



Introduction to Child Care & Early Learning (age 0-5)

Investing in Futures University

Updated July 2013



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Investing in Futures Mission Statement

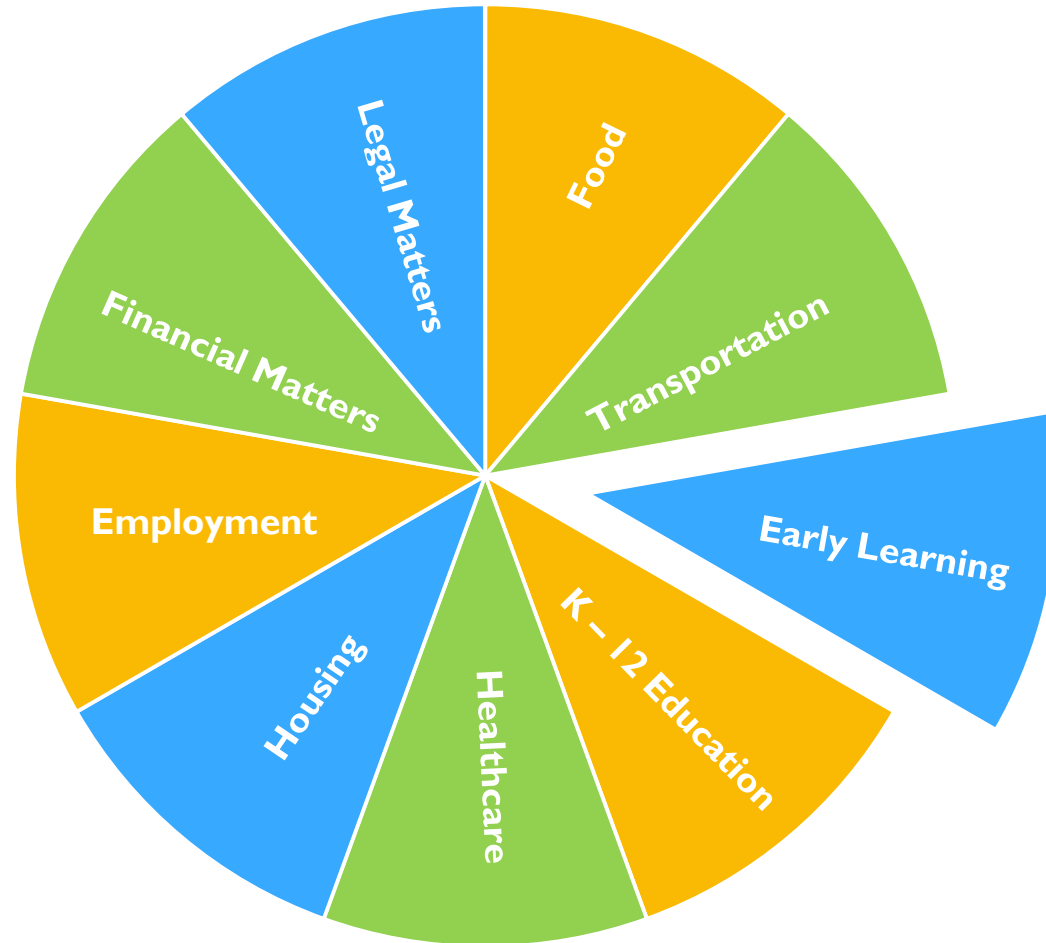
Every Snohomish County family has ready access to the housing, economic opportunities, and support to lead lives of dignity and fulfillment.

Investing in Futures University Mission Statement

Investing in Futures University enhances community capacity and effectiveness by developing the expertise of helping professionals in an evidence-based, comprehensive systems approach to addressing the complex needs of vulnerable families and individuals.



IIF University Systems Modules



Hello everyone! Thank you for choosing to take this course. Here is a brief introduction.

Parents who are taking care of babies and toddlers often experience increased expenses, isolation and sleep deprivation. When the parents already have many stressors to deal with (some as serious as unemployment, housing and transportation), their time and emotional capacity available for parenting is reduced.

