

Parent's Little Book of Information

A Resource Guide for Families with Young Children

Wayne County is rich in resources for children and families; however, many of the available resources are underused because families are not aware of them.

The Parent's Little Book of Information is an attempt to increase awareness of our county's resources.

The publication and dissemination of this resource guide is made possible by the following:

AccuCopy of Goldsboro

Partnership for Children of Wayne County

We also gratefully acknowledge the Wayne County Local Interagency Coordinating Council's assistance with updating the information included in this resource guide.

5th Printing, June 2006

How To Use The Parent's Little Book of Information

Parent's Little Book of Information is a Smart Start Publication and a "must" for every parent. It is designed for the families of children ages 0-5 and the agencies that provide services to these children. We hope that families will find the guide helpful in accessing and using the many resources in Wayne County.

Take time to become familiar with all parts of the resource guide. The General Services listings are alphabetical and provide basic information about services to our youngest citizens. Agencies and organizations with a large number of resources are listed separately with each agency service for young children defined (Health Department, Mental Health, Department of Social Services, etc.) The Alphabetical Index should be used if you know the name of the program. If you have an issue or know the subject, the Categorical Index will provide several possibilities for addressing your concerns. Check the Questions Index to determine if your question is similar to the frequently asked questions.

To receive additional copies of the Parent's Little Book of Information or to provide comments or suggestions and/or ways you have been able to use the book, please contact:

Partnership for Children of Wayne County, Inc.

800 North William Street

Goldsboro, NC 27530

919 735-3371

919 735-3194 (fax)

E-mail: waynesmst@ncisp.net

Website: waynesmartstart.org

What you will find ...

- Have you wondered who to call regarding certain situations?
- Who can answer your questions?
- Who are the experts in the area?

The Parent's Little Book of Information is designed to collect and organize a comprehensive list of agencies, organizations, and programs in Wayne County that provide either free or sliding fee (based upon family income) services especially for young children. Many privately owned resources are also available but are not included to prevent the appearance of a recommendation by the sponsoring agencies. Please consult your phone book yellow pages for additional services. By the time a resource guide is printed, new programs may be created, or existing programs may cease to exist.

The inclusion of a program does not constitute endorsement by the Partnership for Children nor does the omission imply a lack of endorsement. Every attempt was made to include all existing services and provide accurate and current information; however, we recommend calling to verify location and hours of operation. The Partnership for Children does not assume responsibility for inaccuracies or omissions.

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Resources

General

Area Churches in Action

658-0942

104 SW Center Street
Mt. Olive, NC 28365

Operates a thrift shop and a pantry of supplies available to families in need. Staff determines eligibility for emergency food supplies. Individuals may walk-in to apply for assistance or be referred by churches, agencies, or organizations. Thrift shop specializes in used clothing and decorative accessories at reasonable prices.

Accepts donations.

1-5 Th-F

Fees: None

CARE-LINE

1-800-662-7030

325 N. Salisbury Street
Raleigh, NC 27603

Provides information and referral to individuals to access service agencies across the state.

An Information and Referral Specialist assesses each call as to the specific needs of the caller. The Specialist then identifies programs and services available to meet those needs and provides contact information. Bilingual (Spanish-English) staff and a TDD (phone device) for the hearing impaired are available.

8-5 M-F

Fees: None

Chapel Hill Dental School
Campus Box 7450
Chapel Hill, NC 27514

(919) 966-2805

Accredited state dental school offering dental services to North Carolina residents at reduced rates. Accepts self-referrals. Call to schedule appointments.

Children's Developmental Service Agency

(252) 737-1167

Iron's Building – ECU
Oglesby Drive
Greenville, NC 27858-4353
www.ncei.org

Children's Developmental Service Agencies (CDSAs) are diagnostic clinics where children will be seen by a team of specialists experienced in child development. A multidisciplinary staff of specialists will examine the child and work together to arrive at a diagnosis.

Child evaluation appointments may be requested by parents, teachers, or health professionals concerned about possible child development problems. Fees for services are based on an "ability to pay" sliding fee scale determined by family income and size.

8-5 M-F

Fees: Sliding Scale

Community Soup Kitchen

731-3939

112 West Oak Street
Goldsboro, NC 27530

Provides free hot lunches to needy individuals daily, including holidays.

11-12 noon M-Sat.

Fees: None

**Cooperative Extension
of Wayne County**

731-1520

PO Box 68
Goldsboro, NC 27533

Offers educational programs in agriculture, youth related issues, and family and consumer sciences.

Specialty areas include: Parenting and family education, child development, housing and environment, food safety, nutrition, food preparation, money management, horticulture, livestock, pesticide education, field crops, county 4-H program (children 6-19); sponsors Extension and Community Association.

8-5 M-F

Fees: None

Parents as Teachers

580-4072

This Smart Start sponsored program provides parenting specialists available for monthly visits to the homes of children 0-5 to enhance the family's knowledge of child development and to model age-appropriate activities. Available to any child in Wayne County.

**Eastern NC Early Intervention Program
for Children who are
Deaf or Hard of Hearing**

(252) 237-2450

Hwy. 301 N.
P.O. Drawer 2768
Wilson, NC 27894-2768
www.ncoes.net

The Early Intervention Program for Children who are Deaf or Hard of Hearing provides services to children who are deaf, hard of hearing, or deaf/blind ages

birth to three and their families. Concentrating on language and communication skill development, itinerant professionals provide family-centered intervention in home and daycare settings. At age three, the program works to establish a smooth transition to the local education agency. Collaborations with the Local Education Agency, Wayne County Health Department, the Early Intervention Program, the local Head Start and other vital agencies encourage high quality services for children. Satellite classes are located in Durham, Fayetteville, Greenville, Jacksonville, New Bern, and Wilson. Call for additional information.

Fees: None

Employment Security Commission

731-7950

309 N. William Street

Goldsboro, NC 27530

311 W NC 55 Hwy

Mt. Olive, NC 28365 658-4926

Offers employment placement services for applicants and employers; provides unemployment insurance assistance and serves as a referral service to other agencies. Services include job referral, clerical testing, counseling, labor market information, employer technical services, services to veterans, and services to special applicant groups (older workers, persons with disabilities and youth).

8:30-5 M-F

Fees: None

Family YMCA

778-8557

1105 Parkway Drive
Goldsboro, NC 27534

<http://www.goldsboroymca.org>

Offers fitness/aerobic classes, water exercise, pre-school and after school programs, summer camp, sports programs, W.A.R.M. Hearts Mentoring, special events and other activities.

Wellness Center Membership:

The Wellness Center Membership includes Triple Gymnasium, Indoor Running/Walking Track, Jogging Trails, Olympic Size Pool, Free Weight Room, Use of General Locker Rooms and Racquetball.

Fitness Center Membership:

The Fitness Center Membership includes all of the Wellness Center benefits, plus use of the Fitness Center locker rooms which include a Jacuzzi, Steam Room, Sauna and a Towel Service.

The hours of the facility are stated below. Please call for pool and gym hours of operation.

5:30-10 M-Th; 5:30-9 F; 7-7 Sat.; 1-6 Sun.

G.A.T.E.WAY**Goldsboro Area Transportation Express
of Wayne County Transit Center**

736-1374

1615 East Beech Street
Goldsboro, NC 27530

Provides fixed route service within Goldsboro as well as coordinated transportation services for the general public, human service agencies, and public/private employers throughout Wayne County.

All G.A.T.E.WAY Transit buses are wheelchair accessible. The G.A.T.E.WAY Transit fare structure is as indicated below.

Fixed Route service within Goldsboro City limits:

Bus Fare- \$1.00 (ONE-WAY TRIP), Reduced Fare Discount*-\$ 0.50, Ten-Ride Tickets-\$10.00, Children (under 42 inches tall)-FREE (Limit 1 child per paying pass), Transfers-FREE.

Coordinated service within Wayne County:

Passengers living outside the Goldsboro City limits but within Wayne County may contact one of the Wayne County Human Service agencies listed below or the G.A.T.E.WAY offices at 919-736-1374 for fare information.

Tickets may be purchased at the G.A.T.E.WAY transfer station from 8:00 am - 5:00 pm.

