

FAMILY RESOURCE MANUAL

Choctaw, McCurtain, &
Pushmataha Counties





Our Mission

To improve the lives of low-income individuals and families through service and collaboration leading to self-sufficiency.

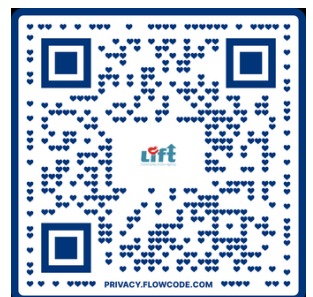
Our Vision

To Free Generations of People from Poverty

Our Core Values

Compassion; Honesty; Optimism; Integrity;
Community; Empowerment; and
Stewardship

**Scan the QR code to learn
more about LIFT CAA and
the services offered.**



First Section

Family Services & Resource Information





"YOU CAN NEVER GET ENOUGH
BOOKS
INTO THE HANDS
OF ENOUGH
CHILDREN"
Dolly



INSPIRE A LOVE OF READING

Enroll your child in Dolly Parton's Imagination Library
and get a **FREE BOOK** every month until their 5th birthday.

“ Our daughter **LOVES READING** and being read to,
and the **VARIETY** she receives from the
Imagination Library is a **SIGNIFICANT** part of this ”

Dolly Parton's Imagination Library is dedicated to inspiring a love of reading by gifting books free of charge to children from birth to age five, through funding shared by Dolly Parton and local community partners in the United States, United Kingdom, Canada, Australia and Republic of Ireland.



LIFT Community Action Agency, Inc.
209 N 4th St
Hugo, OK 74743
Phone: 580-326-3351 | kinsey.cox@liftca.org

IMAGINATIONLIBRARY.COM/





Family Resource Center

LIFT Head Start Administration



1005 S 5TH ST.
Hugo, OK 74743
Monday-Friday 8:00-4:30



580-326-7581

WE SERVE CHOCTAW,
MCCURTAIN, &
PUSHMATAHA COUNTIES



SERVICES PROVIDED:

- ☒ Food Resources
- ☒ Hygiene/Household Supplies
- ☒ Parent Trainings
- ☒ Resource Connection
- ☒ Child Development

(ALL SUPPLIES UPON AVAILABILITY)



PRE-SCHOOL

Questions? Call us!

580-326-7581

WE PROVIDE QUALITY
EARLY CHILDHOOD
EDUCATION!

WWW.LIFTCA.ORG



WHY CHOOSE US?

We are a federally funded pre-school program that helps prepare children to be kindergarten-ready!

- **NO EXPENSE TO FAMILIES**
- **SERVING 0-4 YEARS OF AGE**
- **SCHOOL SUPPLIES PROVIDED**
- **MEALS, SNACKS, FORMULA, & DIAPERS INCLUDED**

LOCATIONS:



Early Head Start: Antlers, Broken Bow, Hugo, Idabel

Head Start: Antlers, Boswell, Broken Bow, Forest Grove, Fort Towson, Hugo, Idabel, Rattan, Soper

DO YOU RECEIVE SNAP BENEFITS?

If so, that makes you automatically eligible to apply for our program!



SCAN ME! >>>



REQUESTED DOCUMENTS:

- Child's Birth Certificate
- Child's Immunization Record
- Proof of income for all family members
- Copy of records if your child has been diagnosed with a disability, IEP, IFSP

HEALTHY START

HAVING A BABY IS... *exciting and stressful!*

LET US HELP, AT LIFT HEALTHY START WE ARE HERE TO SUPPORT YOU AND YOUR FAMILY, YOU WILL WORK CLOSELY WITH A SPECIALIZED CARE COORDINATOR WHO CAN HELP! SERVING PREGNANT MOTHERS, FATHERS, PARTNERS AND CHILDREN UP TO 18 MONTHS OF AGE.

services provided:

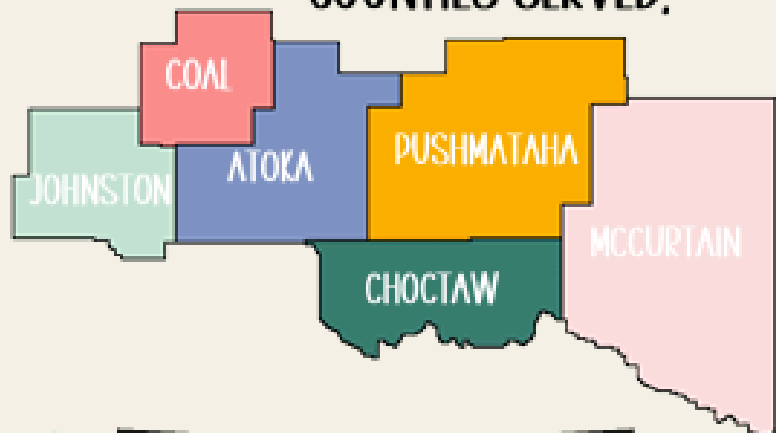
CASE MANAGEMENT TO
PREGNANT MOTHERS & INTER-
CONCEPTION UP TO 18
MONTHS

CASE MANAGEMENT TO
INFANTS & CHILDREN UP
TO 18 MONTHS

CASE MANAGEMENT TO
FATHERS OF MOTHERS
ENROLLED IN PROGRAM

GROUP-BASED HEALTH
& PARENTING
EDUCATION

COUNTIES SERVED:



CONTACT US TODAY!

104 N E STREET HUGO, OK 74743 | (580) 326 - 6441

 [WWW.FACEBOOK.COM/LIFTHEALTHYSTART](https://www.facebook.com/lifthealthystart)

 WWW.LIFTCA.ORG/HEALTHY-START

**FREE SUPPORT FOR NEW &
EXPECTING PARENTS!**

eligibility:

PREGNANT
WOMEN

INTER-
CONCEPTION OR
PRE-
CONCEPTION

FATHER OR
PARTNER OF
ENROLLED

INFANT &
CHILDREN UP
TO 18 MO



**** MUST RESIDE IN ATOKA, CHOCTAW, COAL, JOHNSTON, MCCURTAIN OR PUSHMATAHA COUNTIES! ****

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under HC49MC27828, Healthy Start Initiative-Eliminating Racial/Ethnic Disparities, \$1,008,333. This information or content are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA or the U.S. Government.



Pregnant, new mom or planning to get pregnant?

Whether this is your first or last baby we can provide you and your family with information, counseling, and education to help you make informed decisions to choose childbirth.



Our services:

- Group based education to help you meet others in the same stage of life as you
- Fuel cards and gift cards available
- Other incentives available

This project is funded by The Oklahoma State Dept. of Health -SB538 for Senate Bill 538 Choosing Childbirth

Contact Us



Choctaw Co. (580)326-3351 Allison Priddy



McCurtain Co. (580)286-6472 Raegan Baker



Pushmataha Co. (580) 298-2921 Emma Bishop



CORE DAD

Character • Ownership • Responsibility • Empowerment

Empowering fatherhood in our communities. CORE Dad is a **MOVEMENT** to celebrate and empower dads to achieve their own, unique vision of fatherhood.

Benefits:

- Engaging sessions in a welcoming environment
- Connection and shared experiences.
- Grow together with other fathers and father figures
- Overcome challenges
- Strengthened relationships.

Participants may receive: *

- FREE meal and snacks!
- FREE ride within LIFT service area
- Fuel/ Gift Cards
- Other incentives

Featuring
24/7 CORE DAD
Evidence Based Workshops

Join the Movement!

Choctaw County
CDChoctaw@liftca.org
(580) 326-3351

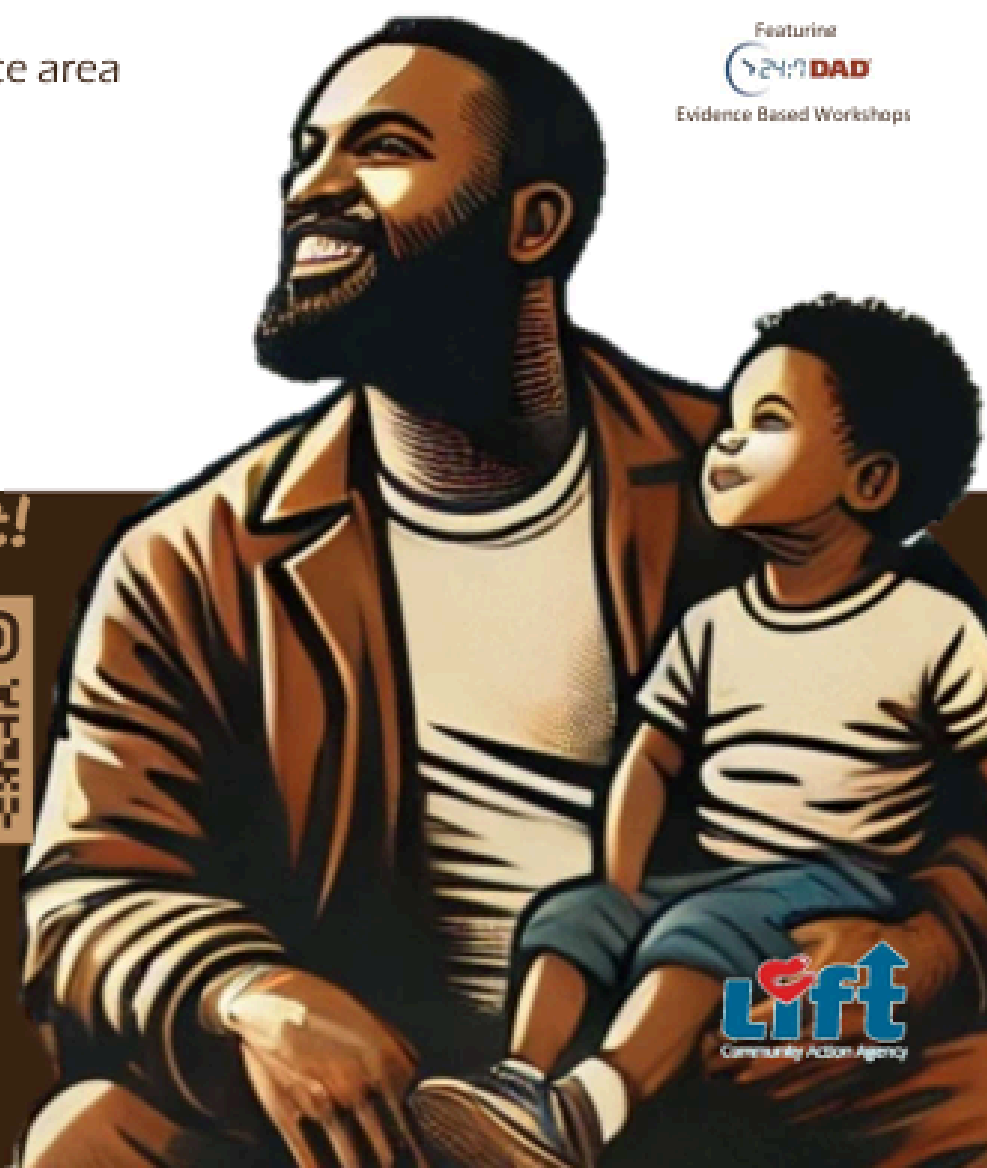
Pushmataha County
CDPushmataha@liftca.org
(580) 298-2921

McCurtain County
CDMcCurtain@liftca.org
(580) 286-6475



LIFTca.org/COREDad

*Subject to eligibility and availability. Inquire with a Dad Coordinator.



LIFT
Community Action Agency

WHY SELF-CARE MATTERS FOR DADS

01.

When Dads Care for Themselves, Everyone Benefits.

Emotional well-being starts at home, and it starts with you.

02.

Stronger Self-Care = Stronger Relationships.

Show up for your loved ones by showing up for yourself.

03.

Burnout Doesn't Stand a Chance!

Prioritizing your needs helps you stay energized, focused, and resilient.

04.

Be More Present, More Often.

a well-cared-for dad connects more deeply, With family, friends, and self.

