



First Teacher:

A Parent's Guide to
Growing and Learning

Birth - 8
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

Birth to Eight Months

Congratulations on your new baby! Whether you are a first-time parent or an old pro, this baby is an individual who will need your constant love, care and attention. The most important relationship in your baby's life is the one with her family. By providing a loving, caring home, your baby will be able to form relationships, develop trust and explore the world. Learning begins at home with you, as [you are your baby's first and most important teacher](#).

In the first eight months of your baby's life, you will see many changes in all areas of [her development](#). This is a very exciting time for you and your baby. You will see physical changes such as gaining head control and grasping for toys. Socially, your baby will begin smiling when she sees you or hears your voice. You will also learn how to meet her needs by understanding her cries and facial expressions.

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. Over the first eight months of your baby's life, she will [learn to gain control of her body](#) and begin to make planned movements. She will hold her head up, roll over, clap her hands and eventually be able to hold objects like toys and rattles. By eight months, your baby will change from a dependent infant to an active baby.

Babies rely on their parents and other caregivers to meet their basic needs, such as eating, sleeping and comfort. Self-care skills develop slowly, but soon you will notice that your baby will begin to play a part in her own care. Your baby will begin to coordinate her sucking and swallowing and will reach out to hold her bottles if she is bottle-fed. Babies can also show their self-help skills by being aware of daily care routines. Examples include making sounds when you talk to her during diaper changing and splashing during baths.



As your baby grows

During the first eight months, [your baby's growth and development](#) will go through many changes. She will

- Be alert and awake more often.
- Roll from back to front and front to back.
- Turn her head, kick her feet, reach and grasp.
- Hold her own bottle and toys.
- Push with her legs and feet like she is trying to stand.
- Sit up on her own.

Playing and learning

Help your baby's development by trying these activities.

- Give your baby a toy to hold. This gives her practice holding objects.
- Put toys just out of your baby's reach. This helps her learn to reach and grasp.
- Whisper your baby's name and watch her turn towards you.

Taking care of your baby

Even though your baby may not like it at first, [tummy time](#) is an important activity to help her develop head and neck strength. For short periods of time, place your baby on her stomach on the floor, on top of a blanket or quilt. Put some toys in front of her to look at and try to reach. Your baby will begin to move more and will be ready to explore!

Physical health is important to your baby's growth and development. Make sure she is getting good nutrition and is up-to-date on all doctor's appointments. Your baby's health will thrive when she has healthy food and time to play and interact with you every day.

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 baby is unique. He has his own personality and [temperament](#). He reacts to you and others based on the way he feels and experiences things in his environment. Some babies are quiet

and easygoing while others react to the slightest sound or change in the environment by crying. How [you react to his temperament](#) is important to the way he will bond with you and show attachment.

Try different ways to calm your baby when he is upset to find the one that works best for him. Plan routines that take into account the times of the day when he is most relaxed and plan play and activities during those times. Be flexible when your child is tired or is not yet ready for a nap. You may need to let your baby nap and play with him later or let him play longer and nap later in the day.

Your baby was born with an interest in [exploring and learning](#). This natural curiosity plays a role in how your baby reacts to objects, sounds, people and new feelings. Give your baby plenty of safe materials, such as balls, toys and books. Talk to your baby about what he can do with them. You will enjoy watching your baby explore and try new things while playing and learning.

As your baby grows

Your baby will show how he learns as he

- Reacts to different sounds, objects or voices by using body language and facial expressions.
- Explores objects using all his senses by rubbing, smelling, tasting and watching.
- Cries to get attention.
- Rolls from his back to stomach to reach a toy.

Playing and learning

Help your baby's development by trying these activities.

- Give your baby blankets with different patterns and textures to look at and feel.
- Make different sounds. Shake a rattle or make a funny noise and see how your baby reacts to the new noise. Babies have sensitive ears so don't make a loud noise.
- Introduce and repeat sounds and play with toys to encourage interest and creativity.

Taking care of your baby

You can use everyday activities to bond with your baby. Bathing, feeding, changing diapers and even shopping are chances to build a strong relationship as you take care of your baby. Here are some ideas.

- During your baby's feeding time, talk to him about the color, texture and flavor of the food he is eating.
- Put different pictures of your family by your diaper area. Talk to your baby about what he sees.
- When shopping for food, point out different objects and talk to your baby about them.