We will learn how to help families with child care, parenting skills, education and career goals, community resources and family planning so that parents can navigate this demanding time successfully.



What will we learn from taking this course?

At the end of the presentation, the reader will have a better understanding of the options to:

- Help families to find quality childcare in affordable prices
- Help first time parents develop parenting skills quickly.
- Detect developmental concerns and connect families to early intervention system.
- Support parents pursuing education, career, and financial goals.
- Locate various financial resources available for families and connect parents to various social services.
- Explain of the risk of unintended pregnancy and direct families to health professionals for family planning support.
- ❖ Investing In Futures University does not endorse any commercial products, processes, or services listed in this presentation.



CHILD CARE



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The Importance of Quality Child Care/Early Learning

Pre-school age children learn by interactions and by the environment they are in. It is important that their environment have consistency and they know what to expect from their caregivers.

When choosing a facility, it is important to compare a few different places and check the licensing and review information. Staff turnover rate, adult to child ratio, staff qualification and safety of the environment are some of the important measures. Licensed facilities are great because they meet the state's standard. Visit the facilities and make sure that they have pleasant and safe indoor/outdoor spaces and the children look happy.

If parents believe there is an issue at the child care facility, they should talk with the caregiver/teacher first to find out what's going on. If it's something that cannot be fixed at the teacher level, talk with the director/principal. Sometimes it is necessary to file a complaint and find a new facility.

Sources: Clark, Terry. Personal interview. 21 May. 2013/ A Parent's Guide to Child Care

http://humanservices.arkansas.gov/dccece/dccece_documents/parentsguide.pdf



Finding Child Care

- Child care referral at Childcare Aware of WA
- Find child care - [Child Care Net](#)
- [Child Care Check](#)
 - Search database to learn about licensing information, complaints, background check status, routine licensing inspections results, etc.
- [A Parent's Guide to Child Care](#)
- [Early Achiever](#)
 - Washington State early learning quality rating information
- Child Protection Services 24 Hour Hot Line
 - Child safety concerns involving licensed child care facilities or homes.
 - 866-END-HARM(866-363-4276)



Head Start

- Federal Head Start
 - A free preschool program for children ages 3-5 (full day or half-day).
 - Most families are below 130% FPL. Priority is given to families below 100% FPL.
 - Preschool education, child health services coordination and nutrition, and family support services.
 - Children with disabilities or children in risky home environment are accepted even if the family income is above the income limits.
 - Enrollment priority is given to children with a special need (speech and language impairment, developmental delays, social emotional problems, learning disabilities and autism, etc.), in various homeless situation, in foster care, and on TANF.
 - Also provides families with emergency food, clothing, medical, referral services, housing subsidies if needed.



ECEAP & State-Funded Full-Day Kindergarten

- Early Childhood Education Assistance Program (ECEAP)
 - Funded by the state, modeled after Head Start to serve more eligible children.
 - Eligible children will be served through Head Start or ECEAP depending on the region.
- For both Head Start and ECEAP, apply early for waitlist.
- [Head Start and ECEAP locations \(apply directly\)](#)
- State-funded full-day Kindergarten program
 - By school year 2017–18, voluntary full-day Kindergarten is to be fully implemented throughout Washington state. Schools with the highest rates of poverty are to be funded first.
 - [List of schools](#)



Child Care Subsidies

- Working Connection Child Care
 - Pays for child care subsidies to eligible households.
 - The parent must work full time or meet TANF/Work First requirement.
 - Up to 200% FPL.
 - The child must be an U.S. citizen or legal resident.
 - Payment is low as \$15 per month regardless of number of children.
 - There is a waitlist to receive WCCC benefits unless the family meets a special priority status (families receiving TANF, families with a child with special needs, teen parents who do not live with parents/guardian and attend high school full time).
 - Apply through Working Connection website or call DSHS Customer Service at 877-501-2233.



Child Care Subsidies

- Subsidy to pay family, friend or neighbor caregivers
 - A separate program from Working Connection Child Care which pays for child care centers.
 - Eligibility is based on income, work/other approved activity participation, number of children, number of adults in family.
 - Apply by the phone at 800-865-780 or from Washington Connection website.
 - Income limit for a working single parent with two children is \$3255/month.