05.

Boost Performance Across the Board.

From work to home to play, self-care fuels success in every role

06.

Live Better, Feel Better.

Self-care isn't selfish, It's the key to a more fulfilling, vibrant life.





Do you need help caring for a child with special health care needs and disabilities?
OFN is here for you!

WHO WE ARE:

At OFN, we inform and connect individuals with special health care needs or disabilities, their families, and professionals to services and support in their communities.

Our services are designed for the family of any child who has special health care needs, intellectual or developmental disabilities, a prenatal diagnosis, neonatal intensive care stay or mental health concerns.

WHAT WE OFFER:



SUPPORT

OFN is devoted to family-centered care and one-to-one support for families of children with special health care needs and disabilities. OFN offers multiple support options including:

- Emotional Support
- Talk with Another Family
- Support Groups
- Professional Referrals



RESOURCES AND TRAINING

Early intervention and education is key, so we aim to connect you with qualified services and support. OFN also provides ample training opportunities for families. We offer:

- Resources & Training
- Online Directory
- Health Information
- Statewide Resource Guides



ADVOCACY AND LEADERSHIP

We help to train and support those who want to serve in a leadership role and assure services and supports from agencies, hospitals, and other organizations are being provided in a way that individuals and families prefer.



OUR MISSION

To improve the lives of Oklahoma children with special health care needs or disabilities and their families.

OUR VISION

All families and children with special health care needs experience belonging in their community.



OUR ORGANIZATION

We believe families with challenging circumstances deserve to be supported, educated and loved.

CONTACT US AND FOLLOW US ONLINE



877-871-5072 or 405-271-5072



PO Box 21072, Oklahoma City, OK, 73156-1072



800 NE 15th Street, Suite 316,
Oklahoma City, OK, 73104



oklahomafamilynetwork.org



information@oklahomafamilynetwork.org



facebook.com/oklahomafamilynetwork



OklahomaFamilyNetwork

SCAN ME





OKLAHOMA
PARENTS CENTER



The Oklahoma Parents Center (OPC) specializes in special education support for people with disabilities from birth to age 26 and their families.

Call us toll-free at
877-553-IDEA (4332)

Navigating the special education process can be overwhelming and complex, you don't have to go it alone!



Visit us at
www.OklahomaParentsCenter.org

OUR SERVICES

The OPC offers services in three (3) key areas:

1) Individualized Assistance

- An advocate will walk you through your specific needs, help you develop a plan of action, and provide you with the knowledge, skills, and support you need to act.

2) Trainings

- The OPC offers learning opportunities through face-to-face and web-based trainings on the rights, responsibilities, and protections under IDEA and related laws.

3) Information and Resources

- The OPC has a website, social media pages, and print materials available to keep you informed, educated, and amused.

All services are provided at no cost to Oklahoma parents and families!



Visit our Facebook:
facebook.com/OkParentsCenter



El Centro de Padres de Oklahoma (OPC) se especializa en apoyo en educación especial para personas con discapacidades desde nacimiento hasta los 26 años de edad y sus familias.

Llámenos al número gratuito
877-553-IDEA (4332)

Navegar el proceso de educación especial puede ser abrumados y complejo. ¡No tiene que hacerlo solo!



Visítenos en
www.OklahomaParentsCenter.org

NUESTROS SERVICIOS

El OPC ofrece servicios en tres (3) áreas clave:

1) Asistencia Individualizada

- Un(a) defensor(a) lo guiará por sus necesidades específicas, ayudará desarrollar un plan de acción, y proveerlo con sabiduría, habilidades y apoyo que necesite para actuar.

2) Capacitaciones

- El OPC ofrece oportunidades de aprendizaje a través de capacitaciones de cara-a-cara, o por la red, sobre los derechos, responsabilidades y protecciones bajo IDEA y leyes relacionadas.

3) Información y Recursos

- El OPC tiene un sitio web, páginas de redes sociales y materiales impresos disponibles para mantenerlo informado, educado, y divertido.

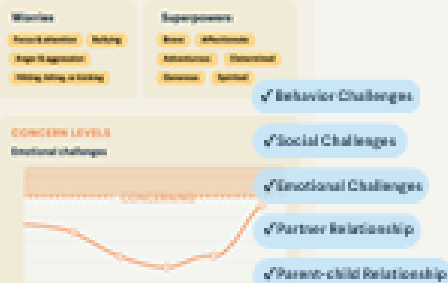
¡Todos los servicios se brindan sin costo para los padres y las familias de Oklahoma!



Visite nuestro Facebook:
facebook.com/OkParentsCenter

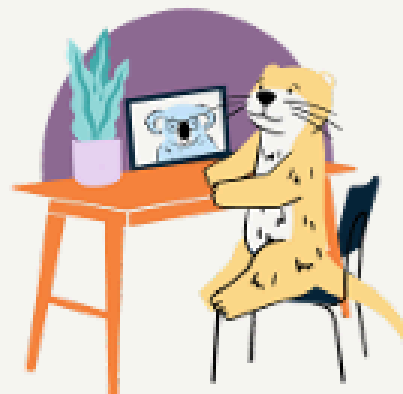


Take the 10 minute assessment to understand your kids' behavioral, social, and emotional challenges. Rate your worries and symptoms of anxiety and depression as a parent or caregiver. Our assessment is always free for families!

Smith Family Report 

Your assessment report will indicate if mental health care is recommended for you and your family, with guidance on what to do next.

3. If care is recommended, start with Little Otter for free



If it's clinically indicated, meet with a Board Certified Behavioral Analyst to start care for free* with the leading experts in family and pediatric mental health care.

*Services in the state of Oklahoma are completely free to families for children and families ages 0-5.



HAVE QUESTIONS?
We're here to help.

Phone
(415) 481-3648

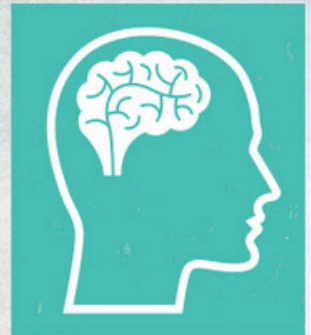
Email
oklahoma@littleotterhealth.com

988

IS:

**A NEW MENTAL HEALTH
RESOURCE FOR**

ALL OKLAHOMANS



**FOR ANYONE EXPERIENCING
OR WITNESSING A**

MENTAL HEALTH CRISIS

CALL OR TEXT, 24/7

Brighter Heights Oklahoma

(580) 326-5350-Hugo
(580) 298-2830-Antlers

www.bh-oklahoma.com
Counseling & Mental Health

2816 E Jackson St.
Hugo, OK 74743



107 S. High Street
Antlers, OK 74523

Brighter Heights Oklahoma is a community behavioral health agency that provides outpatient services for individuals dealing with substance use disorders and co-occurring mental health conditions.

Carl Albert Community Mental Health Center

601 E Jackson St.
Hugo, OK
(580) 326-7531

2000 E Lincoln Rd.
Idabel, OK
(580) 286-6639

Mental Health Treatment
Dual Diagnosis Treatment Provider
Payment Assistance Available
(Check with facility for details)
Sliding Fee Scale
(Based on income and other factors)
Other Payments Accepted
(Check with facility for details)

Emergency Mental Health Services

- Crisis intervention team
- Psychiatric emergency onsite services
- Psychiatric emergency walk-in services



Tri-County Renew Project (TCORP)



The goal of the Tri County Renew Project (TCORP) is to strengthen the wellbeing and future success of individuals and families across Choctaw, Pushmataha, and McCurtain Counties by providing comprehensive, community-based support. Through youth empowerment programs, jail-release and reentry services, outpatient substance-abuse treatment, individualized case management, and therapeutic group interventions, we strive to reduce barriers, promote personal growth, and empower participants to build healthy, stable, and self-sufficient lives.

To make a referral for any of our programs, contact our office at
580-406-2616
580-406-2618

Programs the Tri-County Renew Project offers are:

- Better Choices Better Futures
- Second Chance Reentry Program
- Renew Outpatient Treatment
- Tri County Abatement Collaborative



Kiamichi Opportunities

580-326-7548

- **Location:** 405 N 16th St.
Hugo, OK 74743
- **Mission:** To provide care, training, and limited job opportunities to individuals who are mentally handicapped.



Call to learn more!



Oklahoma Human Services
2400 N Lincoln Boulevard
Oklahoma City, Ok 73105
(405) 522-5050

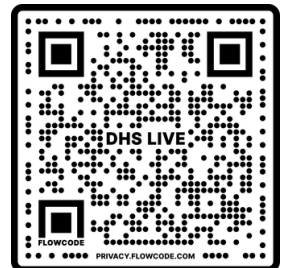
Adult and Family Services (AFS)

Child Care Subsidy
Food Stamps - Supplemental Nutrition Assistance Program (SNAP)
Health-Related and Medical Services
Long-Term Care (LTC)
Low-Income Home Energy Assistance Program (LIHEAP)
Oklahoma SNAP Works
Overpayments
Refugee Assistance
Temporary Assistance for Needy Families (TANF)
Tips for your new EBT Card
Workforce Community Hope Center

Child Welfare Services (CWS)

Child Protective Services
CPS Appeals
Criminal History Background Checks
Family-Centered Services
Fingerprinting
Foster Care
Community-Based Residential Services
Foster Care Interstate Compact on the Placement of Children (ICPC)
Therapeutic Foster Care
Tribal Foster Care
Oklahoma Children's Services
Oklahoma Successful Adulthood Program (OKSA)
Permanency Planning (Court Involved Services)
Post Adoption Services
School-Based Services
Social Security Benefits for Custody Children

**Scan the QR code to view website to
learn more about DHS services.**





OKLAHOMA **State Department** **of Health**

Choctaw County Health Department

103 S 4th St
Hugo, OK, 74743
Phone: (580) 326-8821
Fax: (580) 326-8886

McCurtain County Health Department

1400 Lynn Ln.
Idabel, OK, 74745
Phone: (580) 286-6628
Fax: (580) 286-2012

Pushmataha County Health Department

318 W Main St.
Antlers, OK, 74523
Phone: (580) 298-6624
Fax: (580) 298-2743

Local Community Health Worker– Pregnancy Navigator

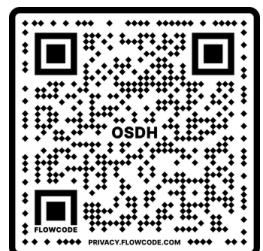
Tammy Bray-Wright
Community Health District 9
Serving: Choctaw, McCurtain, & Pushmataha Counties
(580) 286- 6628 Ext. 1308

The health department offers a wide variety of clinical services and programs to men, women, and children at little to no cost. We accept walk-ins; however, appointments are encouraged. To make an appointment, or to inquire about program eligibility and services, please call ahead.

Cost of Services

The health department provides most health services at little to no cost. Should charges be applicable, clients will not be excluded from receiving services due to inability to pay. Insurance is not required to be seen, but if you have insurance, please bring your information with you. Contact us with questions about specific services.

**Contact your local health department to learn
more about the individual services they provide.**



Children First Program



Children First is a free program for first-time mothers in Oklahoma that provides personal visits with specially trained nurses beginning early in the pregnancy and continuing through the child's second birthday.

To be eligible, participants must meet the following requirements:

First-time mother.

Monthly household income at or below 185% of federal poverty level.

Less than 29 weeks pregnant at enrollment.

The goal of the voluntary, evidence-based program is to empower families to better care for themselves and their babies by providing information, education, health assessments, safety and developmental consultation, and connecting participants with available community resources.

During the personal visits, nurses provide education on pregnancy, labor and delivery, and parenting skills such as feeding, bathing and toilet training. The nurses also support the client as she accomplishes life goals like completing high school, going to college, choosing a career or owning a home.

Initiating prenatal care in the first trimester and attending regular prenatal visits help to ensure a healthy pregnancy and increase the probability of having a healthy baby. By allowing a health care provider to identify potential problems early, the majority of pregnancy and birth-related health issues can be prevented.