At the time of this publication there are four main city bus routes:

Slocumb Street, Wayne Memorial Drive, North End/Little Washington, and Berkeley Mall. All four routes include the Transfer Center. Please call for bus route schedules or obtain copies from the Wayne County Human Service Agencies listed below:

Wayne County Department of Social Services
Wayne County Health Department
Wayne County Services on Aging
Wayne Opportunity Center

***Reduced Fare Discount** - Seniors at least 60 years old, Medicare cardholders, and handicapped riders may receive a discount for all one-way trips on the city bus service. To receive this discount, eligible riders should present their discount card to the driver upon entering the bus. Discount cards can be obtained from the Gateway offices only. Applications are available at the address listed above.

Riding Tips

G.A.T.E.WAY Transit buses will stop at bus stop signs only.

Boarding the Bus

Please have exact fare or ten-ride ticket ready before boarding the bus. Bus drivers carry no money and cannot make change.

Reduced fare riders please have your identification card ready to show the driver. If you do not show your card, you will be required to pay the full fare.

Transfers

If your travel involves more than one route to arrive at your destination, a transfer must occur at the transfer (transit) center. Drivers will not accept transfers at other stops. When you board the second bus, give your transfer to the driver. Transfers may not be sold or given away. Transfers cannot be used for round trips.

On Demand Curb to Curb Service

G.A.T.E.WAY vans are available for individuals to schedule service that is not included on the bus routes. The fares for this service is \$5.00 each way. Please call in advance to schedule an appointment; at least 48 hours is required. Appointment scheduling occurs only between 9:00 am - 2:30 pm Monday-Friday.

G.A.T.E.WAY does offer services for out of town destinations, but these trips must be scheduled with the Department of Social Services.

8-5 M-F (office hours)

Stephen Wright, Executive Director
Goldsboro - Wayne Transportation Authority
PO Box 227
Goldsboro, NC 27533
Phone: 919-736-1374 ext. 208
Fax: 919-731-1558
Email: stephen.wright@waynegov.com

Goldsboro Parks & Recreation

739-7480

903 E Ash Street

Goldsboro, NC 27530

www.ci.goldsboro.nc.us/rec_parks

The Goldsboro Parks and Recreation Department provides a variety of wholesome leisure activities for Goldsboro citizens of all ages. The department provides and maintains a system of parks, a golf course, indoor facilities, and open space areas for safe and affordable use by all residents of the City of Goldsboro. Please call for current program and parks information.

8:00-5:00 M-F (Office Hours)

Fees: Vary according to activity or service.

Governor Morehead Preschool

919-242-6307

345 Turner Swamp Road

Fremont, NC 27830

www.governormorehead.net/content/Preschool

The Governor Morehead Preschool (GMP) provides community-based early intervention and preschool services to children ages birth through five years with diagnosed visual impairments. Governor Morehead Preschool staff offers an array of services to children and families. Focusing on environmental and educational adaptations, visual efficiency assessment and training, compensatory skill development, pre-Braille/Braille instruction, and orientation and mobility training, teachers address each child's unique needs specific to their visual impairment. Intervention occurs through the use of a variety of instructional strategies that take place in the child's natural environment.

Additional services include family support services and activities, developmental assessments, IFSP and/or IEP development, and staff development opportunities for both service providers and families.

House of Fordham

736-7352

412 N. William Street

Goldsboro, NC 27530

Provides emergency shelter for anyone in need. Provides food and clothing. Accepts agency referrals or walk-ins. Variety of support services including counseling, employment assistance and referrals to appropriate agencies are available. Accepts donations.

9-2 M-F

**Imagination Station
Science Museum of Wilson**
224 East Nash Street
Wilson, NC 27894

(252) 291-5113

Imagination Station is a science and technology center where everyone has the opportunity to explore science while having fun.
9-5 M-Sat.
Admissions: Adults \$4.00; Seniors (62+) \$3.00;
Children (4-17) \$3.00; Children (3 & under) FREE.

Lighthouse of Wayne County
405 East Walnut Street
Goldsboro, NC 27530

736-1313

Provides safe shelter, crisis counseling, referrals, support, and advocacy for victims of domestic violence. Call for assistance with accessing any of these services.
8-5 M-F
Fees: None

Mental Health Association
804C Corporation Drive
Goldsboro, NC 27534

734-3530

Educates and addresses issues of mental health in Wayne County. Provides educational materials, information and referral on emotional disorders, awareness programs and screening for depression, sponsors Reach Support Group for families of the mentally ill, and assists with setting up other support groups.
9-4 M-F
Fees: None

Pierre the Pelican

This program is available to Wayne County parents/guardians of 0-5 year-old children. Recruitment of newborns at Wayne Memorial Hospital assists in offering this program to every family. The program mails newsletters containing timely parenting tips and age-appropriate child development information. The newsletters are monthly for the child's first year of life, every other month for the second year and quarterly thereafter. Each newsletter contains information targeted to the age of your child at that time (6 month newsletter - information related to the 6-month-old child; 12 month newsletter - specific expectations for the one year old, etc.). Please call the Mental Health Association if you are interested in receiving Pierre the Pelican at no cost.

Salvation Army

735-4811

610 N. William Street
Goldsboro, NC 27530

Provides counseling and referral services, food, shelter, clothing, utilities, rent and emergency shelter for individuals in need. The Salvation Army operates a thrift store with used furniture, clothing, small and large appliances and a variety of other items for sale. Family counseling, religious services and youth programs are available.

8-5 M-F

Fees: None

United Church Ministries, Inc.
119 W. Walnut Street
Goldsboro, NC 27530

734-0480

Emergency financial assistance, short-term food supplies and referral to community resources are available. Accepts referrals from other agencies and self-referrals. Staff on duty verifies applications during the hours of operation. United Church Ministries is sponsored by cooperating interdenominational area churches. Donations can be made on site or at participating churches.

10-1 M-F

Fees: None

Wayne Community College

735-5151

Caller Box 8002
Goldsboro, NC 27533
www.waynecc.edu

Provides college transfer programs, associate degree programs, and a variety of technical and vocational programs for persons 16 years of age or older.

Offers special training in fire and rescue, law enforcement and numerous continuing education interests as well as cultural activities. Schedule of courses (Curriculum and Continuing Education) is published each semester. (Spring, Summer, and Fall)

Offers literacy programs such as GED, Adult Basic Education, Adult High School Diploma, and English as a Second Language.

8 -10 M-F

Fees: Vary

Wayne County Public Library

735-1824

1001 E. Ash Street
Goldsboro, NC 27530www.wcpl.org

Provides circulation of books, reference information, audio-visual materials and videos to residents of Wayne County. The interlibrary loan program makes books, films and genealogical materials from other libraries available to local citizens. A children's library and programs for children of all ages are available. Public access to the internet and word processing access is also available. Provides services to the homebound elderly and to disadvantaged children.

A borrower must be a resident of Wayne County. To become a registered borrower, one must present identification with a current address. The library registration is valid at the main library in Goldsboro and any of the branch libraries.

Wayne County Branch Libraries:

Fremont202 N. Goldsboro St.
Fremont, NC 27830
242-5442**Steele Memorial**111 N. Chestnut St.
Mt. Olive, NC 28365
658-2580**Pikeville**106 W. Main St.
Pikeville, NC 27863
242-6446**Seven Springs**506 Church Road
Seven Springs, NC 28758
569-2631**Every Child Ready to Read**

580-4014

A Smart Start sponsored program that delivers early reading initiatives to reach children ages 2-5 and their families and caregivers. The program includes staff training, family educational sessions, story hours, and book sharing.

Wayne County Public Schools

731-5900

2001 E. Royall Avenue
Goldsboro, NC 27530
PO Drawer 1797 (mailing)
Goldsboro, NC 27533
www.waynecountyschools.org

Provides Kindergarten through 12th grade public education for Wayne County residents.

Preschool Special Needs Program

705-6027

The Wayne County Public School system serves the special needs of preschoolers ages 3, 4, and 5 (not eligible for kindergarten) in Wayne County. Free screenings are available to determine whether a child has special needs in any area of development (speech, language, cognitive, social, physical). Direct and consultative services can be provided in the child's regular preschool, childcare setting, or the child's own home. Some specialized center-based preschool options are also available.

A list of all Wayne County Public Elementary Schools is included in the School Readiness section of this guide.

Wayne County Administrative Office: 8-5 M-F

Fees: None

Wayne Memorial Hospital
2700 Wayne Memorial Drive
Goldsboro, NC 27530
www.waynehealth.org

736-1110

Provides acute inpatient, emergency, and referred outpatient services for Wayne County and its surrounding five counties. Also includes the Wayne Area Diabetes and Education Center, the Eastern Regional Surgery Center, cardiac rehabilitation and health promotion. 24 hours a day, 7 days a week.