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 baby is beginning to develop and recognize feelings and relationships. She will become comfortable with important caregivers and begin responding positively when she interacts with them. She will soon greet you with a smile after you have been away from each other.

Have you ever been in a situation where you did not feel comfortable or welcome? What feelings did you have? Like adults, babies need to feel safe and secure to build self-confidence. Relationships are important for creating a sense of trust.

The first months of your baby's life are very important to her future development. Babies need to feel cared for and loved. The most important thing you can do at this time is to bond with your baby. Through your everyday activities, you help to build this bond. Spending time with your baby will let her know that you care for her. When you respond to your baby's cries, coos, movements and cues, you are setting the stage for learning.



As your baby grows

During the first eight months of your baby's life, she will show development in [forming relationships](#) as she

- Responds to facial expressions.
- Responds to touch.
- Cries to let you know she is hungry, uncomfortable or unhappy.
- Raises her arms to be picked up and comforted.
- Smiles at others.
- Responds to caregivers and parents by smiling and kicking her feet.
- Uses a blanket, pacifier or teddy bear to calm herself when she is upset.

Playing and learning

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

- Respond to your baby's cries in a consistent and positive manner.
- Talk and sing to your baby often in a soft, soothing voice.
- Spend time holding your baby or swaddle your baby to make her feel safe.
- Set the same schedule every day for your baby but be flexible to meet your baby's sleeping, eating and other care needs.

Taking care of your baby

Caring for your baby takes a lot of time, energy and patience. When you and your baby's caregivers use daily routines, your baby will develop strong relationships. It is important for each of you to share what works for your baby. This helps babies build trust and security. Building these relationships establishes the base for your child's development.

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. The most common way that your baby communicates with you at this age is by crying. When your baby cries, he is telling you he has a need. Your baby will have a special cry for hunger, attention and wanting to be held — just to name a few. Paying attention to and learning your baby's cries and body language will help build trust. This is also a good way to reduce your stress from the “guess what my baby wants” game so you can give him what he needs.

Your baby's cries won't be his only form of communication forever. Your baby is beginning to develop language skills and will start to express himself by looking at you when he hears your voice and smiling when he hears his name. It is a heartwarming moment when your baby begins to coo and smile back at you.

Babies need to hear lots of loving words every day. Praise your baby and use encouraging words to get him to try new activities or focus his attention on objects or people. Avoid using negative words or an angry tone of voice. Encourage family members to talk, sing or read with your baby often.



As your baby grows

Your baby will show his [beginning language skills](#) as he

- Moves his arms and legs when he hears a familiar voice.
- Turns and smiles when he hears his own name.
- Coos, babbles and makes different sounds.
- Reaches for books.
- Points at objects, animals or people.
- Claps and waves.
- Repeats sounds.

Playing and learning

Help your baby's development by trying these activities.

- [Talk to him](#) while you are feeding him. Talk about what you are doing. For example, during feeding ask, “Is that milk yummy in your tummy?”
- Talk to your baby when you are dressing him in the morning. “Let's put on your shirt and pants. Here are your socks. Socks go on your feet.” Hearing words helps your baby learn their meanings.
- Sing simple songs while you are changing diapers, like “Daddy will change your diaper, your diaper, your diaper. Daddy will change your diaper and make baby clean.”
- Copy your baby's sounds and wait for him to respond.

Taking care of your baby

Help [support your baby's language](#) by talking to him — even if it feels one-sided. Your baby will learn new words and sounds by hearing you talk. He will watch your face and body for cues on what words mean.

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 baby is learning through her senses—hearing, touching, seeing, smelling, and tasting. From early on, your baby can recognize the difference between familiar or unfamiliar people and objects. She watches intently as you sing, talk and play with her. She loves rhyming songs and counting songs.



Your baby is also very interested in objects and how they move. Give your baby many opportunities to explore objects by providing mobiles on her crib, an infant “gym” to bat and kick at the hanging objects, and hand toys that have movement. Toys with different colors, shapes and textures will catch her attention.

By four and five months, your baby begins to understand the space around her. She begins to roll over and sit up. Soon, she will begin to pull up to standing. She is now able to explore her world in a new way. Toys can be spaced to encourage exploration and mobility. As she begins to move her body, she learns about how her body fits in the space around her. This awareness will grow into understanding how other objects move through space, such as a ball rolling or how to fit blocks together.