Contact your local health department to learn more!



Sooner Start

Early Intervention



SoonerStart is Oklahoma's early intervention program designed to meet the needs of families with infants or toddlers (ages birth to 3 years old) with developmental delays and/or disabilities in accordance with the Individuals with Disabilities Education Act (IDEA). The program builds upon and provides supports and resources to assist family members to enhance infants or toddler's learning and development through every day learning opportunities.

Eligibility Guidelines:

Infants and toddlers (ages birth to 3 years old) in Oklahoma who meet the criteria of developmentally delayed are eligible for SoonerStart services. As used in the Oklahoma Early Intervention Act, [Oklahoma State Statutes Title 70, Section 13-123]

"developmentally delayed" means children who:

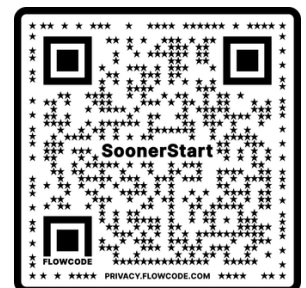
- Exhibit a delay in their developmental age compared to their chronological age of fifty percent or score two standard deviations below the mean in one or more of the following areas or in a sub-domain of one of the areas: cognitive, physical, communication, social or emotional, or adaptive development;
- Exhibit a delay in their developmental age compared to their chronological age of twenty-five percent or score one and one-half standard deviations below the mean in two or more of the following areas or in a sub-domain of two or more of the following areas: cognitive, physical, communication, social or emotional, or adaptive development; or
- Have a diagnosed physical or mental condition that has been identified as having a high probability for a developmental delay.

How to Apply:

A referral to the SoonerStart Early Intervention program can be made by any concerned individual. More information about the SoonerStart EI program is available on the SoonerStart website.



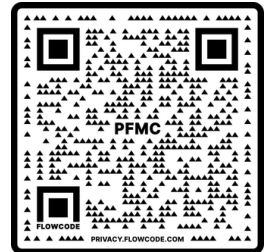
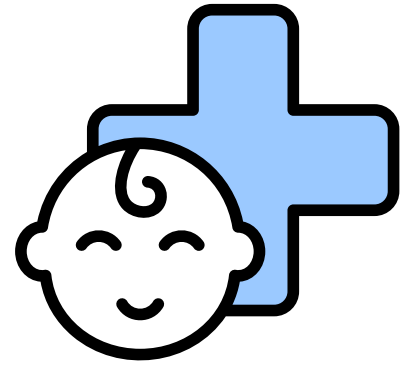
OKLAHOMA
State Department
of Health



Federally Qualified Health Care Centers

A Federally Qualified Health Center (FQHC) is a community-based healthcare provider that receives federal funding to offer comprehensive primary care services in underserved areas. These centers are designed to ensure that everyone, regardless of income, insurance status, or ability to pay, has access to quality healthcare.

- **Sliding Fee Scale**
 - Services are offered on a sliding fee scale based on the patient's income.
- **Comprehensive Services:**
 - Preventive health care
 - Dental services
 - Mental health and substance abuse treatment
 - Hospital and specialty care (either directly or through partnerships)



PFMC Clayton

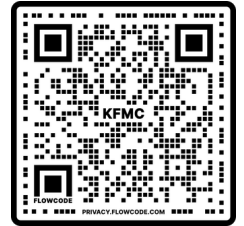
1020 N Lawson Blvd
Clayton, OK 74536
918-917-9999

Monday/Tuesday/Thursday: 8am-7pm
Wednesday/Friday: 8am-5pm

PFMC Boswell

415 6th St
Boswell, OK 74727
580-566-2530

Monday-Thursday: 7:30am-5pm
Friday: 8am-12pm



Kiamichi Family Medical Center, Battiest

Address

6026 Battiest Pickens Road
Battiest, Oklahoma 74722

Phone

(580) 447-2910 or (580) 286-6688

Fax

(580) 286-6699

Hours

Monday, Tuesday, Thursday & Friday

8 A.M. - 5 P.M.

Wednesday

8 A.M. - 7 P.M.

Kiamichi Family Medical Center, Idabel

Address

2809 NE Lincoln Rd
Idabel, Oklahoma 74745

Phone

(580) 286-6688 or (800) 982-9315

Fax

(580) 286-6699

Hours

Monday & Tuesday

7:15 A.M. - 7:00 P.M.

Wednesday, Thursday & Friday

7:15 A.M. - 5:00 P.M.

Kiamichi Family Medical Center, Hugo

Address

3004 E Jackson St.
Hugo, Oklahoma 74743

Phone

(580) 326-9555 or (580) 286-6688

Fax

(580) 286-6699

After hours, please call (580) 306-5296.

Hours

Monday, Tuesday, & Thursday

7 A.M. - 5 P.M.

Wednesday

7 A.M. - 6 P.M.

Friday

8 A.M. - 5 P.M.

Kiamichi Family Medical Center, Broken Bow

Address

510 South Park Drive
Broken Bow, Oklahoma 74728

Phone

580-286-6688 or (800) 982-9315

Fax

(580) 286-6699

Hours

Monday

7 A.M. - 12 P.M. | 1 P.M. - 5 P.M.

Wednesday

7 A.M. - 12 P.M. | 1 P.M. - 7 P.M.

Tuesday, Thursday & Friday

7 A.M. - 12 P.M. | 1 P.M. - 5 P.M.

Learn about SoonerSelect

Most SoonerCare members get their health care services covered in a new way – through health and dental plans. A health or dental plan is an organization that provides health care services through a network (group) of doctors, dentists, pharmacists, mental health professionals and other service providers. All health and dental plans provide the same health care services currently offered by SoonerCare, but some may provide extra services to help improve your health.

Health Plans

You can choose between three health plans: **Aetna Better Health of Oklahoma, Humana Healthy Horizons of Oklahoma and Oklahoma Complete Health**. Each health plan has a provider network. In most cases, you must get care from a provider in your plan's provider network, such as a primary care provider (PCP). Your PCP could be a doctor, nurse practitioner or physician assistant, but you can choose one as long as they are in your plan's network. A PCP cares for your health, coordinates your needs, and refers you to specialists when needed. If you already have a PCP that you would like to keep seeing, you should pick a plan that includes your PCP in their network.

Dental Plans

You can choose between two dental plans: DentaQuest or Liberty Dental. Your dental plan covers medically necessary cleanings, preventive and restorative care, and medically necessary orthodontic services for children under age 21. Each dental plan also has a provider network. In most cases, you must get care from a dental provider in your plan's provider network, such as a primary care dentist (PCD). A PCD is a dental care professional. They care for your dental health, coordinate dental needs, and refer you to specialists when you need them. If you already have a dentist or other provider you would like to keep seeing, we'll work with you to pick a plan that allows you to keep your current provider.

Children's Specialty Program

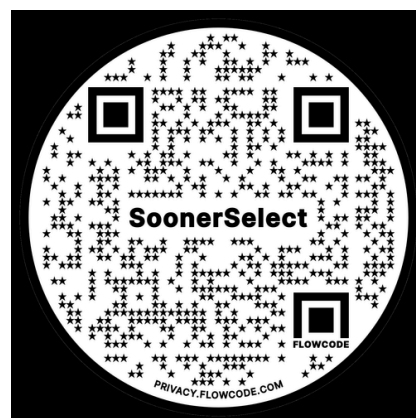
There is also a Children's Specialty Program that covers SoonerSelect children and youth served by Oklahoma Human Services' Child Welfare Services. This includes children in foster care and former foster care children, those receiving adoption assistance, and those involved in the juvenile justice system. Oklahoma Complete Health serves these members.

American Indian/Alaskan Native Members

If you are a federally recognized tribal member or qualify for services through Indian Health Services (IHS), you may decide to join a SoonerSelect plan. If you choose not to opt in, you'll remain on your current SoonerCare plan.

American Indian/Alaskan Native Members

If you are a federally recognized tribal member or qualify for services through Indian Health Services (IHS), you may decide to join a SoonerSelect plan. If you choose not to opt in, you'll remain on your current SoonerCare plan.



Free Medical Clinic- Antlers

First Baptist Church- Antlers

Last Thursday of Every Month

6:00pm

First Come, First Serve

580-298-3374

Prescription Assistance Available



****CALL TO CONFIRM
SERVICES EACH MONTH***



Prescription Assistance



Rx for Oklahoma helps Oklahomans access prescription assistance programs provided by pharmaceutical manufacturing companies.

If you, or someone you know, needs prescription assistance please contact LIFT CAA, Inc. at 580-326-5165 or come to one of our locations at

**Hugo Homeownership Center – 500 East Rosewood Street,
Hugo, Oklahoma, 74743**

**Antlers Homeownership Center – 603 SW B Street,
Antlers, Oklahoma, 74523**



Local Area Hospitals

Aliance Health- Durant

1800 University Blvd Durant, OK 74701
(580) 924-3080

Choctaw Memorial Hospital

1405 E Kirk St, Hugo, OK 74743
(580) 317-9500

Choctaw Nation Healthcare Center

One Choctaw Way, Talihina, OK 74571
(800) 349-7026

Christus St. Michael Hospital

2600 St Michael Dr, Texarkana, TX 75503
(903) 614-1000

McCurtain Memorial Hospital

1301 E Lincoln Rd, Idabel, OK 74745
(580) 286-7623

Paris Regional Health

865 Deshong Dr, Paris, TX 75460
(903) 737-1111

Pushmataha Hospital

510 E Main St, Antlers, OK 74523
(580) 298-3341



Home Safety Information



**Oklahoma Center for
Poison & Drug Information**



For poison emergencies or questions in Oklahoma:
Poison Help Hotline (24/7): 1-800-222-1222

HOME SAFETY TIPS FOR YOUNG CHILDREN

AGES SIX AND UNDER



**KEEP SMALL OBJECTS
OUT OF REACH**



**LOCK
CABINETS**



**USE
SAFETY
GATES**



**CHECK
WATER
TEMPERATURE**



**SECURE
FURNITURE**



**USE
CORNER
GUARDS**



**COVER
OUTLETS**



**KEEP
CORDS
OUT OF
REACH**



**SUPERVISE
BATH TIME**



**INSTALL
SMOKE AND
CARBON
MONOXIDE
DETECTORS**



Dee Dee Atwood, Director
603 S.W. "B" Street,
Antlers, OK 74523
(580) 298-2921

Who is Eligible?

Victims of any crime which include but are not limited to:

- Arson
- Elder abuse/neglect
- Sexual abuse
- Bullying stalking
- Burglary
- Homicide
- Identify theft
- Court order violation
- Domestic and or family violence
- Child physical abuse and neglect

Services Provided

Emergency services to victims such as resources, food, clothing and shelter, community outreach, victim advocacy, safety plans, court system advocacy, accompaniment to hospitals for medical examinations. As a victim of crime, you might qualify for financial assistance for a variety of needs resulting from your victimization.



Choctaw County

104 N. E St.
Hugo, OK 74743
580-326-6441

McCurain County

312 W Texas St.
Idabel, OK 74745
580-286-9348

Pushmataha County

603 S. W. B St.
Antlers, OK
580-298-2921



Meeting the needs of rural victims of sexual assault domestic and dating violence, and stalking against adults in Choctaw, McCurtain and Pushmataha counties.



Meeting the needs of rural victims of sexual assault domestic and dating violence, and stalking against children and youth in Choctaw, McCurtain and Pushmataha counties,



SOS For Families

(SOUTHEAST OKLAHOMA SERVICES)

Choctaw, McCurtain, and Pushmataha Counties
2 NE Martin Luther King Avenue
Idabel, OK 74745
580/286-7533 or

SOS Hotline (888)-286-3369

Services Provided:

Confidential services for victims of family violence – parenting classes; rape exams; Shelter; 24-hour crisis line; Court advocacy: assistance with legal issues, and escort to court when desired. Counseling for women and children, group and individual counseling, emotional support, emergency transportation (when necessary, SOS may transport to shelter, hospital, or office.) Information about social service agencies, procedures, and resources. Referrals to other social service help for abused women and their children.