Fees: Charges vary according to services received.

Health Watch

731-6353

Provides a personal response system for help in emergencies and to provide a degree of security for the elderly, handicapped individuals, or others at home alone. Individuals maintain contact through the telephone as needed for medical emergencies or for personal conversations.

Fees: \$50 for the installation. The monthly monitoring fee is \$35.

Wayne Uplift Resource Association

735-4262

409 Hinson Street
Goldsboro, NC 27530

Provides services to help low income families develop both as individuals and as a community to overcome obstacles and search for solutions. The Wayne Uplift Resource Center collaborates with various agencies to create innovative initiatives tailored to the specific needs of Fairview, Lincoln, Seymour and Courtyard Apartment residents.

The following services are offered routinely at facilities located in the communities: Parent Skills Training, Adult Basic Education, Youth Development and after school program, Parents Anonymous.

Parenting Skills

This program provides a variety of training opportunities to enhance parenting skills including: Systematic Training for Effective Parenting (STEP) and Common Sense Parenting. Available to all families in Wayne County. Call for upcoming class dates and times.

8-5 M-F

5:30 PM – 7:30 PM Thursday / Parents Anonymous

Fees: None

Partnership for Children of Wayne County

800 North William Street
Goldsboro, NC 27530
735-3371

www.waynesmartstart.org

Local not-for-profit corporation created to identify the needs of children and their families and collaborate with community agencies to meet those needs. Smart Start and More at Four are the primary funding sources. The Partnership's vision is to prepare all children for success by providing quality coordinated services while linking families to childcare, health, and family support services.

8-5 M-F

Fees: None

Child Care Resource & Referral

A Smart Start program that provides parents with information regarding available child care options; offers child care providers additional training and technical assistance; provides parent trainings; promotes community awareness of child care issues; provides advocacy for young children and quality child care.

8-5 M-F

Early Childhood Lending Library

Educational materials, toys, and games for children aged birth to five and their families. Available to "check out" for use at home. Excellent resource for child care providers.

8:30-4:30 M-F

Fees: \$5.00 Annually

More at Four

Provides high quality pre-Kindergarten programming for at-risk four-year-olds in Wayne County to prepare them for success in school. Participation is voluntary. Applications may be obtained from participating sites or at the Partnership office.

Fees: None

Safe Kids-Wayne County Chapter

Safe Kids– Wayne County is dedicated to the prevention of accidental childhood injuries. The chapter couples public outreach and awareness campaigns with hands-on educational activities for children and their families aimed at involving and educating the community about childhood safety issues. One of the main focus areas of this chapter is child passenger safety seat events. Contact the Partnership for Children for appointments for car seat checks.

Born Learning

The Born Learning Campaign is a national public engagement campaign funded locally by the United Way of Wayne County. The campaign targets parents and caregivers of young children from birth to age five. Born Learning campaign materials translate early learning research into easy-to-do activities that parents and caregivers can use on the go. The message of this campaign is that children are born learning. For free educational materials or referrals to community agencies, contact the Partnership for Children.

**Your “One-Stop Shop”
for the Early Years**

**Wayne County
Health Department**
301 N. Herman Street, Box CC
Goldsboro, NC 27530
731-1000
8-5 M-F
www.waynegov.com/health

Adult - General Clinic

A variety of health services are provided through the General Clinic including the following: TB tests, free immunizations, Syphilis & HIV testing, influenza and pneumonia shots.

Blood Lead Screening

Routine blood lead level screening of any child in Wayne County between ages 12 and 24 months. Identifies lead hazards or sources of lead in child's environments. Provides preventative lead poisoning information.

1-3 M, 8-11 T, Th, F

Child Health Clinic

Provides a screening clinic staffed by RNs specifically trained for routine physical and developmental assessments of children 2 months and older. Kindergarten and Head Start assessments are included. M-F by appointment only

Child Service Coordination (CSC) Program

Offers education, counseling, and coordination of services to families with a child, age birth to five years of age with significant concerns about medical, social or developmental issues.

Services include developmental screening and monitoring, child health and development information and assistance with accessing needed resources. This service is routinely provided during home visits. Individuals or agencies can make referrals.

Fees: None

Comprehensive Health Team

A program sponsored by the Partnership for Children of Wayne County that provides a county-wide approach to raising healthier children by working with child care facilities and families. Vision, hearing, dental, and developmental screenings are offered by referral to children 0-5 years of age when a child care provider or parent has a concern regarding a particular child. It is the goal of the team to follow-up with all children who have abnormal screenings and connect them to the needed community resource. Children's immunization records are reviewed in an effort to update delinquent immunizations and to decrease the outbreak of disease. The Health Service Team strives to assure that every child has health insurance and a primary medical home.

Dental Health

Promotes educational and preventive dental health programs. The primary purpose is to improve the oral health of Wayne County's citizens. Dental hygienists and a full time dentist offer services on a sliding fee scale to anyone in Wayne County. It is recommended that all children receive a dental check up by age 3.

Environmental Health

Provides inspections of restaurants, food stands, meat markets, lodging places, child care centers, rest and nursing homes and residential care facilities for compliance with local, state and federal environmental health laws and regulations. Soil and site evaluations are conducted to determine the suitability of properties for sewage disposal systems.

Family Planning Clinic

Provides care to women who desire assistance in preventing pregnancy, spacing children or limiting their number of pregnancies. Complete physical examinations, laboratory work (blood sugar, hematocrit, blood pressure, urinalysis, and pregnancy testing) height and weight checks and breast examinations. Contraceptive supplies are available. Appointments are required for all services.

Immunizations

NC State law requires that parents or legal guardians of a child living in North Carolina are responsible for assuring that their children receive required immunizations at specific ages against infectious diseases. The law also requires the basic prescribed series of immunizations to be completed before two years of age. As a result of this state mandate, the Health Department provides immunizations to the public.

9-4 M-F

Fees: No charge 0-18 years of age.

Maternal and Child Health Program

Maternity Care Coordination

Offers complete prenatal services. Physical exams, laboratory tests, blood pressure, nutritional assessment and counseling, prenatal classes, parenting, Lamaze, breastfeeding classes, ultrasounds, and non-stress fetal monitoring are routine components of this service. Special high risk prenatal services and appropriate referrals as well as postpartum care are available to all pregnant women in Wayne County in an effort to improve pregnancy outcomes and promote the health of mothers and babies.

Orthopedic Clinic**Children's Special Health Services Clinic**

Provides a regional orthopedic screening clinic. By appointment only. If orthopedic concerns are suspected, an initial evaluation (diagnostic) is free. Team of Orthopedists and Orthopedic Residents from Duke University Medical Center evaluate and make recommendations for treatment, diagnostic x-rays and lab procedures, and orthopedic appliances or equipment when indicated. Call for appointment. Physicians or other professionals should complete a referral form to send with the family.

Orthopedist's recommendations will be returned to you.

7:30-11:00 Third Thursday of every other month.

Sexually Transmitted Diseases Program

Provides diagnosis, treatment and educational counseling for patients with sexually transmitted diseases such as syphilis, gonorrhea, trichomoniasis, simple vaginitis, and chlamydia. Confidential HIV testing and counseling is available. All partners and contacts of a person with a sexually transmitted disease can receive treatment.

8-11 and 1-4 M-F

Sickle Cell Screening

Provides screenings for sickle cell disease. Offers counseling and referral services.

1-3 M, 8-11 T

Fee: No charge

**The Sickle Cell Disease Association
of America**

(910) 346-2510

344 Center Street
Jacksonville, NC 28540

A Regional Sickle Cell Program for education, information and case management. For more information, please contact us at (800) 826-1314.

**SIDS Counseling
(Sudden Infant Death Syndrome)**

731-1206

Assists families in coping with SIDS (crib death). Public health nurses or social workers provide services such as counseling, education, consolation, and support. May be referred by agency or medical professional or may self refer.

Tuberculosis Program

Provides necessary services to ensure all known cases of tuberculosis receive adequate treatment. Assists with referrals and/or follow up of all positive skin tests.

Call for hours of operation for various services.