Other Assistance Options

- Some child care providers offer sliding-scale fees, scholarships, vouchers or other tuition breaks. Ask providers.
- [YMCA Early Childhood Education with Financial Assistance](#)
- [Kid's Place Early Learning Center](#), Darrington
- [Child Protective Services \(CPS\) child care, Child Welfare Services \(CWS\) child care, TANF child care](#) may be approved in some cases. Contact the caseworker.
- Child care subsidies are available for [parents with disabilities](#) who require child care to participate in vocational rehabilitation services or employment.



Hiring a Teen Babysitter

- Choose a sitter who is at least 13 years old for toddlers. Hire only a very mature, older teenager or college student for a baby.
- Before hiring a sitter, determine if the sitter is ready by speaking with the sitter's parent and ask for references from past employers/teachers.
- When interviewing the teen, ask questions about school, friends, and activities. Look them up on social media (mean-spirited posts, out-of-control party photos, etc.).
- Be specific about responsibilities & expectations. Write them down and discuss them (no friends allowed over, no sleeping on the job, no swimming/bath, never answer the door to anyone).
- Encourage the sitter not to hesitate to call for any questions.
- Babysitter Information/Training
 - [American Red Cross](#)
 - [Lutheran Community Services](#)
 - [Seattle Children's \(Everett\)](#)
 - [Stanwood Camano Community Resource Center](#)



Child Support

- Child Support program promote parental responsibility so that children receive support from both parents, even when they live in separate households.
 - Families receive services directly from their state, tribal or local child support agency.
 - Either parent may apply for services. Grandparents or other custodians may also apply.
 - The agencies locate noncustodial parents, establish paternity, establish and enforce support orders, modify orders when appropriate, and collect and pay out child support payments.
 - Services are available to all who need them, regardless of income, residency, nationality, or gender.



Child Support & Legal Assistance

- DSHS Division of Child Support
 - Child Support Estimator
 - Custody & Visitation
 - Apply for [Child Support Services](#)
- [US DHHS Office of Child Support Enforcement](#)
 - Handbook, FAQs, Tribal Child Support
- [DSHS Office of Support Enforcement](#)
- Northwest Justice Project
 - Free legal aid is available. Apply online or call the [CLEAR](#) Hotline.
- Washington Law Help
 - [Free legal publications and self-help packets](#)



PARENTING SKILLS



Parenting Books

- There are many great parenting books that cover all aspects of parenting by the age of the children (babies, toddlers, etc.). These books can be a foundation for general parenting skills for first time parents.
- Parents can also benefit greatly by reading books on specific topics they are struggling with. Many of these books are research based and written by psychologists and educators. Some of the most popular topics includes:
 - Understanding & bringing out the best of spirited/strong-willed/difficult child
 - Solutions for sleep problems
 - Raising & understanding boys
 - Extreme challenges, experiencing differences within the family, acceptance, support (severe disabilities, unwanted baby, LGBT children, etc.)



Parenting Books

- Understanding self: why you parent the way you do & how to change, healing.
 - Step parenting/divorce
 - Activities for toddlers/preschoolers
 - Body book for boys/girls by age groups
- Use keyword search to find books at Sno-Isle libraries or online bookstores.



Parenting Skill Education & Child Neglect Prevention

- Neglect can be as harmful as physical abuse because children's brain develop from the stimulation they get by interacting with their caregivers. Stressed or depressed mothers/caregivers are less likely to develop a strong bond with babies and have problems interpreting and empathizing with them. Untreated bonding problems are associated with certain developmental issues, delays, and school problems.
- Isolation and difficult developmental stages are stressful for parents and they can benefit greatly from meeting other parents and sharing their experiences.
- Parents with high ACEs often need extra support because parenting tends to bring back their own negative memories from childhood. Many parents have a hard time handling children's emotions without becoming overprotective or neglectful.