*May call collect at all locations if needed.



Choctaw Nation Family Violence Prevention Program

Provides quality specialized services and resources that promote family strengths, stability and enhance the safety of victims of domestic violence, family violence or dating violence and their dependents.

Services are available regardless of race, sexual orientation, gender, gender identity (or expression), religion, national origin, age, disability, as well to others from diverse backgrounds.

Broken Bow Community Center

580-920-7062

Choctaw Nation Headquarters

580-924-8280

Hugo Tribal Services Center

580-326-6611

LIFT YouthBuild

The YouthBuild Program for Choctaw County, and surrounding areas, provides educational instruction, occupational skills training, classroom and hands on construction training for at-risk youth ages 16-24 who have previously dropped out of high school, are adjudicated, are aging out of foster care, have a learning disability, are homeless, or qualify as at-risk participants.



100% funded by the Department of Labor for \$1,219,000



2204 East Jackson Street

Hugo, OK 74743

(580) 326-9490

Jami Meredith
Program Director
youthbuild@liftca.org

**Call to
learn more!**

Youth Services for Choctaw, Pushmataha, & McCurtain Counties



410 South F. Street
Hugo, OK,
(580) 326-3382
ys4cpm@yahoo.com

Youth Services for Choctaw, Pushmataha and McCurtain Counties Inc. a non-profit corporation who values the potential of all youth, supporting and challenging them to embrace their future and achieve independence, ensuring that their voices are empowered. Call to learn more our services!

**BE A FRIEND
NOT A BULLY**



**KINDNESS IS OUR SUPERPOWER. TOGETHER, WE
CAN STAND UP AGAINST BULLYING AND MAKE OUR
WORLD A SAFER, MORE INCLUSIVE PLACE**



Food Resources

Choctaw, McCurtain, and Pushmataha Counties

Antlers Baptist Church

Food Pantry

Wednesdays- 8:30-11:30

Serving Push County

Must bring photo ID & mail piece with address

Families can receive once per month

1701 W Main- Antlers (blue metal building

before turnpike)

580-298-3374

Choctaw County Library

Serving Meals for Children

Monday-Friday 4:00-5:00

The Choctaw County Library has
teamed up with Choctaw Nation to
bring meals to children in our area.

(580) 326-5591

Gracefully Yours –Broken Bow

Food Pantry

Tuesday - Friday 10:00-2:00

By obtaining a voucher from any of their
partners, a food box is received. Boxes vary
depending on the family/household size.

813 West Choctaw - Broken Bow

580-584-2473

House Upon a Rock– Broken Bow

Meals provided on Tuesdays in Broken Bow

Location: 203 N Main - Broken Bow

Meals provided on Thursdays in Idabel

Location: 102 SE Ave N. - Idabel

Both meals begin at 5:00pm.

Doors open at 4:30pm.

Community is welcome.

Emergency Food Pantry with Limited Items

580-306-5203

Sharing Hope Food Pantry

Food Pantry

Every Monday

400 W Bissell- Hugo

9:00-11:00

Reliable access to nutritious food is essential for the
daily success and well-being of children and families—
it fuels learning, growth, and a brighter future.

Choctaw County Health Department

Family Food Box Program

One box per household

(as available monthly)

Call to ensure availability

(580) 326-8821

Esther Project– Hugo

Sack Lunch: Tuesday-Friday

1:00-5:00

Sandwich, Chips, Cookie & Water

For anyone in need.

Friday Night Church

Hot Meal Served Afterwards

709 West Main-Hugo

Hand to Hand Food Pantry

Serving McCurtain County

Monday: 9:00-12:00

Tues/Wed/Thurs: 9:00am-2:00pm

107 South Main- Haworth

Contact them for more details.

580-286-6383

LIFT Family Resource Center

Serving Families with Children 12 & under

Choctaw, McCurtain & Pushmataha

Counties

Call for current details:

Follow the LIFT Family Resource Center

Facebook Page for updates

1005 S 5TH ST - Hugo

580-326-7581

USDA Catholic Charities

First Saturday of Every Month

(as available)

Rose Arena in Cloudy/Rattan

Starting at 8:00am



Mobile Food Market

MOBILE FOOD MARKET

Check the LIFT Community Action Agency Facebook page for updates!

Location:
Hugo High School
704 N 2nd St, Hugo, OK 74743

Time:
11:00 PM - 1:00 P.M.
*OR UNTIL FOOD IS GONE

PLEASE PULL THROUGH BUS LOOP TO PICK UP FOOD

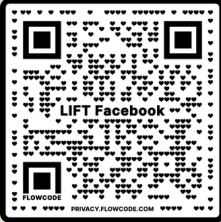
sponsored by:

LIFT
Community Action Agency

HUGO PUBLIC SCHOOLS

FOOD BANK
OF EASTERN OKLAHOMA

FEEDING AMERICA





SNAP is a federal program that helps low-income individuals and families buy food.

1-877-653-4798
(Toll-Free)
(405) 522-5050

To be eligible for SNAP, you must meet the following basic requirements:

- Be a U.S. citizen or legal alien
- Meet work requirements (unemployed adults, ages 18 TO 53)
- Meet income standard(s) shown on Appendix C-3
- Provide Social Security Numbers for all members included in the food benefit household.

WIC is a nutrition education and supplemental food program for pregnant women, postpartum breastfeeding and non-breastfeeding women, infants, and children up to age 5 who meet program eligibility requirements. Program benefits include nutritious foods, nutrition education classes, breastfeeding support, consultations with registered/licensed dietitians, and lactation specialists, and community referrals.

If you have questions about the application process or the WIC program, please call
1-888-OKLAWIC (1-888-655-2942).



Contact your local Health Department!

Choctaw County: 580-326-8821

McCurtain County: 580-286-6528

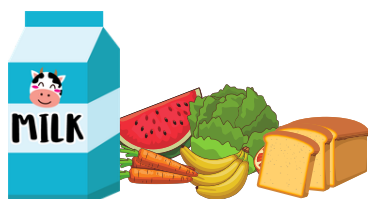
Pushmataha County: 580-298-6624



Choctaw Nation

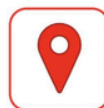
WIC Department

Give your local clinic a call to learn more!



Choctaw Nation WIC Department

Clinic Contact Information



Antlers:	539-316-5089	580-916-5609
Atoka:	539-316-2050	580-745-4330
Battiest:	580-241-5458	580-916-5463
Broken Bow:	539-316-3011	580-916-5463
Durant:	539-316-3517	580-380-8193
Heavener:	539-316-4784	580-380-3628
Hugo:	539-316-5089	580-916-5609
Idabel:	539-316-4313	580-916-5468
McAlester:	539-316-2431	580-239-9172
Mobile Unit:	539-316-2050	580-745-4330
Poteau:	539-316-4606	580-916-5398
Smithville:	580-244-3289	580-916-5463
Spiro:	918-962-5134	580-916-5370
Stigler:	918-967-4211	580-916-5370
Talihina:	539-316-6792	580-380-1757
Wilburton:	580-642-7588	580-380-3628

WIC is as an equal opportunity provider. You **DO NOT** have to be Native American to participate.

LIFT Transit

Moving People—Making Connections

Public demand/response routes operate Monday through Friday within the city limits of Hugo, Antlers, Broken Bow, Idabel and Clayton. These routes operate from **8:00 a.m. to 4:30 p.m.**

Customers activate our transit service by contacting the call center located in their area. The dispatcher enters the request onto a daily call log and then dispatches the call to the available driver.



To schedule a ride please call:

Antlers

(580) 298-6565

(888) 270-3344

Broken Bow

(580) 584-6033

(580) 584-6037

Clayton

(918) 569-7325

Hugo

(580) 326-3466

(888) 766-9839

Idabel

(580) 286-5384

(800) 348-7433

Oklahoma Relay TTY

#7-1-1



Jeannie McMillin-Program Director
jeannie.mcmillin@liftca.org
511 West Jackson, Hugo, OK 74743
(580) 326-8176

HOW TO RIDE PICK

PICK Transportation connects riders to many different destinations including shopping, social events, restaurants, doctor's appointments, work, hospitals, school, recreation, and back home.



Download the
VIA PICK
Transportation App



Select PICK
Transportation



Select payment
method

**BOOK YOUR NEW
JOURNEY TODAY!**



PICK
TRANSPORTATION

**Hugo and Idabel
Oklahoma**

okpicktransportation.com
855-735-4826

**Powered by
LIFT
Transit**

SoonerRide

WHAT IS SOONERRIDE?

It is a program that helps you get to and from your SoonerCare appointments if you need a ride. We partner with ModivCare Solutions, LLC to provide this non-emergency transportation service for qualified members.

FOR SOONERCARE MEMBERS:



RESERVATIONS:

Transportation to scheduled appointments should be made at least 3 business days prior. Call 877-404-4500 Monday - Friday for normal trip scheduling.



QUICK TIPS:

- Know your current SoonerCare ID number.
- Know the time and day of your appointment.
- Know the address and phone number of the facility.
- Know the reason for your appointment.



Phone:

580-326-9753

Text:

580-775-4293

Choctaw Nation Tribal Transit

This service is designed to help those without adequate transportation to non-emergency medical appointments. Choctaw Nation Tribal Transit cannot handle emergency transportation. In case of an emergency, please call 911. When you call Choctaw Nation Transit, please provide the following information:

- Your birthday
- Your current Medicaid ID number
- The time and day of your medical appointment
- The name, address, and phone number of the health care facility you will be visiting
- If you have special needs such as a wheel- chair lift
- If you will need an attendant Drivers are not considered an attendant.



Household Essentials

Clothes Closet–Antlers

580-298-3374

First Baptist Church-Antlers

Every Thursday

2:00-4:00



Gracefully Yours– Broken Bow

580-584-2473

Thrift Store: Gracefully Yours operates a resale store with very low prices that is open to the public. Anyone can come in and shop, but vouchers are also issued in the event clients cannot pay the listed price. We handle clothing, shoes, household items, and furniture. The resale store generates funds for our other services, but all items in the resale store area available free of charge.

Location: 1206 South Clark Broken Bow, Oklahoma

Hours of Operation: Tues - Friday 10:00-5:00



Esther Project – Hugo

709 West Main

Hugo, OK 74743

estherprojecthugo@gmail.com



This ministry will offer community cash for personal hygiene, showers, haircuts, clothing, household goods, and food in order to help families or individuals in need in exchange for time worked in our thrift store, education in basic life skills, community improvements, and much more, including domestic violence assistance. All the girls from the Hugo Pregnancy Center will be able to spend their Mommy money, and Dads can spend Daddy dollars at Esther Project as well. The Esther Project will also be working with other local agencies to provide additional assistance. We are a partner of the Hugo Pregnancy Care Center.



Hope Chest– Hugo

580-317-3468

Thrift & Consignment Store

Hope Chest Resale is part of the Hugo Pregnancy Care Center which is a Ministry. All the proceeds go to help support the Hugo Pregnancy Care Center.

Location: 117 E Main Street, Hugo, OK

**SECOND
HAND**

Adoption Agencies

DHS – Foster & Adoption Program

1300 S.E. Adams St.
Idabel, OK 74745
(580) 208-3400

Adoption Choices of Oklahoma

201 N Broadway, Suite 107 36 E. Cameron St.
Moore, OK 73160 Tulsa, OK 74103
(405) 755-1999 (918) 447-7777
(800) 898-6028 (800) 898-6028
info@adoptionchoicesofoklahoma.org

A licensed Oklahoma adoption agency that provides counseling and guidance to women experiencing an unintended pregnancy and connects expectant mothers choosing adoption with adoptive families for their children. We have helped hundreds of women in Oklahoma City, Tulsa, Lawton, and surrounding areas successfully plan their children's future.