WIC

731-1276

Women, Infants & Children Program

Provides nutrition education, referral services, and counseling to assist families with food selection and menu planning. The service is available to pregnant women, breastfeeding women, and women who have given birth within the last six months and to infants and children up to the fifth birthday. Medicaid recipients are automatically eligible. Other interested parties should call to discuss income eligibility and to make an appointment, if applicable. Referrals are accepted from medical providers for nutritional risk consultation without regard to income.

The WIC Program provides food vouchers for free milk, cheese, cereal, eggs and other nutritionally sound foods. Vouchers are good for 30 days. Re-certification every 6 months is required for children 1-5 years old. Proof of income is required. By Appointment only.

Main Office- Goldsboro

809 Simmons Street
8-4 M-W
8-6 Thursday
8-11 Friday

Seymour Johnson AFB WIC Office

1200 Wright Brothers Avenue
Phone: 705-1779
8-4 M-W (Closed Thurs. and Fri.)

Mt. Olive WIC Office

108A West Main Street (Upstairs-Housing Authority Bldg.)
Phone: 731-1680
8-4 W-F (Closed Mon. and Tues.)

Interpreters are available for
all Health Department Services

Eastpointe

100 South James Street

Goldsboro, NC 27530

731-1133

8-5 M-F

www.eastpointe.net

Eastpointe provides comprehensive community services for mental health, developmental disabilities, and substance to the citizens of Duplin, Lenoir, Sampson and Wayne counties. Eastpointe in collaboration with consumers/families, providers, and communities will work together in developing and continually improving a system that empowers and supports people with disabilities and our communities in a manner that achieves real and valued outcomes and adheres to the concepts of system performance, partnerships, community benefit, the efficient use of resources, and insures public accountability of our finite resources.

Fees: Sliding fee scale based on established income criteria.
Private pay, Medicare/Medicaid and private insurance payments are accepted.

Wayne County
Department
of Social Services

301 N. Herman Street, Box HH
Goldsboro, NC 27530
580-4034
8-5 M-F

www.waynegov.com/departments/dss/home-dss.asp

The Wayne County Department of Social Services promotes and encourages personal responsibility and self support for all citizens of Wayne County through temporary and transitional assistance, supportive services, and community involvement.
Fees: None, unless otherwise indicated

Income Maintenance Division

Services that help limited income families get and maintain work, support, employment, promote quality health care coverage, food assistance and other economic supports for families.

Child Day Care Unit

Maintains contracts with licensed child care providers to assist with the cost of care for children of limited income families who need child care for any of the following reasons:

- Persons seeking and maintaining employment.
- Children remaining in their own home during the period in which they are receiving protective services.
- Persons in training leading towards employment.
- Assistance supporting the developmental needs of the child.
- Assistance supporting child welfare services.

Income guidelines require that an applicant be eligible:

- On the basis of income
- In some situations, on the basis of need without regard to income
- Maintain income eligibility as verified by recertification every six months while child care is needed.

Fee: based on income.

Documents Needed to Apply for Child Care: Birth Certificates, Social Security Cards, Identification, Previous Months Pay Stubs, Health Insurance Card, Most Recent Bank Statements, Life Insurance Policies, Alien - INS documentation. The names, addresses, date of birth, and social security number of Absent parent.

Food Stamps

Electronic Benefit Card (EBT)

Provides monthly benefits that help low income households buy the food they need for good health. This program is based on income and resources. One may qualify for food stamps if he/she works for low wages, is unemployed, or works part-time, receives assistance payments, or is elderly or disabled and lives on a small income. The amount of Food Stamps varies according to resources and number of people in the family.

Documents Needed to Apply for Food Stamps: Previous Months Pay Stubs, Social Security Cards, Identification, Utility Bills, Most Recent Bank Statements, Proof of Residence, Proof of Shelter Expenses, Alien - INS documentation.

Emergency Assistance

Crisis Intervention provides assistance to limited income families that are faced with a heating or cooling related crisis situation.

Eligibility is dependent upon the service being offered.

Low Income Energy Assistance Program provides a one-time cash payment annually to help families pay their heating bills. The application process usually starts in mid October and runs until the last of November. The dollar amounts will vary depending on household size, household income, and type of fuel used.

Work First Employment & Family Assistance Program

Attempts to locate employment opportunities for recipients while providing supportive services to enable individuals to become self-sufficient. The Work First Employment Program targets Work First Family Assistance recipients who are at greater risk of long-term welfare dependency. Provides a money payment and medical assistance to certain relatives and children.

Documents Needed to Apply for Work First: Birth Certificates, Social Security Cards, Identification, Previous Months Pay Stubs, Health Insurance Card, Most Recent Bank Statements, Life Insurance Policies, Alien - INS documentation. The names, addresses, date of birth, and social security number of Absent parent.

Documents Needed to Apply for Family & Children's Medicaid: Medical Bills, Previous Months Pay Stubs, Life Insurance Policies, Most Recent Bank Statements, Social Security Cards, Health Insurance Card, Vehicle Registration, Alien - INS documentation.

Health Support Transportation

Health support transportation is available through Wayne County DSS. It is provided to individuals who need assistance in securing needed health and medical care who otherwise have no means of obtaining the services.

Services Division

Adoption/Foster Care Services

1916 N. US 117 Hwy Bypass

Provide casework services to facilitate placement, prepare adoptive children and prospective parents, and support and maintain adoption placements. Potential parents must go through an application and interview process. An assessment is conducted which includes group meetings and several individual interviews with the prospective parents.

Fees: Vary

Adult Services

Provides counseling to those who request assistance to enable them as individuals and/or families to make decisions that best fits their needs. The Social Worker's aim in providing this service is to enable the client to recognize, understand, and cope with individual issues and conflicts. Counseling areas most often include: household management, consumer affairs, family life, alcoholism, drug addiction, and emotional and mental issues.

Adult Protective Services

Protective services for adults is based upon a legal mandate that the County is responsible for assuring that disabled adults are protected from abuse, neglect and exploitation. The agency also assists in identifying a guardian for incompetent individuals who have no one available or willing to assume this responsibility.

Child Protective Services

1916 N. US 117 Hwy. Bypass

Includes the investigation of reports of child abuse and or neglect, evaluation of the harm and risk to children who have experienced abuse and/or neglect, placement of affected children when necessary and counseling services.

Family Planning Services

1916 N. US 117 Hwy. Bypass

Provides counseling in limiting family size, alternate solutions, family planning, and sterilization resources when appropriate. Eligibility criteria are dependent upon the services being offered.

Services for the Blind

1916 N. US 117 Hwy Bypass

Provides for visually impaired persons to enable them to become as independent as possible. Provides eye care to persons with limited income. Eligibility criteria are dependent upon the services being offered. Fees: May be applicable if income exceeds allowable amount.

Services provided include:

- Eye examinations
- Eye glasses
- Treatment
- Surgery
- Hospitalization for eye disorders
- Ocular prosthesis
- Low vision aids

Child Support Enforcement

224 East Walnut Street
Courthouse

The program's purpose is to ensure that absent parents support their children. Collects child support to reimburse the state for public assistance money it has paid out to eligible families. Recipient cases are entitled to all services offered. This program is available to everyone, regardless of income.

Available services:

Absent parent location
Establishment of paternity
Establishment of a support obligation
Collection of support payments
Enforcement of support obligation
Fee: Application fee for clients. No fee
for Public Assistance Recipients.

Wayne Action Group For

Economic Solvency, Inc. (W.A.G.E.S.)

601 E. Royall Avenue

734-1178

8-5 M-F

www.wagesnc.org

WAGES (Wayne Action Group for Economic Solvency, Inc.) is a local non-profit Community Action Agency, which plans, develops and administers human service programs. The mission of WAGES is to help people improve their quality of life and health and gain independence. WAGES advocates for the disadvantaged, encourages people to raise their self-esteem through education, provides services and opportunities for services, and mobilizes community, public and private resources.

Children and Families Services

First Steps

First Steps is a child abuse/neglect prevention program based on the Healthy Families America model. Identifies families at child's birth and offers home-based services to promote healthy growth and development with an emphasis on empowering the family to make productive choices.

Intensive Intervention

A Smart Start sponsored program that provides more intensive services for selected families, in addition to providing all of the services above.

Foster Grandparent

Senior citizens 60 years and over provides support services for

children who are mentally retarded, emotionally disturbed, physically handicapped, developmentally and language delayed or abused/neglected. Agencies and organizations that provide services to those special populations may request a Foster Grandparent to be paired with a child(ren). The Foster Grandparent assists with the delivery of service supervised by the program provider.