Parenting Skill Education & Child Neglect Prevention

- Some parents have more difficulty interpreting their children and some children have a temperament that requires more understanding and care.
- Many parents are unaware of their own temperament and parenting style and how it affects their daily interaction with children and behavioral outcomes.
- Programs that promote a positive and responsive parent-child relationship are desirable as prevention and intervention strategies.
- For children of families living in poverty may benefit from quality child care or preschool settings, such as Head Start. These Center-based programs can offer the parent respite from child care and teach the child communication and problem-solving skills.

Sources: Clark, Terry. Personal interview. 21 May. 2013

King, Sally. Personal interview. 9 Apr. 2013

<https://www.childwelfare.gov/pubs/usermanuals/neglect/chaptersix.cfm>



Common Parenting Red Flags

- “My kids just never listen to me.”
- “My kids are so out of control.”
- “I cannot take them anywhere.”
- “My kids always try to make me mad.”
- “My baby hates me.”
- Slow development in talking and walking in child.
- Children are behaving out of control and parents do not even notice and/or don’t do anything about it.
- Parent show lack of understanding of the child’s developmental stage and treat them as if they are little adults. (e.g. not bringing books, toys, etc. for preschool age children when they are expected to spend time in the waiting room).
- Parent scream and yell at children or grab them.
- Parent resorting to spanking or other forms of physical punishment out of frustration.

Source: Good, Carol. Personal interview. 5 Jun. 2013



Free In-Home Support Programs for New Parents

- Early Head Start
 - For children aged 0-3 and pregnant mothers.
 - Weekly home visits, socialization groups, resource & referral.
 - Enrollment priority is given to children with a special need, homeless families, pregnant mothers & lowest income families.
- Nurse-Family Partnership at Little Red School House
 - First time mothers (25 and under) who are expecting or have children under age two.
 - Everett, Lynnwood
- Healthy Start at Friends of Youth
 - Parents under 23 who are expecting and children up to age 3.
 - Various locations
- New Parent Support Home Visitation Program
 - Military families who are expecting or have young children under age three.
 - Contact Naval Station Everett (Marysville)



Parenting Classes

- College of Hope
 - An adult-education program focuses on life skills in family life, economic well being, health & wellness and housing expertise.
 - Provides transportation to and from class, a healthy family meal, childcare, and children's program.
- Compass Health Parenting Classes
 - Behavioral issues and management, parenting and life skills.
 - Call 425-349-8588 to register for a free class.
- Edmonds Community College Parent Education
 - Parents and children attend classes together.
 - Infant/toddler classes, daddy & me class, baby class.
 - Enrollment fees apply.
- Parent Trust for Washington Children
 - Online database of classes, support groups & events
 - Call the Family Help Line (800-932-4673/206-233-0139) to connect with a parenting coach.



Parenting Classes

- [Puget Sound Adlerian Society](#) parenting class and workshops list
- Parenting Classes at Lutheran Community Services Family Centers
 - [For The Kids' Sake](#) parenting seminar (Lynnwood): Help parents understand how children are affected by separation and parental conflict. Sliding scale fees.
 - [Family Support Centers](#) also offers child development activities, parent-and-child activities, community events, parenting classes, counseling, referral, support groups, etc. Various locations
- [Children's Domestic Violence Program at YWCA](#)
 - For children and non-abusive parents to minimize the effects of domestic violence.
 - Services are free and provided in clients' homes.
 - Eligibility: Children living in Snohomish County, aged 3-18 years who have been affected by domestic violence.



Parenting Classes

- YWCA Parenting Classes
 - Child Protection Services and Court approved.
 - The 10 weeks session include topics such as identifying strengths, parenting styles, child development, temperament, self-esteem, communications and feelings, stress management and self-care, positive discipline, and family safety.
 - To enroll, call the YWCA Parenting Class Intake Line at 425-412-2364.
- [Information on child maltreatment and impact of trauma](#)
- [Family Preservation Services](#)
 - Reinforcing the strengths of the family to prevent the out-of-home placement of a child and the earlier return home of a child from out-of-home care.
 - Services are delivered in the client's home or community.