Adoption with Love

1-800-722-7731

A private, non-profit, full-service, and licensed adoption agency with over 35 years of experience placing children into loving homes. Expenses paid, pressure-free adoption services for expectant/birth mothers nationwide. Full range of adoption services for hopeful parents, from home study to finalization. A highly trained and compassionate staff that will always be here for you. Open adoption agency offering open, semi-open, and closed adoption plans.

Child Protective Services of Oklahoma



Child Protective Services (CPS) are provided through Oklahoma Department of Human Services (DHS) to identify, treat and prevent child abuse and neglect. The two purposes of CPS intervention are to protect the safety of children and to provide services to help families with any difficulties that cause the safety of their children to be at risk. Services are provided either through community resources or through DHS. While every attempt is made to preserve the family, if a child's safety cannot be controlled, then court intervention, including removal of the child, may be necessary.

If you believe a child is being abused or neglected, you have a legal responsibility to report it. Reports can be made at any time to the DHS Abuse and Neglect Hotline at **1-800-522-3511**. The hotline is available 24 hours-a-day, 7 days-a-week.



Local Libraries



Antlers Public Library

104 SE 2nd Street
Antlers, OK 74523

580-298-5649

antlerslibrary@antlers.lib.ok.us

Broken Bow Public Library

404 N Broadway St.
Broken Bow, OK 74728

866-218-6582

brokenbow@seolibraries.com

Choctaw County Public Library

703 E Jackson Street
Hugo, OK 74743

(580) 326-5591

hugo@seolibraries.com

Cartwright Memorial Library

103 N Lawson
Clayton, OK 74536

(918) 569-4776

Idabel Public Library

103 E Main Street
Idabel, OK 74745

(580) 286-6406

idabel@seolibraries.com

Mattie Terry Library

311 N. Johnson Street
Valliant, OK 74764

(866) 258-6157

valliant@seolibraries.com

**Contact your local library to learn more about the
programs they have available for children and families.**



**READ
MORE
BOOKS**

LIFT

Community Action Agency, Inc.

HOUSING SERVICES

APARTMENTS: LIFT APARTMENTS ARE AVAILABLE ACROSS THE TRI-COUNTY AREA. WE OFFER MULTI-FAMILY HOUSING (1, 2 & 3 BEDROOM MIXES) IN ANTLERS, BOSWELL, HUGO, FT TOWSON, CARVIN, SOPER AND VALLIANT. SENIOR SUPPORTIVE HOUSING IS AVAILABLE IN ANTLERS, CLAYTON AND HUGO.

MARCIE OWENS, APARTMENT MANAGER
410 N L ST HUGO, OK 74743
(580) 326-5654

502 LOAN PROGRAM: LIFT STAFF ASSIST LOW AND VERY-LOW INCOME AREA RESIDENTS IN PACKAGING AND SUBMITTING USDA RURAL DEVELOPMENT SECTION 502 DIRECT LOAN APPLICATIONS TO CONSTRUCT OR PURCHASE AN EXISTING HOME.

BRANDON MCDANIEL, HOUSING DIRECTOR
500 E ROSEWOOD HUGO, OK 74743
(580) 326-5165

504 GRANT/LOAN PROGRAM: LIFT STAFF ASSIST LOW AND VERY-LOW INCOME AREA RESIDENTS IN PACKAGING AND SUBMITTING USDA RURAL DEVELOPMENT SECTION 504 GRANT AND/OR LOAN APPLICATION TO MAKE REPAIRS TO THEIR HOMES.

BRANDON MCDANIEL, HOUSING DIRECTOR
500 E ROSEWOOD HUGO, OK 74743
(580) 326-5165

WEATHERIZATION: LIFT WEATHERIZATION DEPARTMENT REDUCES ENERGY COSTS FOR LOW-INCOME HOUSEHOLDS BY INCREASING THE ENERGY EFFICIENCY OF THEIR HOMES THROUGH METHODS SUCH AS ADDITIONAL INSULATION, WEATHER-STRIPPING, CAULKING AND MORE.

TERRY WREN, PROGRAM MANAGER
500 E ROSEWOOD HUGO, OK 74743
(580) 326-5165

RX FOR OKLAHOMA: RX FOR OKLAHOMA IS A PRESCRIPTION DRUG PROGRAM THAT HELPS RESIDENTS OBTAIN THEIR PRESCRIPTIONS AT A REDUCED OR NO OUT-OF-POCKET EXPENSE. THIS PROGRAM IS AVAILABLE TO THOSE WHO MEET THE INCOME GUIDELINES OR HAVE NO PRESCRIPTION INSURANCE.

BRANDON MCDANIEL, HOUSING DIRECTOR
500 E ROSEWOOD HUGO, OK 74743
(580) 326-5165

SALVATION ARMY: AS THE DESIGNATED SERVICE UNIT FOR SALVATION ARMY IN ANTLERS, HUGO AND IDABEL, LIFT STAFF UTILIZE FUNDS OBTAINED DURING THE RED KETTLE CAMPAIGN TO HELP FAMILIES EXPERIENCING AN EMERGENCY SITUATION.

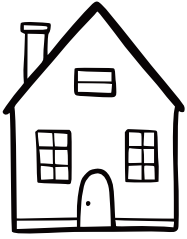
BRANDON MCDANIEL, HOUSING DIRECTOR
500 E ROSEWOOD HUGO, OK 74743
(580) 326-5165

VITA: VOLUNTEER INCOME TAX ASSISTANCE IS A FREE INCOME TAX PREPARATION SERVICE TO AREA RESIDENTS IN CHOCTAW, MCCURTAIN AND PUSHMATAHA COUNTIES.

BRANDON MCDANIEL, HOUSING DIRECTOR
500 E ROSEWOOD HUGO, OK 74743
(580) 326-5165



WWW.LIFTCA.ORG/HOUSING



Housing Authority

What services does a housing authority provide?

A housing authority is a government-related entity that provides and manages affordable housing options for low-income individuals and families. Contact your local housing authority to learn more about their services and to see if you qualify.

Antlers

225 N.W. A St.
Antlers, OK 74523
580-298-5542

Boswell

501 N 2nd St,
Boswell, OK 74727
580 566-2243

Broken Bow

710 E 3rd St.
Broken Bow, OK 74728
580-584-6939

Choctaw Nation

207 Jim Monroe Rd
Hugo, OK 74743
580- 326-7521

Clayton

517 N 1st St.
Clayton, OK 74536
918-569-4434

Hugo

300 13th Pl.
Hugo, OK 74743 i
580- 326-3348

Idabel

901 Lyndon Rd.
Idabel, OK 74745
580-286-9444

Valliant

301 E. Harris St.
Valliant, OK 74764
580-933-7359

Local Area Shelters

Contact each shelter to learn more about their qualifications/requirements, and to ensure space is available.

Antlers-House of Joy

580-513-6428

Durant-Crisis Shelter

580-924-3030

Idabel-SOS

580-286-3369

Texoma-Dennison Family Shelter

903-465-6041



FREE

HELP FOR BETTER JOBS

WR
WORK READY
— OKLAHOMA —



Finding a good job can feel tough, but you're not alone. **Work Ready Oklahoma** is here to help you find a better job that fits your goals. Whether you're looking for your first job, a better job or returning to work, we've got your back. And the best part? **Our program is completely FREE.** No hidden costs, no small print.

WHAT WE OFFER:

Skill-Building Workshops

Learn how to write a killer resume, nail your job interviews and prove you're a great hire

Job Fairs

Get the chance to meet employers face-to-face and discover new job opportunities

Training

We help connect you to free training programs to help you learn new skills or improve what you already know

Better-Paying Jobs

Gain access to a variety of quality jobs starting at \$15/hour plus benefits through employment partners eager to hire our program graduates

Personal Support

Receive one-on-one guidance from the start of your job search to your first day at work and beyond



READY TO STEP UP?

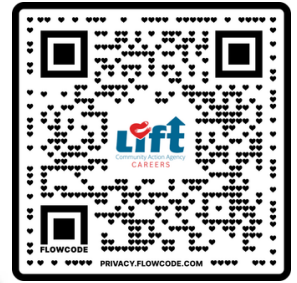
Come visit us today at **Work Ready Idabel**
📍 110 SE Washington Idabel, OK 📞 580.407.4976



www.liftca.org

Careers at LIFT CAA

[Home](#) [About](#) [Services](#) [Get Involved](#) [News & Events](#) [Gallery](#) [State Parks](#) [Careers](#) [Contact](#)



Join our team and help make a difference!

Employment with LIFT Community Action Agency provides a valuable opportunity to utilize your unique skills and abilities, working alongside a diverse, talented group of individuals who share a passion for helping to improve the lives of others while making our communities a better place to live and work.

LIFT Community Action Agency's holistic approach to community and wrap-around services considers the network of connections between housing, employment, education, transportation, nutrition and health, family composition, civic engagement, and more, supporting our clients through direct services or referral. To be effective, our agency creates and maintains strong and positive relationships with a range of service providers, including government, nonprofits, community groups, elected officials and others. Given the multiple barriers that low-income individuals and families often face, this seamlessness of services is often the key to client success.

LIFT Community Action Agency has a variety of positions to fulfill our Mission, "To improve the lives of low-income individuals and families through service and collaboration leading to self-sufficiency". Our Board of Directors, staff and community partners strive to realize the agency's Vision, "To free generations of people from poverty". As such, we hope you will join us in our relentless efforts to fulfill the Promise of Community Action.

LIFT Community Action Agency is an Equal Opportunity Employer. All qualified applicants will receive consideration for employment without regard to race, color, gender, sexual orientation, gender identity or expression, national origin, religion, age, disability, marital status, veteran status, genetic information or any other status protected by law.

Full-time (non-probationary/temporary) positions are eligible for a flexible benefits plan with medical, dental, and life insurance options; 403(B) retirement planning; 12 paid holidays each year; monthly accumulation of personal and sick leave; and professional development/training opportunities. (Note: Not all benefits are made available for every employee, and all benefits are subject to change at the discretion of the Board of Directors.)



209 North 4th Street - Hugo, OK 74743
www.liftca.org
Telephone: 580.326.3351 | Fax: 580.326.2305
TTD/TTY - 711

This institution is an equal opportunity employer





Choctaw Nation of Oklahoma
FAITH ♦ FAMILY ♦ CULTURE

(800) 522-6170

help@choctawnation.com

Mailing Address:

PO Box 1210, Durant, OK 74702-1210

Hours: Mon-Fri 8am – 4:30pm

Physical Address:

1802 Chukka Hina

Durant, OK 74701

Call to learn more!

County Coalitions

What is a county coalition?

A county coalition is a collaborative partnership between the local health department, healthcare organizations, and other public and private sector entities within a county to improve community health and preparedness. These coalitions work together on various initiatives, such as strengthening the healthcare system's response to emergencies and disasters, increasing community-wide health equity, or addressing specific local health challenges. County coalitions encourage parent involvement, local businesses, schools and organizations to join. Contact your local coalition to learn more details!



Choctaw County Coalition

Email: coalitionchoctawcounty@gmail.com

Facebook: Choctaw County Coalition



McCurtain County Coalition

Email: mccurtaincountycoalition@gmail.com

Facebook: McCurtain County Coalition for Change



Pushmataha County Coalition

Email: pushmatahacounty@gmail.com

Facebook: Pushmataha County Coalition

**Take a step and get involved
in your community!**

Second Section

Child Development & Family Enrichment Information





PARENT READING TIPS

- Point at objects and name them (dog, cat, house)
- Talk back and forth with your baby
- Play games with them while you are reading

**AGE
0-1**

- Smile and answer your child's questions
- Encourage them to point at objects and name them
- Have them help turn the pages

**AGE
1-2**

- Ask them questions about the book
- Talk about the pictures and what the words mean
- Let them pick out the book they want to read
- Reward them and set goals for reading

**AGE
2-3**

- Point out letters and numbers
- Look at pictures and make up stories about them
- Talk about the different characters
- Ask them their take on the story

**AGE
3-4**

- Have your child tell the story
- Encourage writing and drawing
- Ask them the meaning of the story
- Have a conversation about what the words mean

**AGE
4-5**

"When I was growing up in the hills of East Tennessee, I knew my dreams would come true.

