talk about how it differs from a saltine cracker, etc. By providing many opportunities for him to explore his environment, you are giving him the experiences and language needed to better understand the world around him.

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 3-year-old is becoming more observant of her social world. She is beginning to recognize herself as a member of a community and culture. She is beginning to understand family roles. By observing the people around her, your 3-year-old is identifying rules, developing [self-control](#) and engaging in problem-solving. She is learning about the nature of the world and her place in it.



The pretend play she now engages in is also helping her learn about the roles she has seen others play in her life (mother, father, doctor, etc.) and how to get along with others. Through this play, she is also developing the vocabulary that will help her understand her world.

Talk to your child about the people she sees in your community and the roles they have. When she sees a police officer, firefighter, doctor, nurse, crossing guard, postal carrier or sanitation worker, talk with her about the jobs these people

have and how they help to keep people healthy and safe in the community.

Share family stories and traditions with your child and show her pictures of family members, past and present. Let her help you prepare meals that are special for your family. Discuss holidays and other celebrations that reflect your family's culture and teach her songs or special ways your family celebrates these occasions.



As your child grows

Your 3-year-old is learning to

- Participate in family responsibilities.
- Attempt to solve conflicts.
- Follow rules and routines.
- Respond with [empathy](#) to others.
- Identify what she wants.
- Use words to describe space and location.

Playing and learning

Help your child's development of social concepts by

- Involving your child in tasks that protect the environment. For example, have her help dispose of recycling items, saying, "When we recycle our bottles and boxes, it helps the earth stay clean."
- Helping your child understand the roles of "community helpers" such as firefighters, police officers, doctors, etc., by reading books and acting out the roles during pretend play.
- Walking around the neighborhood and playing "I Spy" for street signs and discussing what they mean and why they are important.
- Playing games that have simple rules, such as taking turns and passing items to others.

Taking care of your child

As your child begins to notice similarities and differences in people, read books that focus on children from other communities, pointing out the similarities and differences in families and customs.

Your child will begin to [follow rules](#) more regularly, but may need help with consistency. Point out signs and other symbols of rules around her to help her understand there are rules for the community just like rules for the house and classroom.

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. In other sections of this book, you learned that your 3-year-old has a stronger sense of self and is beginning to identify as part of a family and culture. These new discoveries create a need for self-expression. He will use his imagination and creativity to express himself using a variety of activities like singing, dancing, coloring, painting and creating things from clay, paper or cardboard. [Pretend play](#) is also a creative outlet for your 3-year-old, as he acts out his experiences in order to solve problems and try out new ideas, express thoughts, feelings, experiences and knowledge.

[Provide art materials](#), such as crayons, play dough and safe scissors to support his development of motor skills. Encourage activities such as mixing paint colors, building things out of paper towel tubes and role-playing to support his thinking and reasoning skills.



As your child grows

Your 3-year-old is beginning to

- Participate in musical games.
- Use musical instruments appropriately.
- Talk about the colors and shapes he sees in artwork.
- Use a variety of tools and art media to express individual creativity.
- Describe similarities and differences between his artwork and that of others.
- Engage in real-life and fantasy scenarios in pretend play, both alone and with other children.

Playing and learning

Support your child's creative expression by

- Providing crayons, markers, pencils or watercolors with blank paper.
- Encouraging the creative process by making comments, such as, "You have been working for a long time on this," or "Tell me about your picture."
- Providing props for pretend play, such as old clothing, shoes and accessories, safe kitchen items, toy or child-sized vehicles and dolls.
- Listening together to different types of [music](#) and dancing or singing along.
- Joining your child in pretend play.

Taking care of your child

Your 3-year-old needs many opportunities for creative play as a way to express his uniqueness and personality. In the preschool years, the most important part of art is the process of creating, rather than the product that is created. Three-year-olds do not yet have the understanding or hand control to copy an adult model of a drawing or color within the lines in coloring books. Encourage his creative process and join in whenever possible.

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 with the work. 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.
- Help fold laundry.
- Match socks.
- Pick up toys and put them away.
- Help feed pets.
- Put dirty clothes in a clothes basket or hamper.

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>





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
LEARN EARLY. LEARN FOR LIFE

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

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