Parenting Classes & Parent Groups

- Parent groups at Mothers of Preschoolers
 - Find a MOPS group in the community using a searchable data base or start a new group.
- Program for Early Parent Support
 - Offers parent groups and groups for parents and babies to attend together.
 - Groups: expecting, newborns, infants, dad groups, second time around, two children under age three, etc.
 - Fees apply. Scholarships are available.
 - Various locations.
- Many family centers offer parenting classes and parent groups.



Developmental Milestones & Screening for Delays/Disabilities

- From birth to 66 months, children should reach milestones in how they play, learn, speak and act. Routine screening is beneficial during this time.
- Centers for Disease Control and Prevention
 - Offers fact sheets for Autism Spectrum Disorders, ADHD, Asperger's Syndrome, Cerebral Palsy, Fetal Alcohol Spectrum Disorders, Intellectual Disability, etc.
 - Offers printable check list which is a one page document that shows if parents need to contact the child's doctor for further examination.



Developmental Milestones & Screening for Delays/Disabilities

- How to get Developmental Screening
 - Ask the child's doctor about a developmental screening.
 - If the parent or the doctor thinks there might be a delay, ask the doctor for a referral to a specialist (developmental pediatricians, child neurologists, child psychologists or psychiatrists) who can do a more in-depth evaluation of the child.
 - At the same time as the parent ask the doctor for a referral to a specialist, they can call the state's public early childhood system to request a free evaluation to find out if the child qualifies for intervention services. Parents do not need to wait for a doctor's referral or a medical diagnosis to make this call.
 - Where to call for an evaluation depends on the child's age:
 - Children 0-3 years old: the local early intervention system
 - Children 3 years old or older: the local public school system



Early Intervention Resources

- Early intervention is a system of services that helps babies and toddlers with developmental delays or disabilities. It focuses on helping children learn the basic and brand-new skills that typically develop during the first three years of life, such as walking, talking, listening, playing, eating and dressing.
- Family Resources Coordinator (FRC)
 - Assists families in gaining access to the early intervention services.
 - Free developmental screening for children birth to three.
 - To locate FRC in your area, call the Family Health Hotline at 800-322-2588.



Early Intervention Resources

- Individualized Family Service Plan (IFSP)
 - If developmental screening results find that a child has disabilities/developmental delays, family resources coordinator will form a Individual Family Service Plan Team (family, FRC and all other service providers).The team will develop a IFSP.
 - The child and families are entitled to specialized instruction, therapy (speech/occupational/physical therapy, etc.) and other services by Individuals with Disabilities Education Act (IDEA). IFSP will make sure they receive the services they need and get good outcomes.
 - Supports parents/family members with information and skills needed to influence their child's learning and development.



Early Intervention Resources

- [Children with Special Health Care Needs](#) by Snohomish Health District
 - Assessment, education, healthcare access
 - Children under age 18, living in Snohomish County.
- Early intervention services at [Providence Children's Center](#)
 - Screening, early intervention, therapy, high risk infant assessment, inpatient services
 - Call to find out if the families' Medicaid plan is accepted.
- Developmental screening at [Parent Trust for Washington Children](#)
- [Sherwood Community Services](#)
 - ExCEL: Birth-to-three program provides a full range of services in the child's natural setting. Screening, parent coaching, therapy.
 - TechSTEP: Assistive technology training
 - Private therapy: Children over 3 and adults living in Snohomish County.



Early Intervention Resources

- [Little Red School House](#)
 - Communication classes for parents of children with language delays.
- [The Arc of Snohomish County](#)
 - Autism spectrum disorder therapy, developmental delay support groups, advocacy
- [Hearing, Speech & Deafness Center](#)
 - Home visits, parent education, support group, sign language instruction, preschool, sign language play groups
- [Partnerships for Action Voices for Empowerment \(PAVE\)](#)
 - Offer training, workshops, information for parents raising children with disabilities.
- [Wonderland Developmental Center](#), Shoreline
 - Early intervention, therapy, play groups, summer camps, family support