I know there are children in your community with their own dreams. They dream of becoming a doctor or an inventor or a minister. Who knows, maybe there is a little girl whose dream is to be a writer and singer. The seeds of these dreams are often found in books and the seeds you help plant in your community can grow across the world."

-Dolly Parton



Your baby at 2 months

Baby's Name _____

Baby's Age _____

Today's Date _____

Milestones matter! How your baby plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your baby has reached by 2 months. Take this with you and talk with your baby's doctor at every well-child visit about the milestones your baby has reached and what to expect next.



What most babies do by this age:

Social/Emotional Milestones

- ☐ Calms down when spoken to or picked up
- ☐ Looks at your face
- ☐ Seems happy to see you when you walk up to her
- ☐ Smiles when you talk to or smile at her

Language/Communication Milestones

- ☐ Makes sounds other than crying
- ☐ Reacts to loud sounds

Cognitive Milestones

(learning, thinking, problem-solving)

- ☐ Watches you as you move
- ☐ Looks at a toy for several seconds

Movement/Physical Development Milestones

- ☐ Holds head up when on tummy
- ☐ Moves both arms and both legs
- ☐ Opens hands briefly

Other important things to share with the doctor...

- What are some things you and your baby do together?
- What are some things your baby likes to do?
- Is there anything your baby does or does not do that concerns you?
- Has your baby lost any skills he/she once had?
- Does your baby have any special healthcare needs or was he/she born prematurely?

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American Academy
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DEDICATED TO THE HEALTH OF ALL CHILDREN®

Your baby at 4 months

Baby's Name _____

Baby's Age _____

Today's Date _____

Milestones matter! How your baby plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your baby has reached by 4 months. Take this with you and talk with your baby's doctor at every well-child visit about the milestones your baby has reached and what to expect next.



What most babies do by this age:

Social/Emotional Milestones

- ☐ Smiles on his own to get your attention
- ☐ Chuckles (not yet a full laugh) when you try to make her laugh
- ☐ Looks at you, moves, or makes sounds to get or keep your attention

Language/Communication Milestones

- ☐ Makes sounds like "oooo", "aahh" (cooing)
- ☐ Makes sounds back when you talk to him
- ☐ Turns head towards the sound of your voice

Cognitive Milestones

(learning, thinking, problem-solving)

- ☐ If hungry, opens mouth when she sees breast or bottle
- ☐ Looks at his hands with interest

Movement/Physical Development Milestones

- ☐ Holds head steady without support when you are holding her
- ☐ Holds a toy when you put it in his hand
- ☐ Uses her arm to swing at toys
- ☐ Brings hands to mouth
- ☐ Pushes up onto elbows/forearms when on tummy

Other important things to share with the doctor...

- What are some things you and your baby do together?
- What are some things your baby likes to do?
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DEDICATED TO THE HEALTH OF ALL CHILDREN

Your baby at 6 months

Baby's Name _____

Baby's Age _____

Today's Date _____

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What most babies do by this age:

Social/Emotional Milestones

- ☐ Knows familiar people
- ☐ Likes to look at himself in a mirror
- ☐ Laughs

Language/Communication Milestones

- ☐ Takes turns making sounds with you
- ☐ Blows "raspberries" (sticks tongue out and blows)
- ☐ Makes squealing noises

Cognitive Milestones (learning, thinking, problem-solving)

- ☐ Puts things in her mouth to explore them
- ☐ Reaches to grab a toy he wants
- ☐ Closes lips to show she doesn't want more food

Movement/Physical Development Milestones

- ☐ Rolls from tummy to back
- ☐ Pushes up with straight arms when on tummy
- ☐ Leans on hands to support himself when sitting

Other important things to share with the doctor...

- What are some things you and your baby do together?
- What are some things your baby likes to do?
- Is there anything your baby does or does not do that concerns you?
- Has your baby lost any skills he/she once had?
- Does your baby have any special healthcare needs or was he/she born prematurely?

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Your baby at 9 months*

Baby's Name _____

Baby's Age _____

Today's Date _____

Milestones matter! How your baby plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your baby has reached by 9 months. Take this with you and talk with your baby's doctor at every well-child visit about the milestones your baby has reached and what to expect next.



What most babies do by this age:

Social/Emotional Milestones

- ☐ Is shy, clingy, or fearful around strangers
- ☐ Shows several facial expressions, like happy, sad, angry, and surprised
- ☐ Looks when you call her name
- ☐ Reacts when you leave (looks, reaches for you, or cries)
- ☐ Smiles or laughs when you play peek-a-boo

Language/Communication Milestones

- ☐ Makes different sounds like "mamamama" and "babababa"
- ☐ Lifts arms up to be picked up

Cognitive Milestones (learning, thinking, problem-solving)

- ☐ Looks for objects when dropped out of sight (like his spoon or toy)
- ☐ Bangs two things together

Movement/Physical Development Milestones

- ☐ Gets to a sitting position by herself
- ☐ Moves things from one hand to her other hand
- ☐ Uses fingers to "rake" food towards himself
- ☐ Sits without support

★ It's time for developmental screening!

At 9 months, your baby is due for general developmental screening, as recommended for all children by the American Academy of Pediatrics. Ask the doctor about your baby's developmental screening.

Other important things to share with the doctor...

- What are some things you and your baby do together?
- What are some things your baby likes to do?
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Your baby at 12 months

Baby's Name _____

Baby's Age _____

Today's Date _____

Milestones matter! How your baby plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your baby has reached by 12 months. Take this with you and talk with your baby's doctor at every well-child visit about the milestones your baby has reached and what to expect next.



What most babies do by this age:

Social/Emotional Milestones

- ☐ Plays games with you, like pat-a-cake

Language/Communication Milestones

- ☐ Waves "bye-bye"
- ☐ Calls a parent "mama" or "dada" or another special name
- ☐ Understands "no" (pauses briefly or stops when you say it)

Cognitive Milestones (learning, thinking, problem-solving)

- ☐ Puts something in a container, like a block in a cup
- ☐ Looks for things he sees you hide, like a toy under a blanket

Movement/Physical Development Milestones

- ☐ Pulls up to stand
- ☐ Walks, holding on to furniture
- ☐ Drinks from a cup without a lid, as you hold it
- ☐ Picks things up between thumb and pointer finger, like small bits of food

Other important things to share with the doctor...

- What are some things you and your baby do together?
- What are some things your baby likes to do?
- Is there anything your baby does or does not do that concerns you?
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DEDICATED TO THE HEALTH OF ALL CHILDREN

Your child at 18 months*

Child's Name _____

Child's Age _____

Today's Date _____

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by 18 months. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.



What most children do by this age:

Social/Emotional Milestones

- ☐ Moves away from you, but looks to make sure you are close by
- ☐ Points to show you something interesting
- ☐ Puts hands out for you to wash them
- ☐ Looks at a few pages in a book with you
- ☐ Helps you dress him by pushing arm through sleeve or lifting up foot

Language/Communication Milestones

- ☐ Tries to say three or more words besides "mama" or "dada"
- ☐ Follows one-step directions without any gestures, like giving you the toy when you say, "Give it to me."

Cognitive Milestones (learning, thinking, problem-solving)

- ☐ Copies you doing chores, like sweeping with a broom
- ☐ Plays with toys in a simple way, like pushing a toy car

Movement/Physical Development Milestones

- ☐ Walks without holding on to anyone or anything
- ☐ Scribbles
- ☐ Drinks from a cup without a lid and may spill sometimes
- ☐ Feeds herself with her fingers
- ☐ Tries to use a spoon
- ☐ Climbs on and off a couch or chair without help

★ It's time for developmental screening!

At 18 months, your child is due for general developmental screening and an autism screening, as recommended for all children by the American Academy of Pediatrics. Ask the doctor about your child's developmental screening.

Other important things to share with the doctor...

- What are some things you and your child do together?
- What are some things your child likes to do?
- Is there anything your child does or does not do that concerns you?
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DEDICATED TO THE HEALTH OF ALL CHILDREN™

Your child at 2 years*

Child's Name _____

Child's Age _____

Today's Date _____

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by age 2. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.



What most children do by this age:

Social/Emotional Milestones

- ☐ Notices when others are hurt or upset, like pausing or looking sad when someone is crying
- ☐ Looks at your face to see how to react in a new situation

Language/Communication Milestones

- ☐ Points to things in a book when you ask, like "Where is the bear?"
- ☐ Says at least two words together, like "More milk."
- ☐ Points to at least two body parts when you ask him to show you
- ☐ Uses more gestures than just waving and pointing, like blowing a kiss or nodding yes

Cognitive Milestones (learning, thinking, problem-solving)

- ☐ Holds something in one hand while using the other hand; for example, holding a container and taking the lid off

- ☐ Tries to use switches, knobs, or buttons on a toy
- ☐ Plays with more than one toy at the same time, like putting toy food on a toy plate

Movement/Physical Development Milestones

- ☐ Kicks a ball
- ☐ Runs
- ☐ Walks (not climbs) up a few stairs with or without help
- ☐ Eats with a spoon

★ It's time for developmental screening!

At 2 years, your child is due for an autism screening, as recommended for all children by the American Academy of Pediatrics. Ask the doctor about your child's developmental screening.

Other important things to share with the doctor...

- What are some things you and your child do together?
- What are some things your child likes to do?
- Is there anything your child does or does not do that concerns you?
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DEDICATED TO THE HEALTH OF ALL CHILDREN®

Your child at 30 months*

Child's Name _____

Child's Age _____

Today's Date _____

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by 30 months. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.



What most children do by this age:

Social/Emotional Milestones

- ☐ Plays next to other children and sometimes plays with them
- ☐ Shows you what she can do by saying, "Look at me!"
- ☐ Follows simple routines when told, like helping to pick up toys when you say, "It's clean-up time."

Language/Communication Milestones

- ☐ Says about 50 words
- ☐ Says two or more words together, with one action word, like "Doggie run"
- ☐ Names things in a book when you point and ask, "What is this?"
- ☐ Says words like "I," "me," or "we"

Cognitive Milestones (learning, thinking, problem-solving)

- ☐ Uses things to pretend, like feeding a block to a doll as if it were food

- ☐ Shows simple problem-solving skills, like standing on a small stool to reach something
- ☐ Follows two-step instructions like "Put the toy down and close the door."
- ☐ Shows he knows at least one color, like pointing to a red crayon when you ask, "Which one is red?"

Movement/Physical Development Milestones

- ☐ Uses hands to twist things, like turning doorknobs or unscrewing lids
- ☐ Takes some clothes off by himself, like loose pants or an open jacket
- ☐ Jumps off the ground with both feet
- ☐ Turns book pages, one at a time, when you read to her

★ It's time for developmental screening!

At 30 months, your child is due for general developmental screening as recommended for all children by the American Academy of Pediatrics. Ask the doctor about your child's developmental screening.

Other important things to share with the doctor...

- What are some things you and your child do together?
- What are some things your child likes to do?
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Your child at 3 years

Child's Name _____

Child's Age _____

Today's Date _____

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by age 3. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.



What most children do by this age:

Social/Emotional Milestones

- ☐ Calms down within 10 minutes after you leave her, like at a childcare drop off
- ☐ Notices other children and joins them to play

Language/Communication Milestones

- ☐ Talks with you in conversation using at least two back-and-forth exchanges
- ☐ Asks "who," "what," "where," or "why" questions, like "Where is mommy/daddy?"
- ☐ Says what action is happening in a picture or book when asked, like "running," "eating," or "playing"
- ☐ Says first name, when asked
- ☐ Talks well enough for others to understand, most of the time

Cognitive Milestones

(learning, thinking, problem-solving)

- ☐ Draws a circle, when you show him how
- ☐ Avoids touching hot objects, like a stove, when you warn her

Movement/Physical Development Milestones

- ☐ Strings items together, like large beads or macaroni
- ☐ Puts on some clothes by himself, like loose pants or a jacket
- ☐ Uses a fork

Other important things to share with the doctor...