Head Start and Early Head Start

A comprehensive child and family development program with classroom And home-based settings offered throughout Wayne County. Provides family support, health, nutrition, and parent involvement services for children ages birth to five years. Eligibility is determined by income, need, and a variety of other factors.

8:00-2:00; 8:30 - 2:30; or 9:00 -3:00 M-F

Extended day services are also available for parents who are striving to Meet their employment or educational goals.

Fees: None

Head Start Extended Day Services

Full day child care services for children enrolled in Head Start and Early Head Start, for parents who are working or in training. Smart Start sponsors a portion of this program with eligibility determined by WAGES.

6:30-6 M-F

Fees: Sliding scale

Prenatal services and Parent Support are also available.

Support Services:

Self Sufficiency

Provides services to limited-income citizens to increase their opportunities for self-sufficiency through various educational projects and special assistance. Offers training which consists of 13 weeks of motivational and skills training to assist with job placement. Services include tuition, books, child care, and transportation. Offers a program to assist in completing high school. Eligibility requirements include: Wayne County resident, family income within NC poverty guidelines and specific criteria for each individual project.

Weatherization

Provides housing repairs and weatherization services to eligible recipients. Energy-conserving services include air sealing, insulation, weather-stripping, windowpane replacements and door replacements. This program also tests for deadly gas and carbon monoxide leaks. In addition to making homes more comfortable, the Weatherization Program provides information to recipients on ways to reduce heating and cooling expenses by minimizing heat loss and reducing fuel consumption.

Fees: None

WAGES Food Service

The WAGES Food Service provides food preparation to WAGES and other programs in Wayne County. WAGES Food Service also prepares meals served at meetings or other events sponsored by WAGES as well as meals for other schools and programs in the community.

Older Adults and Support Services:

In addition to the Foster Grandparents Program, WAGES offers a Senior Companion Program, Nutrition Program for the Elderly, and Medication Management Program.

Parenting Tips

How to Help Your Crying Baby

A baby cries for many reasons.

I cry because there is something I want to let you know.

Sometimes I cry to tell you:

- ①• I am hungry.
- ①• I have a gas pain.
- ①• I am too cold or I am too hot.
- ①• Something scared me.
- ①• I am sick or I hurt.
- ①• I am bored or lonely.
- ①• There is too much noise.
- ①• Too many different people are holding me.
- ①• My diaper is wet and I need to be changed.
- ①• I am tired.

Sometimes I cry when I think you are feeling upset or grumpy. Sometimes I am just fussy because:

- ①• I don't know how to settle down.
- ①• I am in a bad mood.

You may feel bad, angry, helpless, or worried if you don't know why I am crying, how to comfort me, or how to keep me from crying so much.

Help me to be happy most of the time.

Each baby is different.

Get to know what I need and get to know me. Learn that I have different cries that mean different things. One cry means, I want to eat. Another means I want to do something else.

By thinking about what I need, you can help me stay happy. Knowing what I don't like can help to prevent me from being fussy.

- ①• Be sure to change my diaper if I am wet or dirty. Like most babies, I will need to be changed at least every 3 hours when I am awake.
- ①• Make sure I am not too hot or too cold.
- ①• Don't feed me more milk than I need. I will let you know when I have had enough.
- ①• Don't feed me cereal or solid food without talking to my doctor first.
- ①• Don't leave me in an infant seat too long. I like to do many activities. I may fuss to tell you that I want to do something else.

I need to suck.

- ①• Let me suck as much as I want to, either on a pacifier or my fingers.
- ①• Try different pacifiers until I find one that I like.

I need to learn that I belong to my parents.

- ①• You can't spoil me at this age. When I learn that you will help me, I will cry less.
- ①• Spend as much time with me as you can when I am awake.
- ①• Touch, hold, hug, cuddle, and love me.
- ①• Talk to me.
- ①• Walk or rock me.
- ①• Come to me as soon as you can when I cry.

As a young baby, I need lots of sleep and quiet time.

- ①• Let me sleep a lot if I want to.
- ①• Place me in a quiet place. I don't like a lot of noise and I don't need a lot of visitors.

As I get older, I will want to do more things with you.

- ①• Play with me and talk with me.
- ①• I will tell you when I am tired of doing something by fussing or turning my head away.

Try to find out why I am crying:

Look to see if I:

- ①• am wet or have a dirty diaper.
- ①• am too hot or too cold.
- ①• am hungry.
- ①• am too full.
- ①• need to burp.
- ①• have a stomachache.
- ①• am tired.

Is there too much going on?

- ①• Is there too much noise in the room?
- ①• Are there too many people holding or touching me?
- ①• Are people smoking around me?

Am I sick?

- ①• Do I have a fever?
- ①• Am I vomiting?
- ①• Have I had a bowel movement in a while?
- ①• Do I have loose bowels or diarrhea?
- ①• Do I have a diaper rash or some other rash?
- ①• Do I have a cold or runny nose?
- ①• Am I pulling on my ears? This may be a clue that I have an ear infection.
- ①• If I have any of these problems, you can check with my doctor to see if I am sick.

To help me stop crying:

- ①• Pick me up and hold me.
- ①• Snuggle or wrap me in a blanket.
- ①• Talk or sing to me.
- ①• Play soft music.
- ①• Lower the lights.
- ①• Give me something to look at or something to play with.
- ①• Give me a pacifier.
- ①• Sit with me in a rocking chair.
- ①• Walk or dance with me.
- ①• Take me for a ride in the car or in the stroller.

NEVER SHAKE ME

No matter how upset or angry you feel, do not shake me.

Shaking me can cause brain damage or even death. I will outgrow this constant crying.

Holding and cuddling me tells me that you love me and that you want me to feel better.

Back to Sleep Stomach to Play

Put babies on their back to sleep until at least one year of age, it cuts down on the risk of crib death or Sudden Infant Death Syndrome (SIDS).

When your baby is awake, put him on his stomach to play and for exercise. This will help his neck, arms and shoulder muscles grow strong.

Developmental Milestones in Young Children

Parents are in the best position to recognize his child's development. The milestones given below are a guide that may be used. No two children develop at the same rate, since every child develops at his own pace. If your child does not master a skill during the noted time frame do not be alarmed. You can talk about this with your pediatrician during your child's next visit.

Newborn

- ①• Looks to see who is talking.
- ①• Moves eyes to follow something that moves in front of face.
- ①• Can see best when an object is about eight inches from face.
- ①• Sleeps a lot.
- ①• Eats every few hours.
- ①• Is fussy and cries a lot.
- ①• Sucks on fingers or pacifier. Sucks even when not hungry.
- ①• Is startled by loud noises.

1-2 months

- ①• Waves, kicks or squirms when lying on back.
- ①• Makes sounds like uh, eh, and oh.
- ①• Looks and stares at things.
- ①• Lifts head up and turn it sideways when on stomach.
- ①• Turns toward voice.
- ①• Quiets down, move eyes, or change expression when hears a voice or some other noise.
- ①• Gurgles, smiles, and laughs when happy.
- ①• Cries tears when upset.

3-4 months

- ①• Smiles at person to get attention.
- ①• Holds head up without bobbing it around when sitting on lap.
- ①• Holds a small toy, like a rattle, for a few seconds in hand.
- ①• Laughs out loud.
- ①• Says ooh, aah, and other vowel sounds.
- ①• Holds head all the way up and rest on arms when on stomach.
- ①• Recognizes sounds that hear often-like a voice, the sound of a favorite toy, or running water.
- ①• Gets excited when sees people they know.

5-6 months

- ①• Picks up head and chest when lying on stomach. Can hold self up with arms.
- ①• Stands up if being held under the arms.
- ①• Rolls from stomach to back or from back to stomach.
- ①• Notices small things if placed in front of them.
- ①• Lies on back and looks at hands. Can bring hands together over chest or at the mouth.
- ①• Reaches for toys or other interesting things that are placed nearby.
- ①• Squeals and makes high-pitched sounds when happy.
- ①• Teeth start to come in.

7-9 months

- ①• Sits for a few seconds without any help.
- ①• Feeds self a cracker, cereal, or food I can eat with fingers.
- ①• Says the sounds of ma, ga, da, di, ba, and makes other sounds.
- ①• Picks up small things using whole hand in a raking motion.
- ①• Listens to people talking and trying to make the same sounds.
- ①• Holds a small block in one hand and passes it to the other.
- ①• Looks for something that has been dropped.