As your baby grows

You can see how much your baby is growing during these first months. She will

- Reach for more than one object during play.
- Listen to and observe songs and finger plays that involve numbers and quantity.
- [Explore objects](#) with her hands and mouth.
- Enjoy the feel of different shapes, sizes, and textures.
- Begin to notice shapes in her environment.
- Watch how things move.
- Shake and rattle toys.

Playing and learning

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

- [Interact with your baby](#) while diapering and cuddling. Place a toy nearby for her to see and reach for.
- Sing songs that rhyme, repeat or have numbers in them.
- Provide toys with different shapes and textures. Place them on the floor in front of your baby during tummy time.
- Use words to describe the shapes and textures around her. “The triangle hand on your bear is bumpy.”

Taking care of your baby

You are your baby's first and most important teacher. She learns about her world through interactions with you. Talk with her as you change her diaper, bathe her and get her dressed. Use words like up and down, big and little, long and short. “Your arms are long and your toes are short.” “Put your leg up to put on your pants and put your leg down to put on your shoe.” These words are the earliest beginnings of math concepts.

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 baby is learning about science, even as an infant! He is naturally curious about his world and how things work. He can use simple tools to help him understand movement and how objects are different—smooth, rough, round, pointy. By giving your baby lots of opportunities to explore his world, he begins to make connections between real objects and pictures of them in books.

Each month you will notice that he is increasingly interested in objects and people around him. He begins to make sense of his world through interactions with you, others and the objects around him. He begins to notice the connection between what he does and your reaction, like making a funny face and getting a laugh or giggle from you. Many of his actions are accidental, but he quickly learns to make things happen.



As your baby grows

Your baby is growing every day. You should begin to see him

- Learn through his senses by touching, mouthing, shaking, and dropping toys around him.
- Respond to your voice or other sounds and objects around him.
- Be curious about his hands and feet.
- Notice how objects move, like his mobile, or try to see what makes the noise when he shakes his rattle.
- Like different textures and shapes and reach to touch them or put them in his mouth.

Playing and learning

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

- Give him different textures to explore like a clean wet sponge or washcloth, a toy with ridges to put in his mouth or a rattle that has the noise part visible so he can see how it works.
- Play finger and toe tickle games to encourage exploration of hands and feet.
- Sing and talk to your baby often.
- Encourage splashing and water play during bath time .
- Take him outside to feel the fresh air, notice the sky and feel the grass or sand with his toes.

Taking care of your baby

Your baby is naturally curious about his world. He responds to sounds and lights around him. He loves the sound of your voice and will turn his head when he hears it. If you notice your baby does not respond to sights and sounds, it may be helpful to talk with his doctor about your concerns.

Social Studies

It starts with you

Social studies refers to your child's ability to learn about the people around her and in your community. From birth, your baby begins to connect with you. She is learning about you from your language, the songs you sing, the books you share with her and the foods you eat. She is learning about her environment and her culture through you. By responding consistently and warmly to her cries for food, comfort and sleep, she learns to feel safe and secure.

Your baby is able to [learn routines](#) and begins to notice changes in events. She understands the transition to sleep when the lights are dimmed, she hears soft music and you rock or gently hold her. She knows when it is time to play by bright lights, toys scattered around her and the upbeat rhythm of your voice. A predictable schedule and routines teach her to feel safe in her environment.

Your baby is too young for many of the technologies in her environment, but she can use simple tools to make sense of her world. She tries to understand what makes the noise in her toy, will watch as something drops and kick or bat at a toy hanging above her. She is quickly learning to manipulate objects around her. Give her toys and safe household objects to play with, sing with her and read with her every day.



As your baby grows

Your baby can do many things, such as

- Respond to your voice and begin to smile when she sees you.
- Begin to respond to schedules.
- Use her senses to understand her world.
- Look at you to see how you respond to her and look at other objects or noises.

Playing and learning

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

- Sing special songs during routines or tell stories as you feed her.
- Gently place your baby on her back and gently massage, starting at her head and ending at her toes, naming body parts. "Does this feel good on your head?" "Your arms were so busy today pushing up."
- Use names and labels when speaking to her. "Daddy loves you." "Your brother, Abe, wants to sing to you."
- Have fun making silly faces and describing them.
- Give her simple tools to use, such as wooden spoons and plastic bowls to bang.