- What are some things you and your child do together?
- What are some things your child likes to do?
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DEDICATED TO THE HEALTH OF ALL CHILDREN®

Your child at 4 years

Child's Name _____

Child's Age _____

Today's Date _____

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What most children do by this age:

Social/Emotional Milestones

- ☐ Pretends to be something else during play (teacher, superhero, dog)
- ☐ Asks to go play with children if none are around, like "Can I play with Alex?"
- ☐ Comforts others who are hurt or sad, like hugging a crying friend
- ☐ Avoids danger, like not jumping from tall heights at the playground
- ☐ Likes to be a "helper"
- ☐ Changes behavior based on where she is (place of worship, library, playground)

Language/Communication Milestones

- ☐ Says sentences with four or more words
- ☐ Says some words from a song, story, or nursery rhyme
- ☐ Talks about at least one thing that happened during his day, like "I played soccer."
- ☐ Answers simple questions like "What is a coat for?" or "What is a crayon for?"

Cognitive Milestones

(learning, thinking, problem-solving)

- ☐ Names a few colors of items
- ☐ Tells what comes next in a well-known story
- ☐ Draws a person with three or more body parts

Movement/Physical Development Milestones

- ☐ Catches a large ball most of the time
- ☐ Serves himself food or pours water, with adult supervision
- ☐ Unbuttons some buttons
- ☐ Holds crayon or pencil between fingers and thumb (not a fist)

Other important things to share with the doctor...

- What are some things you and your child do together?
- What are some things your child likes to do?
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DEDICATED TO THE HEALTH OF ALL CHILDREN®

Your child at 5 years

Child's Name _____

Child's Age _____

Today's Date _____

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by age 5. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.



What most children do by this age:

Social/Emotional Milestones

- ☐ Follows rules or takes turns when playing games with other children
- ☐ Sings, dances, or acts for you
- ☐ Does simple chores at home, like matching socks or clearing the table after eating

Language/Communication Milestones

- ☐ Tells a story she heard or made up with at least two events. For example, a cat was stuck in a tree and a firefighter saved it
- ☐ Answers simple questions about a book or story after you read or tell it to him
- ☐ Keeps a conversation going with more than three back-and-forth exchanges
- ☐ Uses or recognizes simple rhymes (bat-cat, ball-tall)

Cognitive Milestones (learning, thinking, problem-solving)

- ☐ Counts to 10
- ☐ Names some numbers between 1 and 5 when you point to them
- ☐ Uses words about time, like "yesterday," "tomorrow," "morning," or "night"
- ☐ Pays attention for 5 to 10 minutes during activities. For example, during story time or making arts and crafts (screen time does not count)
- ☐ Writes some letters in her name
- ☐ Names some letters when you point to them

Movement/Physical Development Milestones

- ☐ Buttons some buttons
- ☐ Hops on one foot

Other important things to share with the doctor...

- What are some things you and your child do together?
- What are some things your child likes to do?
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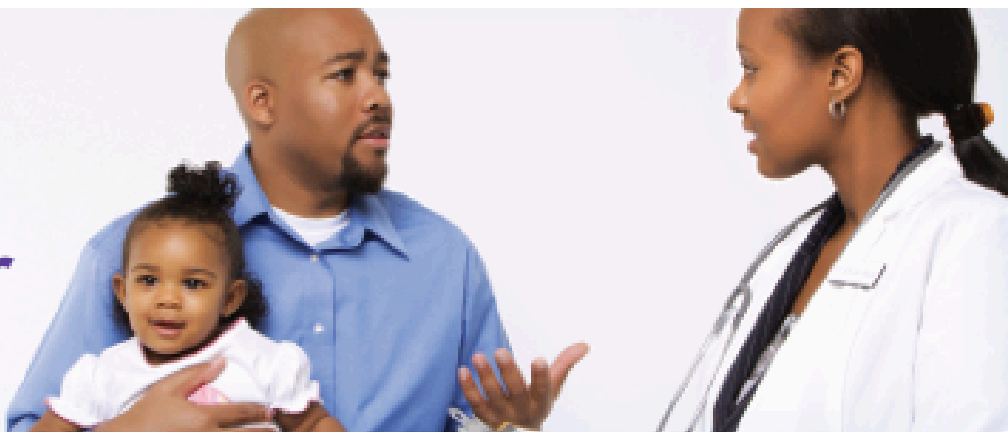
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Concerned about Development?

How to Get Help for Your Child



Talking to the doctor is the first step toward getting help for your child if you are concerned about his or her development (how your child plays, learns, speaks, acts, or moves). **Don't wait.** Acting early can make a real difference!

1 Make an appointment with your child's doctor

- When you schedule the appointment, tell the doctor's staff you have concerns about your child's development that you would like to discuss with the doctor.

2 Complete a milestone checklist

- Before the appointment, complete a milestone checklist by downloading CDC's free [Milestone Tracker mobile app](#) from the App Store or Google Play or printing a paper checklist from www.cdc.gov/Milestones
- Write down your questions and concerns; take these with you to the doctor's appointment.

3 During the doctor's appointment

- **Show the completed milestone checklist to the doctor**
 - > If your child **is** missing milestones, point them out, and share any other concerns that you have.
 - > If your child **is not** missing milestones but you still have concerns, tell the doctor about them.
- **Ask the doctor for developmental screening for your child**
 - > Developmental screening is recommended whenever there is a concern. It gives the doctor more information to figure out how best to help your child.
 - > For more information about developmental screening, go to www.cdc.gov/DevScreening.
- **Ask the doctor if your child needs further developmental evaluation**
 - > If your child does, ask for a referral and call right away. If you have difficulty getting an appointment, let the doctor know.

4 Make sure you understand what the doctor tells you, and what to do next

- Before you leave the appointment, check the notes you have written and make sure all of your questions have been answered.
- If you do not understand something, ask the doctor to explain it again or in a different way.
- When you get home, review your notes and follow the steps the doctor has given you. Remember, you can always contact the doctor's office if you have any questions.

You Know Your Child Best

If your child's doctor has told you to "wait and see," but you feel uneasy about that advice:

Talk with another doctor to get a second opinion

AND

Call for a free evaluation to find out if your child can get free or low-cost services that can help.

- **If your child is under age 3:**
Call your state's early intervention program. Find the phone number at www.cdc.gov/FindEI.

- **If your child is age 3 or older:**
Call the local public elementary school.

You do not need a doctor's referral to have your child evaluated for services.

Find more information, including what to say when you make these important calls, visit www.cdc.gov/Concerned.

Don't wait.
Acting early can make a real difference!



www.cdc.gov/ActEarly
1-800-CDC-INFO (1-800-232-4636)



Download CDC's
Milestone Tracker App

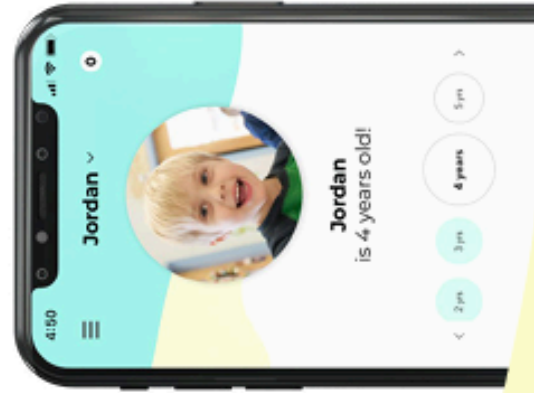


Learn the Signs. Act Early.

Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

Download CDC's free Milestone Tracker app to find fun and easy activities for each age.



Track & Share
Milestones



Get Tips &
Activities



Learn When
to Act Early

Learn more at cdc.gov/MilestoneTracker



The ABCs of Safe Sleep

Alone

on their

Back

in an empty

Crib

on a safe,
firm mattress



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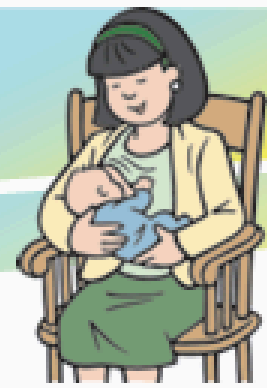
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SOUP**

From The ABCs of Safe Sleep
(90482).

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Breastfeeding

10 Common Questions



1. When will my milk be ready?

- Your milk is ready on baby's birth day.
- The earliest milk is called colostrum (Col-OS-trum). It is full of antibodies (germ fighters). It is like giving your baby free medicine.

2. Does breastfeeding hurt?

- It does not hurt if you get your baby "latched on" to your breast correctly.
- Take a breastfeeding class before your baby is born and find out what to expect.

3. Should I breastfeed if I get sick?

- Yes. Unless you have HIV/Aids, continuing to breastfeed actually protects your baby from getting your illness, whatever it is.

4. Can I breastfeed with implants?

- It depends on the type of surgical cut made in your breast in order to place the implants.
- An incision made around or across your areola (dark circle around the nipple) can damage the nerves. In turn, this may cause you to not make enough milk for the baby.
- Some incisions may have cut breast tissues and damage milk ducts.
- You will need a lactation specialist to examine you before and after breastfeeding.

5. Can I breastfeed with a breast reduction?

- It depends on the type of surgical cut made in your breasts.
- Breast surgery often damages the milk ducts inside the breast, which may cause problems.
- In general, a breast reduction is more likely to interfere with nursing than breast implants.
- You won't know the extent of any nerve damage until you try nursing.
- You will need a lactation specialist to examine you before and after breastfeeding.

6. Can I breastfeed with a breast tattoo?

- A pre-existing, healed tattoo will have no effect on breastfeeding. But, if you don't have one yet, wait until you've breastfed your last baby.

7. Can I breastfeed with inverted nipples?

- "True" inverted (or flat) nipples will not become erect when stimulated or cold. If your nipples protrude when stimulated, they are not truly inverted and do not need any special treatment in order to breastfeed.
- Some types of nipples are harder for the baby to latch onto, especially at first.
- In most cases, patience, persistence and the proper latch-on technique will work.
- Wear breast shells to correct flat nipples if your lactation consultant advises you to.

8. Can I breastfeed with a pierced nipple?

- It depends on where your piercing is and if the site is healed. It's best to remove jewelry while breastfeeding.
- Some milk pores in the nipple may be blocked, but the nipple does have 15-20 pores.
- If the piercing is in the breast, some milk ducts maybe be blocked or cause mastitis.
- The baby may latch on crookedly, causing discomfort to you and poor milk flow.
- It's best to see a lactation specialist before and after breastfeeding for the best advice.

9. Can I breastfeed while pregnant?

- Yes! Women everywhere have breastfed during pregnancy as well as continued to nurse an older child along with the new baby.
- Nursing while pregnant does not trigger premature labor or take nutrients away from the unborn baby.

10. Is my baby getting enough breastmilk?

Yes, you have plenty of milk if:

- your baby latches on well and you are both comfortable
- you feed 8-12 times in 24 hours
- baby has at least 6 wet and 2 dirty diapers in 24 hours
- your baby gains 4-7 ounces a week
- baby is content for 1 to 2 hours between most feedings
- you hear your baby swallow during feeding.



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Look for our Ten
Tips pamphlets on
Breastfeeding at
NoodleSoup.com.

Tummy Time to Walking

Ten Tips to Help Your Baby Grow Stronger

1 Start with tummy time.

This builds strong muscles to help baby roll over, crawl and sit up.

2 Keep baby safe.

Once baby starts moving around, watch her closely.

3 Help baby sit up.

Hold baby on your lap or sit her up against a pillow.

4 Play with baby every day.

Plenty of free time out of the stroller, carrier and crib is a must.

5 Use toys to help baby.

Hold some toys out of reach as baby learns to reach, crawl and walk.

6 Give baby a safe place.

Block off a space where baby can practice crawling.

7 Gate the stairs.

Put a gate at the top and bottom of any stairs.