- ①• Holds onto something and stands for about 5 seconds.
- ①• Gets upset if left.
- ①• Begins to drink juice from a cup.
- ①• Knows which toys are his.
- ①• Stubborn at times.

10-12 months

- ①• Plays “pat-a-cake” or other clapping games.
- ①• Pulls self up by hanging on to chair or crib rail.
- ①• Picks up a cube or small toy in each hand and bangs them together.
- ①• Picks up a small object using thumb and finger.
- ①• Says the same sound over and over, like “babababa” or “lalalala”.
- ①• Says “mama” or “dada”.
- ①• Stops doing something if told no.
- ①• Follows some easy directions, “come here” or “give it to me”.
- ①• Sits up with help.
- ①• Stands without help for at least 2 seconds.

13-15 months

- ①• Points, reaches, make sounds, puts arms up to express needs.
- ①• Stands for 10 seconds or more.
- ①• Waves bye-bye when someone is leaving and says bye-bye.
- ①• Calls mama.
- ①• Talks all the time.
- ①• Knows the meaning of some words like juice, cup, and no and out.
- ①• Stops to pick something up and stands up again without holding on to anything.
- ①• Drops small things like a block into a container.
- ①• Turns and looks when called.

16-18 months

- ①• Walks without assistance.
- ①• Helps around the house.
- ①• Drinks from a cup or glass.
- ①• Rolls a ball back and forth.
- ①• Says “no” and shakes head from side to side.
- ①• Says at least three words other than “dada” and “mama”.
- ①• Scribbles on paper with crayons and pencils.

1 1/2 -2 years

- ①• Uses a fork or spoon when eating.
- ①• Takes off jacket, pants, and shirt.
- ①• Pretends to do things.
- ①• Runs.
- ①• Makes a tower of four blocks.
- ①• Points to a picture in a book if asked to find something.
- ①• Uses at least six different words.
- ①• Points to two different body parts when asked.
- ①• Walks up stairs.
- ①• Kicks a ball forward.

2 1/2 years

- ①• Runs and jumps.
- ①• Says own name.
- ①• Stands and balances.
- ①• Puts on clothing that are easy to get on.
- ①• Points to different body parts,
- ①• Points to a picture and names something in the picture.
- ①• Says two-words phrases like “play-ball” or “want drink”
- ①• Asks questions.
- ①• Understands and does something when asked to.
- ①• Says new words.
- ①• May ask to use the potty.

3 years

- ①• Builds a tower with at least six blocks.
- ①• Puts an easy puzzle together.
- ①• Throws a ball overhead.
- ①• Points to and tells you about the pictures in a favorite book.
- ①• Brushes teeth with help.
- ①• Talks in sentences that have three or four words in them.
- ①• Sings songs.
- ①• May not take daily naps.

4 years

- ①• Tells you the names of friends.
- ①• Washes and dries hands.
- ①• Asks many questions.
- ①• Copies a line that goes up and down on the paper after being shown how to do it.
- ①• Uses a normal tone of voice.
- ①• Copies a picture of a circle.
- ①• Tells you what their needs are (hungry, tired, cold)
- ①• Points to a picture of something that is being described.
- ①• Jumps forward with feet together.
- ①• Stands on one foot for a few seconds.

5 years

- ①• Hops on one foot.
- ①• Dresses self, zip zippers, buttons buttons and combs hair.
- ①• Plays board games and card games with others.
- ①• Copies two solid lines that cross, so it looks like +, a plus sign.
- ①• Names at least four colors.
- ①• Is able to follow simple directions.
- ①• Draws pictures of people with at least three body parts.
- ①• Speech is understandable.

Ten ways to give your child a great start in life

What you do in the first three years of your baby's life directly impacts the adult your child will become. Research clearly shows that the brain and personality of a child develop in dramatic ways during the first years of a child's life. Quite simply, the first years last forever.

1. Hold your baby. Loving touch is a powerful way to stimulate positive mental, physical and social development in a child. It also provides a secure sense of being loved, valued, and safe. Cuddle your baby often; rock him; hug and kiss him as you feed and change him. Gently massage his back, tummy, arms, and legs in order to calm him or simply to interact with him. Never hit or shake your baby!!

2. Respond to the child's signals. Try to understand what your baby is feeling or telling you with his facial expressions, movement or sounds. As adults, we like having people listen to us and show understanding or our feelings; so does an infant! Sensitive responses build a child's sense of trust, personal attachments, and feelings of self-esteem.

3. Talk, sing, and read to your child. Fill your child's day with language! Even a tiny infant is absorbing the sounds around him, learning to recognize particular voices, the rhythm of sentences, and - gradually - the meaning of certain words. Talk about what you are doing; talk about what your baby is doing; name the things in your child's world. Say rhymes, recite poetry, and play music. Share looking at and handling sturdy picture books. Remember, school success depends on the ability to use language well and to enjoy reading. You can lay the foundation for this in your child's first two years!

4. Play with your child. Have fun together! The greatest gift you can give your child is your time and attention. As parents, you are the most important people in a child's life. No one can replace you!

5. Establish rituals and routines. A child enjoys the security of certain routines such as books, songs or special toys at bedtime. Regular times for meals, naps, and bedtime structure to a young child's day.

6. Encourage self-exploration and play. As your child grows, provides safe ways for him to experience his world. Introduce him to a variety of tastes and things to touch. An enriched environment actually stimulates brain development during the first few years. Childproof your home so that your baby can safely crawl or toddle with few restraints. Limit television. Active learning is always better than passive.

7. Give your child a healthy start. Keep your baby well instead of just getting help if he gets sick! Make sure he gets regular check ups, on time immunizations, plenty of rest, and a well-balanced diet. Never put your baby at risk by delaying his shots; they can be obtained through the health department, as well as private doctors.

8. Recognize that each child is unique. Every child is a very special gift with individual temperaments, talents, appearance, and growth patterns. Never compare children. Look for and encourage the special gifts your child brings.







9. Emphasize the positive. Say positive things to your child. Negative comments or putdown can lead to low self-esteem, anger, and social problems and misbehavior. Affirm your child's strengths - and they will become even stronger. Catch your child being good...and his behavior will improve. Whatever a parent pays attention to will increase - whether

it's desirable or undesirable. Teach your child limits. Always use discipline as an opportunity to teach good behavior and self-control.











10. **Take care of your self.** If you are tired, unhappy, or irritable, your child will suffer. Get enough rest; maintain supportive relationships, add some interesting experience or hobbies to your life.

Help your child develop to his or her fullest potential!

Car Seat Safety

-  All children in all seats must be buckled at all times.
-  Children under age 8 and less than 80 pounds must ride in a weight appropriate child safety seat that meets federal motor vehicle safety standards at time of purchase.
-  If the vehicle is equipped with an active front passenger-side airbag, children must be secured in the back seat.
-  Children under age 16 must ride in an age appropriate restraint system no matter where they sit. The law applies to all passenger vehicles with both in-state and out-of-state registration.
-  The driver is held responsible for proper restraint of children.
-  Violation of child passenger safety laws may result in fines and court costs.

Safeguard Your Children

-  Teach them never to talk to strangers.
-  Teach them to never ride their bikes alone. Always ride with a buddy and always wear a helmet.
-  Teach them never to play in the street.
-  Teach them to look both ways and watch for cars before entering or crossing the street.
-  Establish neighborhood boundaries in which they may play.
-  Teach them to never open the door to a stranger.
-  If they should see a gun, teach them to stop, don't touch and call an adult.
-  Teach them to never get into a car with someone they don't know.
-  If they feel threatened, teach them to run away as fast as they can.
-  Develop a secret password that must be used if someone unfamiliar is to pick them up from school or play.

Child Care

Child Care

There is child care, and then there is child care: Quality is the major difference. You will breathe easier when you've found someone to hold, hug and play with your child the same way you do...an experienced caregiver who will give your child the nurturing and the skills to learn, grow and discover the world around him/her...a daily partner with you and your child's development.

How To Find Quality Child Care

Visit, Visit and Visit Again

Schedule interviews with several caregivers-well in advance of the time you will first need care. Visit each of them more than once at different times-over a period of several days to get a feel for the rhythm and pace of the caregiver's routine. How does the caregiver interact with the children? Does the caregiver enjoy talking and playing with them?