Taking care of your baby

Sharing family traditions like music, language and celebrations teaches your baby she is part of a family and community culture. Your family rituals may include special foods. It is important to share these things with your baby, but be careful when you introduce new foods. Doctors recommend introducing babies to solid foods between four and six months. It is good to expose your baby to lots of new foods, but be careful of food allergies and only introduce her to one new food at a time. Watch for any negative reactions. If your baby develops a rash, seems itchy, has swollen lips or tongue or has trouble breathing after eating a new food, seek emergency medical attention immediately.

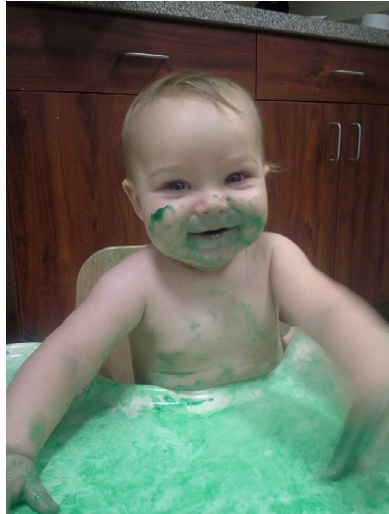
Creative Expression Through the Arts



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. Babies enjoy touching, feeling and looking at materials that come in different textures and colors. They like things that are soft, bumpy, crinkly or squishy.

Newborns have weak vision and only see black and white at first. After a few weeks, your infant will begin to see red and green. When you give your baby interesting patterns to look at, use ones that have black, white and red. These are the colors your child sees first. Usually by three months, he will see red, green, blue and yellow. By five months, his vision will be developed enough for him to have good color vision. He will also like to look at things that are brightly colored or sparkling. He will enjoy looking at interesting patterns and colors as well as pictures and art.



Your baby was born to listen, even though his listening ability is not fully developed. As early as two months, he can give his [fixed attention to musical sounds](#) from your singing or from instruments. He likes to hear you sing rhymes, finger plays and children's songs. When you move his arms and legs to the beat of the song, he learns about rhythm and gets exercise. Through these experiences, he is learning language skills, building his memory and growing strong muscles. Play lots of music, dance with your baby during play time and rock your baby to a lullaby before bed. He loves to sing, dance and cuddle with you.

As your baby grows

Your baby is [learning new things](#).

- He responds to music by listening intently, moving his head toward the music, or moving his arms and legs.
- He has increasingly controlled body movements.
- He is aware of his environment.
- He imitates experiences he knows well, like the hand movements to his favorite song.
- He responds to different kinds of art in his surroundings.

Playing and learning

You can help your baby learn by

- Providing opportunities to feel lots of different textures like a soft feather or fine sandpaper.
- Playing music in the car or at home to give him opportunities to listen and move to the music. Be sure to play the music at a level that will not hurt your baby's sensitive ears.
- Giving him items he can use to make "music," including oatmeal containers, spoons, pan lids, etc.
- Singing songs to him as you change his diaper or bathe him.

Taking care of your baby

Your baby was born creative. He loves to hear music, dance and play with toys that have different textures. Show him colorful pictures and talk about what he may see. Play music with different tempos and beats. Dance with him. If the music is slow and soft, move gently and sway. When the music is upbeat and full of energy, move rhythmically and lift your voice as you sing or hum so that he can feel the difference between the kinds of music. This time together is special, and he will love dancing with you.

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 roll 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. As he grows, 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!



With today's busy schedules, it may be hard for family members to spend time together. Make a point to schedule a time when the whole family can be together and have fun at least once a week. Enjoying each other's company will help your family stay connected.

When you are busy, you may forget to share or remember things your baby does. Write down your baby's first words and phrases in a special book. One day you can look back with your child at all the funny things he used to say. For example, your baby may have called chicken "chicky chicky" until he could fully say chicken. It will be fun to share family stories about this special time in your child's life.

Being a parent is not easy. There are times when parents may become angry and even lose their temper with their baby. You may feel overwhelmed and stressed. Know that you are not alone. Check your local community agencies, or contact your early learning coalition to find parent groups for support.

Remember, you are your child's first teacher.



All children develop differently and at different times. If you have questions or concerns about your infant'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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