Early Intervention Resources

- Within Reach
 - Developmental screening and referral services for birth to five.
- Family-to-Family Health Information Center
 - Find the resources to provide and finance health care.
- Washington State Fathers Network
 - Current information and resources to assist fathers with children with special needs.
- Lutheran Community Services
 - Support groups, parent education
- Autism Society of Washington
 - Events, training, support groups
- Little Red School House
 - Offers parent coaching and playgroups for enrolled families.
- Find a playgroup or start a new group
 - www.playgroupsusa.com
 - www.meetup.com



First Aid Classes & Safety Guides

- First Aid classes teach how to respond to breathing/cardiac emergencies, injuries to muscles/bones/ joints, sudden illness, soft tissue injuries and environmental emergencies. Nominal fees apply.
- First aid classes
 - [American Red Cross](#)
 - [Lutheran Community Services Lake Stevens Family Support Center](#)
 - Check the websites of the city's Fire Department for CPR/First Aid classes information.
- Safety guides
 - [Car Safety](#)
If parents do not own a car and share ride with other parents often, choosing car seats designed to fit three children in the back of a smaller car can increase the family's mobility.
 - [Newborn safety](#)
 - [Kids Health](#) : Printable safety/first aid guides
 - [Consumer product safety & recalls](#)







SUPPORTING PARENTS WITH EDUCATION, CAREER & FINANCIAL GOALS



Support for Parents in Various Homeless Situations

- Head Start and the Individuals with Disabilities Education Act (IDEA) define homeless children as someone who lack a fixed, regular, and adequate nighttime residence including situations such as sharing the housing of others due to loss of housing or awaiting foster care placement.
- Homelessness is not considered as child neglect or maltreatment in and of itself. However, parents must provide adequate food, shelter, clothing, supervision, or health care. Allowing relatives to take care of the children or having a record of shelter service use can help with potential issues.
- [Tomorrow's Hope at Housing Hope, Everett](#)
 - Offers licensed child care, transportation assistance, developmental assessment, Head Start, health services, parenting support groups, field trips, etc.



Support for Parents in Various Homeless Situations

- Parent As Teachers at [Little Red School House](#) (Everett, Lynwood)
 - For expecting mothers and children up to age two with all ability.
- Safe Families for Children by [Bethany Christian Services](#)
 - Host families help parents who need to temporarily place their children due to unmanageable circumstances.
- [Keystone Crisis Nursery](#)
 - A support network of child care providers help families in crisis who need child care urgently by locating a placement for children within a couple of hours.



Support for Teen Parents

- Teen Parent Program at Housing Hope
 - Offers housing, education, childcare, vocational education, parenting education, counseling, etc.
- Graduation, Reality And Dual-role Skills (GRADS)
 - Work skills & family skills
 - On site child care and practicums
 - At Sequoia High School, Everett
 - Contact a Teen Parent program instructor at 425-385-5100.
- Teen Parent Advocate Services at Cocoon House
 - For pregnant and parenting teens ages 13-20 and their children from birth to 5.
 - Case management, home visits, school support groups, parenting & life skills education, recreational activities, community referrals, etc.



Support for Teen Parents

- Maternity Group Home & Transitional Housing at Cocoon House
 - For teens ages 13-17 who are pregnant or parenting and have no other place to go.
 - Case management, school engagement, job readiness, mental health, drug, and alcohol treatment, and a formal life skills program.
- WorkSource Youth Center
 - Provides on-site case management, work readiness instruction, academic instruction, paid work experience, on the job training, job placement assistance and follow-up services to out-of-school youth.
- Teen parent groups at Mothers of Preschoolers
 - Find a MOPS group in the community by using a searchable data base or start a new group.



Support for Teen Parents

- Working Connection Child Care
 - Teen parents who do not live with a parent or guardian and attend high school full-time receive priority access to WCCC without going on the wait list.
 - Visit [Washington Connection](#) or local Community Services Office to apply.
- TANF
 - For teen parents receiving TANF.
 - Requirements: Unmarried teen parents who live at home (with parents, guardians, adult relatives, living arrangement by state, etc.) and participate in educational/training activities.
 - Visit Washington Connection website or local Community Services Office to apply.