How does the caregiver respond to a fussy child or resolve conflicts among children? A capable, loving child care provider is in control, but shows flexibility in responding to the needs of different children. Keep visiting from time to time, even after you've selected child care.

Look at Things from Your Child's Point of View

To really understand the child care environment, look at the space from your child's level. Is the home or center childproofed and clean? Ask yourself the questions your child might ask like, "Do they have toys for me," "is there a space to put my things," "are the other children happy and content?"

Less Is More

Know what ratios are allowed and what ratio you prefer. In North Carolina, the child-to-caregiver ratio for children up to age one is 5 to 1. A low child-to-caregiver ratio is especially important for infants and young toddlers.

Ask Plenty of Questions

You'll want to know about your caregiver's qualifications, special training, and past child care experiences-as well as those of other adults who will interact with your child in the day care setting. Don't be afraid to ask specific questions; in fact, the more specific, the better. Have certain topics in mind that cover all your concerns...from the child care facility's expectations of you to your accessibility to your child at all times. Good caregivers will answer your questions easily, openly, honestly. Then ask to speak with the parents of other children in their care. Always check references!

For more information please contact your local Child Care Resource and Referral agency at 919-735-3371.

For a listing of child care facilities in the state, check the North Carolina Division of Child Development web site at:

<http://ncchildcaresearch.dhhs.state.nc.us/search.asp>

Checklist for Quality Child Care

This checklist is provided for your convenience. You may want to use it when selecting child care, or as a guide for observing quality practices where your child(ren) are currently enrolled. Give your son or daughter a Smart Start by assuring that your child care facility can answer “yes” to all of the questions.

Caregiver

Does the caregiver interact frequently with children showing affection, interest and respect?

Does the caregiver get down on each child's level to speak to the child?

Are children greeted when they arrive?

Are children's needs quickly met even when things get busy?

Is the caregiver trained in CPR and first aid?

Does the program keep up with children's changing interests?

Is the caregiver willing to answer your questions?

Is there a verbal and written system established for sharing among parents and staff the day-to-day happenings that affect children?

Are parents' ideas welcomed? Are there ways to get involved?

Is the overall sound of group pleasant?

Is there enough staff to serve the children?

Is the caregiver experienced?

Does the caregiver participate in early childhood development classes? Child care credential classes?

Setting

Is the atmosphere bright and pleasant?

Is the environment clean and well maintained?

Is there enough usable space indoors?

Is the outdoor play area safe, easily supervised?

Does the outdoor play area have a variety of materials?

Is space arranged to facilitate a variety of activities?

Activities

Does the schedule allow for alternating periods of quiet and active play?

Are the activities appropriate for each age group?

Is there a variety of toys and learning materials for the number of children?

Are toys clean, safe, and within reach of the children?

Are developmentally appropriate toys and learning materials available to children throughout the day?

General

Do you agree with the discipline practices?

Is the program licensed or regulated by the State?

Are parents encouraged to visit?

Will your child be happy here?

Are written operating policies and procedures available to families?

School Readiness

Preparing Your Child for School

The Wayne County Public School System is one of the largest school systems in North Carolina, serving over 19,300 students. Wayne County schools have a reputation for academic excellence, active parental and community involvement, and sound fiscal management. The school system's web site provides information on school listings, the school calendar, academics, transportation, school lunches, parent resources, and administrative information. The web site address for Wayne County Public Schools is:

www.waynecountyschools.org

SCHOOL

Kindergarten Registration

In North Carolina, children must be five years old on or before October 16th of the year they enter school. Parents should register children several months before they are due to enter Kindergarten. For registration information or to determine the school district in which you are located, call the Wayne County Public School Administrative Office at (919) 731-5900. *

*See list of Elementary Schools provided at the end of this section.

The school system requests that children have the following documents at registration:

- Social Security Card
- Two Proofs of Residence
- Official Birth Certificate with Seal
- Up-to-date Immunization Record
- Health Assessment form (completed within 12 months of the first day of kindergarten)

Immunization Record

To enroll in school, a child needs proof of immunization against:

- Diphtheria
- HIB (Haemophilus Influenzae)
- Hepatitis B
- Varicella
- Tetanus
- Whooping Cough
- Polio
- Mumps
- Red Measles
- German Measles

Health Assessment Form

A completed Kindergarten Health Assessment Report is required. A copy of the form is available at all elementary schools. (The form is not available online due to special restrictions.) The Health Assessment Form includes information that must be completed by your health care provider.

Wayne County Elementary Schools

2001 E. Royall Avenue
Goldsboro, North Carolina
731-5900

Brogden Primary 2253 Old Mt. Olive Highway, Dudley	705-6020
Carver Elementary School 400 Old Seven Springs Rd., Mt. Olive	658-7330
Carver Heights School Bunche Drive, Goldsboro	731-7222
Eastern Wayne Elementary 1271 New Hope Rd., Goldsboro	751-7130
Edgewood Community Development 1601 Peachtree Street, Goldsboro	731-5970
Fremont School 101 Pine Street, Fremont	242-3410
Grantham School 174 Grantham School Rd., Goldsboro	689-5000
Meadow Lane School 3500 East Ash St., Goldsboro	751-7150

Wayne County
Elementary Schools (cont.)

2001 E. Royall Avenue
Goldsboro, North Carolina
731-5900

North Drive School 1108 North Drive, Goldsboro	731-5950
Northeast Elementary 4665 NC 111 North, Pikeville	705-6030
Northwest Elementary 1769 Pikeville-Princeton Rd., Pikeville	242-3419
Rosewood Elementary 541 NC 581 South, Goldsboro	705-6040
School Street School 415 S. Virginia St., Goldsboro	731-5960
Spring Creek Elementary 1050 St. John Church Rd., Goldsboro	751-7155
Tommy's Road Elementary 1150 Tommy's Rd., Goldsboro	736-5040

Appendix

800 Numbers and Websites

Adoption Center, National

1-800-862-3678

www.adopt.org

Non-profit organization whose mission is to expand adoption opportunities throughout the United States for children with special needs and those from minority cultures.

Adoption Information, National

1-888-251-0075

www.adoption.org

Provides professionals and the general public with easily accessible information on all aspects of adoption, including infant and intercountry adoption and the adoption of children with special needs. NAIC does not place children for adoption or provide counseling. It does however, make referrals for such services.

AIDS

1-800-342-2437

www.ashastd.org

The American Social Health Association's mission is to stop sexually transmitted diseases and their harmful consequences to individuals, families, and communities.

AIDS Treatment Information

1-800-448-0440

www.aidsinfo.nih.gov

Central resources for federally approved treatment Guidelines for HIV/AIDS.

American SIDS Institute

1-800-232-7437

www.sids.org

Dedicated to the prevention of Sudden Infant Death Syndrome and the promotion of infant health through research, clinical services, family support, and Professional and the community education.

Beginnings (Hearing Impaired)

1-800-541-4327

www.ncbegin.com

Resource center for families of children ages birth to 21 who have a hearing loss.

CDC National Prevention

1-800-458-5231

www.cdcnpin.org

Sponsored by the Centers for Disease Control and Prevention (CDC). Develops, identifies, and collects information on the prevention, treatment, and control of HIV/AIDS, STDs, and TB. Provides information to healthcare providers and consumers. Provides reference and referrals to public and private resources.

Care-Line

1-800-662-7030

Provides information and referrals on human service agencies in government, non-profit agencies, and support groups.

**Child Abuse and Neglect Information
(National Clearinghouse)**

1-800-394-3366

www.nccanch.acf.hhs.gov

Serves as a national resource for the acquisition and dissemination of child abuse and neglect and child welfare materials and distributes a free publications catalog upon request.

Child Care Information Center

1-800-616-2242

www.nccic.org

A national resource that links information and people to complement, enhance, and promote the child care delivery system, working to ensure that all children and families have access to high-quality comprehensive services.

Child Find America

1-800-426-5678

www.childfindofamerica.org

National not-for-profit charity whose mission is to locate missing children through active investigation, prevent child abduction through education and resolve incidents of parental abduction through mediation.

Children's Cancer Society

1-800-882-6227

www.nationalchildrenscancersociety.com

Improve the quality of life for children with cancer and reduce the risk of cancer by promotion of children's health through financial and in-kind assistance and education.