8 Help baby learn to stand and walk.

Baby will pull herself up on your leg or a couch.

9 Give lots of praise.

As baby learns new things give her lots of praise.

10 Practice, practice, practice.

Baby develops by trying again and again.



Age

Milestone

4-6 months

Rolls over

4-6 months

Sits up with help

6-8 months

Sits up alone

7-10 months

Crawls

8-9 months

Pulls himself up to his feet

9-12 months

Walks holding onto furniture

12 months

Takes first steps

12-18 months

Walks alone



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Excerpt from Ten Tips:
Tummy Time to Walking
(#1288)

Ten Tips on Parenting Well with Food

Learn the Division of
Responsibility as follows:

1. You are responsible for *what, when and where* to feed.
2. Your child is responsible for *how much and whether* he eats.
3. Parents choose and serve the food.
4. Choose from all the food groups.
5. Make regular meals your idea. Don't just cook when somebody else wants something to eat.
6. When you have a new food, also include a familiar one.
7. Children may need to try a new food 10-20 times...or more.
8. Teach your children to eat by the way you eat.
9. Teach children to feel good about eating.
It is a gift from you that lasts a lifetime.
10. Ask for an appointment with a dietitian if you and your family are having food struggles.



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Ellyn Satter's (DOR)
Division of Responsibility
From Raising Well with Food (RWSO)
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Eating Healthy

on a Budget



1. **Plan ahead**, make a list and shop once a week.
2. **Buy fresh fruits and veggies** that are in season.
3. **Buy in bulk**, store or freeze the extra.
4. **Eat at home more**, eat out less.
5. **Cook extra**, make enough for several meals.
6. **Roast a whole chicken**, it's tasty and goes far.
7. **Cut down on soda** and sugary drinks.
8. **Look for the best prices**, clip coupons, stock up on basics when they are on sale.
9. **Cut the junk**. Shop the outer aisles for fresh healthy foods.
10. **Skip "convenience" foods**. Precut, pre-packaged, prepared foods cost more.



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Excerpt from *Ten Tips on Eating Healthy on a Budget* (#1162).
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Make sure your child is always buckled in a car seat, booster seat, or seat belt that is appropriate for their age and size.



REAR-FACING CAR SEAT

Birth until age 2–4

Buckle children in a rear-facing car seat with a harness until they reach the maximum weight or height limit of their car seat. Keep children rear-facing as long as possible. Never place a rear-facing car seat in the front seat. Front passenger air bags can injure or kill young children in a crash.



FORWARD-FACING CAR SEAT

After outgrowing rear-facing car seat and until at least age 5

When children outgrow their rear-facing car seat, they should be buckled in a forward-facing car seat with a harness and a top tether in the back seat until they reach the maximum weight or height limit of their car seat.



BOOSTER SEAT

After outgrowing forward-facing car seat and until seat belt fits properly

When children outgrow their forward-facing car seat, they should be buckled in a booster seat in the back seat until the seat belt fits properly without a booster seat. Proper seat belt fit usually occurs when children are age 9–12.



SEAT BELT

When seat belt fits properly without a booster seat

Children no longer need to use a booster seat when the seat belt fits them properly. A seat belt fits properly when the lap belt is across the upper thighs (not the stomach) and the shoulder belt is across the center of the shoulder and chest (not across the neck or face, and not off the shoulder).

Keep children properly buckled in the back seat until age 13.

*Recommended age ranges for each seat type vary to account for differences in child growth and weight/height limits of car seats and booster seats. Use the car seat or booster seat manual to check for important information about installation, the seat weight and height limits, and proper seat use.

Child passenger safety recommendations: American Academy of Pediatrics 2018.

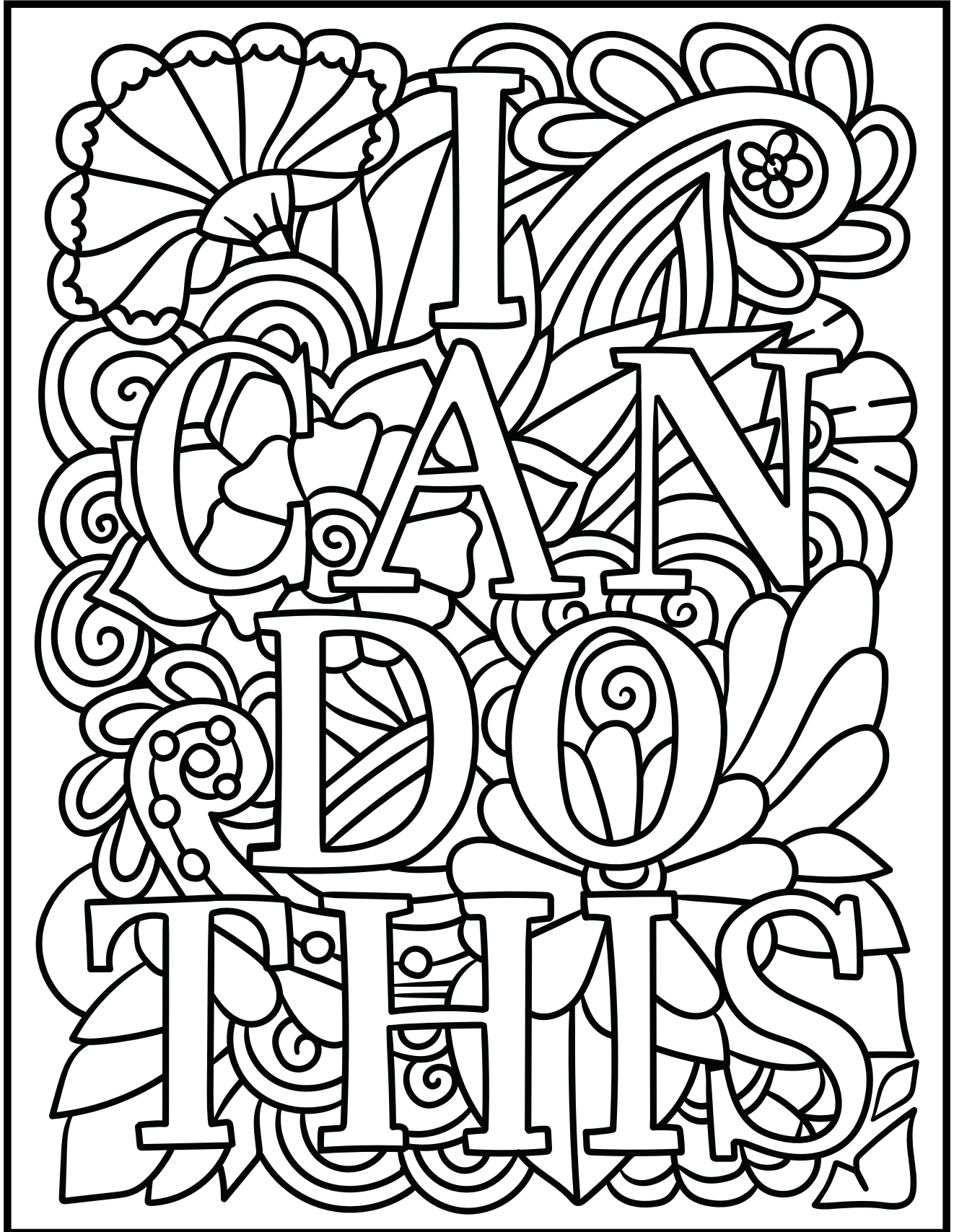
www.cdc.gov/child-passenger-safety/about



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®



Mindful Coloring

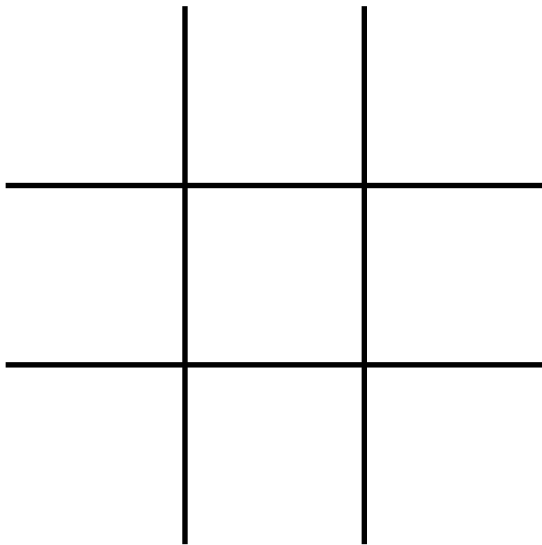


TIC-TAC-TOE

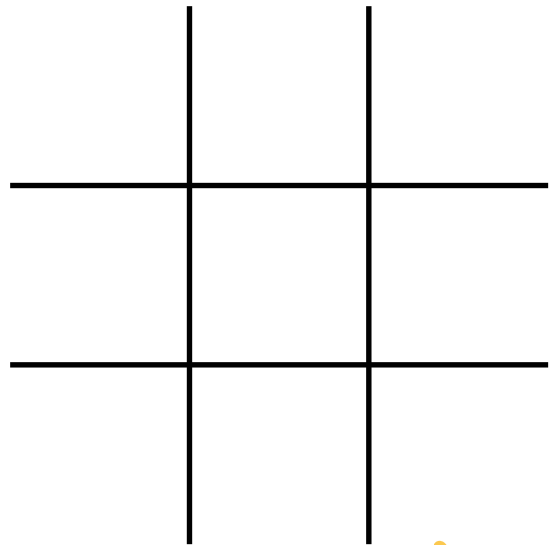
Family Engagement Activity

A simple game like tic-tac-toe can do wonders for bonding with children. It's not just about the game itself it's about:

- Quality Time: Playing together creates shared moments that children cherish.
- Communication: It opens up space for conversation and laughter.
- Learning Opportunities: Kids practice strategy, patience, and good sportsmanship.
- Emotional Connection: Even small victories and playful competition strengthen trust and closeness.

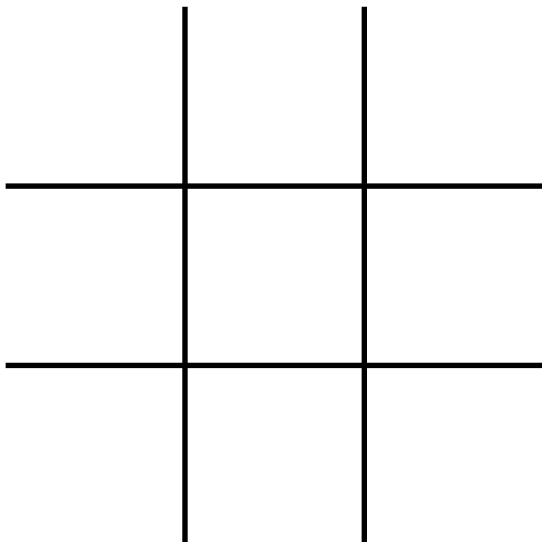


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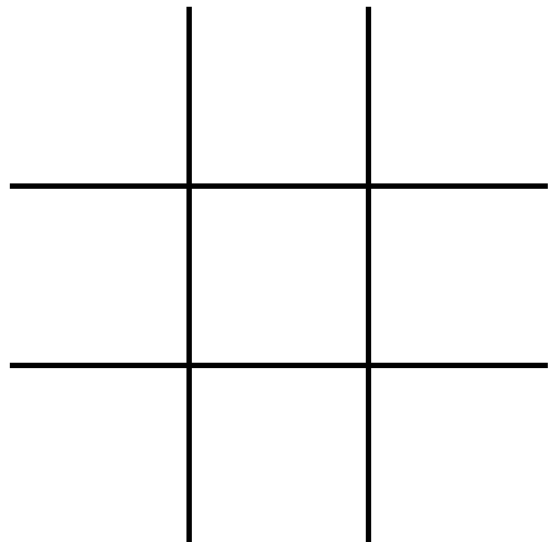


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**“When families have the right resources,
they can overcome challenges and build
a brighter future.”
-Anonymous**

580-326-7581

This Family Resource Manual was developed by the LIFT Family Resource Center.