Support for Immigrant Parents

- Bilingual Education
 - Participating in formal, center-based care is especially beneficial for children whose home language is other than English. It is the best when children's home language and culture are supported by bilingual staff at the center.
 - Language delay is common for children who are learning two languages at the same time. Most of these children do not have a true language problem. However, if the parent suspect there is a real problem, they can request screening through the child's doctor or a Family Resources Coordinator.

Source: [Massachusetts Department of Early Education and Care](#)



Support for Immigrant Parents

- Family Resources Coordinator
 - Assists families in gaining access to the early intervention services.
 - To locate a FRC, call the Family Health Hotline at 800-322-2588.
- Head Start
 - Provides language support for bilingual children as well as children with speech or language delays.
 - Many families enrolled in Early Head Start work with bilingual case workers.
- Language delay programs at Little Red School House
 - Language delay screening for children under 3 (parents of older children should contact school districts for screening).
 - Communication classes for parents.
 - Spanish/English bilingual play and learn group



Support for Immigrant Parents

- Free (or nominal fees) Adult ESL classes
 - Sno-Isle libraries, Edmond Community College, Everett Community College, Big Brothers Big Sisters of Snohomish County, Stanwood Camano Community Resource Center, Hopelink, Lutheran Community Services, and many family centers
- Familias Unidas Family Center (Everett)
 - For Spanish & Russian speaking parents
- Ukrainian Community Center of Washington (Marysville)
- Latina Women's Group at Lutheran Community Services (Lynwood)
- Korean Women's Association (Lynnwood)
- Spanish-speaking parent groups at Mothers of Preschoolers
- DSHS Community Services Offices offer free interpreters and application help.



COMMUNITY RESOURCES & FREE ITEMS



Women, Infants & Children (WIC)

- For pregnant women, new mothers and children under age five
- Up to 185% FPL
- Receive monthly checks for up to \$100 worth of healthy foods for two people (pregnant woman is counted as two).
- WIC checks can be used at the local grocery stores.
- DSHS Medical, TANF, or Basic Food (food stamps), Food Distribution Program on Indian Reservation participants are automatically eligible.
- Foster children under age five and foster teens who are pregnant are eligible.
- Getting WIC will not affect immigration status.
- If a family's income is slightly above WIC income limit but not more than 200% FPL, encourage them to apply for SNAP to become categorically eligible for WIC.
- Apply online at Washington Connection website or local Community Services Offices.



Free Stuff

- Newborn supplies
 - Diapers, clothes(maternity & baby), car seats, breast pumps, etc.
 - [Layette Services](#) by Catholic Community Services
 - [Pregnancy Aid of Snohomish County](#) (Everett) Layette Services
- Many food banks distribute baby supplies
 - List of [food banks](#) in Snohomish County
 - List of [food banks](#) that does not require identification or proof of need.
- Free Toys at [Christmas House, Everett](#)
 - Each December a “store” is located in the Boys & Girls Club at 2316 12th St.
- Free bicycles at [Sharing Wheels \(Everett\)](#)
 - Call for hours at 425-252-6952
- Well Child Check sites offer free books, check at clinic.
- Receive one book per month by mail from the [Imagination Library](#).



Activities for Families

- Seattle's Child
 - Calendar of events(search by area, age, cost, etc.), parent reviews and special offers through Puget Sound
- Visit the city's Parks & Recreation department website for calendar of events, recreation center & pool, animal/fruit farms, beach, gardens & flowers, parks, off-leash parks, indoor play grounds, etc.
- Libraries: Story time, playgroups and activities
- Online libraries for children
 - Browse books by age, content, language, etc.
<http://www.wegivebooks.org/>
<http://en.childrenslibrary.org/>
- Imagine Children's Museum, Everett
- Find a playgroup or start a new group
www.playgroupsusa.com
www.meetup.com