Children's Hospital Foundation

1-800-673-8121

www.dcchildrens.com

Raise and distribute funds for the advancement of knowledge and care in the fields of child health and research.

Children/Youth with Disabilities Ctr. 1-800-695-0285
www.nichcy.org
Assists individuals by providing information in English and Spanish on disabilities and disability-related issues, with a special focus on children and youth with disabilities (birth to age 22).

Children and Adults with Attention Deficit Disorders (CH.A.D.D.) 1-800-233-4050
www.chadd.org
The national non-profit organization representing children and adults with attention-deficit/hyperactivity disorder (AD/HD). CHADD works to improve the lives of people with attention-deficit/hyperactivity disorder through education, advocacy and support.

Cystic Fibrosis, National 1-800-344-4823
www.cff.org
Assures the development of the means to cure and control cystic fibrosis and to improve the quality of life for those with the disease.
Cystic Fibrosis (Raleigh) 1-800-822-9941
Cystic Fibrosis 1-800-682-6858

Down's Syndrome
www.ndss.org or www.ndscenter.org
Ensures that all people with Down syndrome have the opportunity to achieve their full potential in the community life.
Down's Syndrome Congress 1-800-232-6372
Down's Syndrome Society 1-800-221-4602

Easter Seal Society

www.easterseals.com

Provides services that help children and adults with Disabilities gain greater independence.

Easter Seal (National)

1-800-221-6827

Easter Seal (State office)

1-800-662-7119

Health Information Center

1-800-336-4797

www.health.gov

Health information referral service that puts consumers with questions in touch with organizations that can help.

Internal Revenue Service

www.irs.gov

Information on filing taxes.

IRS 1-800-829-1040

IRS (Forms)

1-800-829-3676

IRS (Recorded Info)

1-800-829-4477

Make a Wish Foundation

1-800-722-9474

www.wish.org

Grants the wishes of children with life threatening illnesses to enrich the human experience with hope, strength, and joy.

Medicaid - Medicare Hotline 1-800-638-6833
www.cms.hhs.gov/home/medicaid.asp
www.dhhs.state.nc.us/dma (NC Medicaid)
Information on Medicare/Medicaid Insurance.

**National Center for Missing
And Exploited Children** 1-800-843-5678
www.missingkids.com
Operates a hotline for reporting missing children and sightings
of missing children. Offers assistance and training to law
enforcement agents.

National Lead Information Center 1-800-424-5323
www.epa.gov/lead
Responds to inquiries regarding lead and lead poisoning. Provides
information on lead poisoning and children, lead based paint, a
list of local and State contacts who can help, and other lead-related
questions.

National Runaway Switchboard 1-800-621-4000
www.nrscrisisline.org
Provides crisis intervention and travel assistance information to
runaways. Gives referrals to shelters nationwide. Also relays
messages to, or sets up conferences with parents at the request of

Orphan Foundation of America

1-800-950-4673

www.orphan.org

Provides opportunities for foster youth to continue their education through scholarships to help the transition from foster care to young adulthood.

Poison Control Center

1-800-222-1222

www.poison.org

Dedicated to preventing accidental household poisonings. Provides poisoning prevention tips for children & adults.

Rape, Abuse, and Incest National Network 1-800-656-4673

www.rainn.org

The Rape, Abuse & Incest National Network (RAINN), a non-profit organization based in Washington, D.C., operates America's only national hotline for survivors of sexual assault. The hotline offers free, confidential counseling and support 24 hours a day, from anywhere in the country. RAINN is provided as a service for survivors who cannot reach a rape crisis center through a local call, as well as those who might not know that a local center exists.

Shriners' Hospital for Children

1-800-237-5055

www.shrinershq.org

Provides no cost orthopedic & burn care to children Under 18 years of age.

Sickle Cell Disease Association

1-800-421-8453

www.sicklecelldisease.org

Provides sickle cell education, news, and world wide sickle cell resources.

Social Security

1-800-772-1213

www.ssa.gov

Provides you & your family with disability, retirement, and survivors benefit information.

Spina Bifida Association

1-800-621-3141

www.sbaa.org

Promotes the prevention of Spina Bifida which is a birth defect that results from the failure of the spine to close properly during the first month of pregnancy.

St. Jude Children's Research

1-800-654-8563

www.stjude.org

Directed at understanding, preventing, and curing Catastrophic children's diseases.

Stuttering Foundation of America

1-800-992-9392

www.stutteringhelp.org

Charitable non-profit organization in the world to concern itself with the prevention and improved treatment of stuttering, which is a complex disorder that interferes with speech.

Starlight Children's Foundation

1-800-274-7827

www.starlight.org

Non-profit organization dedicated to brightening the lives of seriously ill children between the ages of 4 and 18.

United Cerebral Palsy Association

1-800-872-5827

www.ucp.org

National organization who strives to ensure the independence, productivity and full citizenship of people with Cerebral Palsy and other disabilities.

US Immigration & Naturalization

1-800-375-5283

www.uscis.gov

Provides Immigration and Naturalization questions and solutions.

Special Needs Resources

Exceptional Children's Assistance Center 1-800-962-6817

907 Barra Row, Suites 102/103

Davidson, NC 28036

www.ecac-parentcenter.org

This is a parent training and information center. They will assist families of children with disabilities, teachers, therapists, etc. at no cost. They have free information packets for parents on a variety of subjects and also offer workshops.

Tadpole Lending Library

1-888-AT-TRY-IT

205-G West E. Street

Butner, NC 27509-1933

www.tadpole.org

Generations-Tadpole lends and delivers low-tech assistive technology devices and toys free to families and professionals across North Carolina. Anyone working with a disability is eligible to borrow items and to receive free shipping.

CAP-MR/DD

705-1788 or 731-1133

(Community Alternatives Program for Persons
with Mental Retardation/Developmental Disabilities)

www.eastpointe.net

Eastpointe provides comprehensive community services for mental health, developmental disabilities, and substance abuse to the residents of Duplin, Lenoir, Sampson, and Wayne counties.

North Carolina Assistive Technology Program (252) 830-8575

Eastern Regional Center

2313-A Executive Park Circle

Greenville, NC 27834

www.ncatp.org

Provides statewide assistive technology services to people of all ages and disabilities.

Medicaid

580-4034

Wayne County Department of Social Services
301 N. Herman Street Box HH
Goldsboro, NC 27530

Supplemental Social Security

1-800-772-1213

2605 Medical Office Place
Goldsboro, NC 27534

735-6811

www.ssa.gov

Children/Youth with Disabilities Center

1-800-695-0285

National Dissemination Center for

Children with Disabilities

(NICHCY)

www.nichcy.org

Resources for Autism

Autism Society of North Carolina

(919) 743-0204

505 Oberlin Road, Suite 230

Raleigh, NC 27605

www.autismsociety-nc.org

Autism Society of North Carolina, Wayne Co. Chapter

739-8689

107 Eagle Ridge Drive

Dudley, NC 28333

www.home.earthlink.net/~asncwayne

TEACCH of Greenville

(252) 830-3300

Treatment and Education of Autistic and related

Communication handicapped Children

South Hall Professional Center

108-D West Fire Tower Road

Winterville, NC 28590

www.teacch.com

Families for Early Autism Treatment of North Carolina

(336) 773-1377

(FEAT)

464 Sheffield Drive

Winston-Salem, NC 27104

www.featofnc.org

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Smart Start Partners

Child Care Services Association Professional Development Incentives	735-3371 or (919) 967-3272
Cooperative Extension of Wayne County Parents as Teachers	731-1523
Partnership for Children of Wayne County Child Care Resource & Referral More at Four Early Childhood Lending Library Program Evaluation WINGS Community Services Coordination Safe Kids-Wayne County Chapter Born Learning (funded by United Way of Wayne County)	735-3371
Wayne Action Group for Economic Solvency, Inc. Extended Day Scholarships Intensive Intervention	734-1178
Wayne County Health Department Comprehensive Health Team	580-4041
Wayne County Dept. of Social Services Subsidized Child Care	731-1070
Wayne County Public Library Every Child Ready to Read	580-4014

Parent's Little Book of Information

was supported by

**AccuCopy of Goldsboro
Partnership for Children of Wayne County**



Partnership for Children of Wayne County
800 N. William Street
Goldsboro, NC 27530
Phone: (919) 735-3371
Fax: (919) 735-3394
www.waynesmartstart.org
e-mail: waynesmst@ncisp.net



United Way
of Wayne County