Family Centers

- Lutheran Community Services Northwest
 - Play groups, strengthening families, support groups, parenting classes, back to school resource fair, youth services, holiday giving drives, ESL classes, emergency assistance
- Sky Valley Resource Center by Volunteer of America (Sultan)
 - Library, play groups, preschool, swim lessons, backpack day, holiday giving tree
- Center for Human Services Family Support Centers (North King County)
 - Back to school event, citizenship support, emergency food, free haircuts, parenting classes, play & learn groups, WIC
- Stanwood Camano Community Resource Center
 - Youth & adult classes, community garden, disability services, volunteering, emergency resources, referrals, mobile dental clinic
- Darrington Family Support and Resource Center
 - 1085 Fir Street/360-436-0308



FAMILY PLANNING



Unintended Pregnancy

- Facts about Unintended Pregnancy
 - About half of the 6.7 million pregnancies in the US are unintended (mistimed and unwanted).
 - Unintended pregnancy rates are highest among low-income women, women younger than 24, and minority women.
 - About 45% of unintended pregnancies end in abortion.
 - Birth resulting from unintended or closely spaced pregnancies are associated with adverse maternal and child health outcomes, such as delayed prenatal care, premature birth, bonding/attachment issues with the baby, depression, etc.



Family Planning

- Before choosing a birth control method or trying to get pregnant, talk with a doctor.
- The failure rate for birth control methods differ greatly. Spermicide (alone), cervical cap, sponge and female condoms are least reliable while hormone shots, IUD, surgical sterilization are most effective.
- Most Common Causes of Unintended Pregnancy
 - Inconsistent use
 - Contraceptive methods other than pills such as IUD, patch, shot, tubal ligation and vasectomy are highly effective.
 - (In Time) Pharmacy access
 - Emergency contraception Ella is available by mail (up to 5 days, get prescription online).
 - Confidentiality
 - Plan B is available over the counter at age 15 and up in Washington.



Family Planning

- High cost/lack of insurance
 - Planned Parenthood (Medicaid, sliding scale), Take Charge, Medicaid.
 - [How to get emergency contraception cheaply](#)
- [Take Charge Program](#)
 - Offers annual exam for women and free birth control (including tubal ligation for women and vasectomy for men) for one full year.
 - Be a U.S. citizen or permanent/legal resident for at least 5 years.
 - Household income must be at or below 250% FPL.
 - Available at Planned Parenthood, Providence Health Care Clinics and HealthPoint locations.

Source: <http://familydoctor.org/familydoctor/en.html>



Summary & Feedback

Thank you for completing the Introduction to Child Care and Early Learning module. Here is a summary of what we learned:

- Licensed Child Care
- Head Start, Early Childhood Education Assistance Program (ECEAP) & State-funded full-day kindergartens
- Working Connection Child Care & Subsidy to pay family, friend or neighbor caregivers
- Child Support
- Free In-Home Support Programs
- Parenting education
- Early Intervention including Family Resources Coordinator (FRC) and Individualized Family Service Plan (IFSP)
- Women, Infants & Children (WIC)
- Take Charge Program

We welcome your feedback and will regularly update the contents of this presentation. Please let us know if any of the referral on this presentation did not work or if you have any comments.

Our email address is karenmatson@housinghope.org.



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Useful Websites and Agencies

- Federal Poverty Level
<http://aspe.hhs.gov/poverty/13poverty.cfm>
- One Stop Eligibility Calculator
<http://www.dshs.wa.gov/ESA/TEC/>
TANF, Basic Food, Working Connection Child Care, Medicaid, Apple Health for Kids, Children's Medicaid, ECEAP, Head start, WIC, WTAP (telephone assistance), Child Support Services
- Zerotothree.org
www.zerotothree.org
- Washington Connection
www.washingtonconnection.org
Most government programs introduced in this course accept applications through the Washington Connection website.
- Parenthelp123
www.parenthelp123.org
The website provides comprehensive and easy to navigate resource finder.



Useful Websites and Agencies

- Washington Information Network 211
www.win211.org
Talk to a referral specialist who can help you finding nonprofit resources. Call 2-1-1
- Community Services Office
Call for questions or apply for services in person. Interpreters, application assistance, TTY/Voice Relay service available.
 - Everett: 840 N. Broadway, Suite 200
 - Lynnwood: 20311 52nd Ave W. Suite 100
 - Monroe, 19705 State Route 2
 - Arlington, 3704 172nd St. NE

