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Early Childhood

Investment Corporation

and Michigan's Great Start Collaboratives

Parent Resource Guide

Ingham GSC, Birth to Five Mission: Every family has access to a universal, comprehensive, and collaborative system of community-based early childhood programs, services, & supports.

Ingham Great Start Collaborative

www.cacvoices.org/birthtofive

517-244-1267

For updates or corrections, please contact:

inghamgsc@gmail.com

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Ingham Birth to Five, Great Start Collaborative Parent Resource Guide (6/17/10)

This Parent Resource Guide is the result of ongoing interagency efforts among the Ingham Great Start Collaborative (GSC) partners. Through the Ingham GSC Strategic Planning Process one of the five goals in the [Children's Action Agenda](#) was identified as Family Support and Parent Education (To develop a variety of education, supports and services that help strengthen the vital roles that families play in their children's development). The idea for the Parent Resource Guide and initial information was developed through the Ingham GSC Parent Education Workgroup, and then with support from an ECIC Implementation Grant, we were able to dedicate additional resources to the completion of the project.

The Parent Resource Guide is a work in progress. Community resources and programs are always changing. Please let us know about any additions or corrections by emailing InghamGSC@gmail.com. We use the term parent to generically refer to any significant adult caregiver in a young child's life including grandparents, foster parents and significant others.

The information in this Parent Resource Guide will be shared with the community thru a variety of media. You can view it on-line at the Ingham GSC website (www.CACVoices.org/birthtofive) or thru the MI Great Parents website (www.MIGreatParents.org). The information in this directory is also being included in the Central Michigan 2-1-1 community agency database which can be accessed by dialing in the mid-Michigan area 211, or it may be browsed on-line at their website :www.centralmichigan211.org. If you wish to print sections of the Parent Resource Guide or the entire document, the PDF files are available at the Ingham GSC website (www.CACVoices.org/birthtofive).

The Parent Resource Guide is divided into six sections: Prenatal Education; Parenting Classes; Parent Support Groups; Parenting Resources; Home Visitation; and Parent-Child Activities. Although the categories are arbitrary, we tried to put it in a logical order from the perspective of parents looking for resources. In order to efficiently use the publication space we only listed each agency once based on its primary or basic services. All the programs listed have services that are focused on families with children birth to five.

The Ingham GSC, Birth to Five Mission is: *Every family has access to a universal, comprehensive, and collaborative system of community-based early childhood programs, services, and supports.* It is our intent that this Parent Resource Guide will help move us another step ahead towards that goal.

**Ingham Great Start Collaborative 517-244-1267 www.cacvoices.org/birthtofive
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PRENATAL EDUCATION



Childbirth preparation & prenatal info

- * **Birth Center at Ingham Regional Medical Center**
- * **Capital Area Birth Network**
- * **Doulas Care**
- * **Expectant Parents Organization (EPO)**
- * **Greenhouse Birth Center**
- * **Pregnancy Services of Lansing**
- * **Prenatal Classes - ICHD**
- * **Shared Pregnancy**

The Birthing Center at Ingham Regional Medical Center

401 West Greenlawn, Lansing, MI 48910
(517) 975-7329

Expectant/New Parent Assistance: Provides classes for expectant parents on Lamaze, labor, delivery and recovery, parenting, bonding, vaginal and caesarean birth.

Eligibility: Open to all expectant parents.

Main Website: www.irmc.org/body.cfm?id=296

Birth Center Website: www.irmc.org/body.cfm?id=547

Capital Area Birth Network

P.O. Box 575 Haslett, MI 48840

Description: The Network is an organization of individuals and professionals committed to helping women and families have safe and fulfilling pregnancy and birth experiences. They promote mother-friendly care through advocacy, information and support.

Eligibility: Open to all expectant parents.

Meetings: The network holds free and public monthly informational meetings on the 4th Wednesday of the month at 7 p.m. at First Christian Church in Lansing.

Website: <http://www.capitalareabirthnetwork.org>

Contact: Lucinda Molzan - (517) 402-5694 / capitalareabirthnetwork@gmail.com

Doulas Care

2500 Packard St. Suite 101, Ann Arbor, MI 48104
(866) 845-0003 (toll-free)

Description: An organization working to improve maternal and infant health outcomes and reduce health disparities by matching qualified volunteer doulas with pregnant women and adolescents who have limited resources.

Services: During your pregnancy, birth doulas help you prepare for your birth and create a birth plan. During labor, birth doulas stay with you and provide reassurance, encouragement and physical support.

Eligibility: Free services for qualifying low-income women in Washtenaw, Ingham, Wayne, Livingston, Oakland, Macomb, Lapeer, Genesee, Lenawee, Jackson

and Monroe county. Also offers affordable birth services for \$350 and postpartum services on a sliding scale for families outside the range of free services.

Website: www.doulascare.org

Contact: Marylee Scherdt - info@doulascare.org

Expectant Parents Organization (EPO)

271 Woodland Pass, Suite 214, East Lansing, MI 48823
(517) 337-7365

Programs offered: Classes providing information about pregnancy, childbirth and parenting the newborn.

Ongoing classes include: Prenatal Combo (Labor & Delivery, Newborn Care & Feeding - Can be taken in 4-week, 3-week, 1 day or online format), Breastfeeding Class, Multiples Class, Teen Prenatal Series, Sibling Class, Private Class, The Best Newborn Care Class Ever, Tours of Sparrow Hospital's Mother Baby and Labor Delivery Units

Eligibility: Open to all expectant parents. Financial assistance is available.

Website: www.epobaby.org

Facebook Page: www.facebook.com/EPObaby

Contact: Carol Buzzitta - cbuzzitta@epobaby.org

Greenhouse Birth Center

1831 Newman Rd., Okemos, MI 48840
(517) 349-2620

Programs offered: Prenatal, labor, delivery, postpartum care and childbirth class for birth center clients. Ongoing support includes groups for postpartum moms and babies

Ongoing classes include: Active Birth Class, Empowered Childbirth Class, Peaceful Beginnings Hypnobirthing Class, Private classes, Weekly Open House including a tour of the birth center.

Eligibility: Open to all expectant parents.

Website: www.greenhousebirthcenter.com

Greenhouse Birth Center Village Ning Page:

<http://gbcvillage.ning.com>

Facebook Page:

www.facebook.com/greenhousebirthcenter

Contact: info@greenhousebirthcenter.com

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Pregnancy Services of Lansing

Services: Offers free of charge: pregnancy testing, counseling, limited ultrasounds, referrals for insurance, pregnancy information, support services and baby supplies. See website for entire range of services offered. West side location only offers referrals, free pregnancy testing, limited ultrasounds, pregnancy information and counseling. Learn and Earn clients are referred to the East Lansing location.

Eligibility: Open to all.

Website: www.pregnancylansing.com

Lansing location: 420 Elmwood (One block south of Saginaw, across from Meijer); (517) 580-8185; Hours: 10:30 - 4:30 p.m. Monday - Friday; Contact:

psglwest@gmail.com

East Lansing location: 1045 E. Grand River (Next to MSU Campus, across from the 2 story McDonalds); (517) 332-0633; Hours: 10:00 - 4:00 p.m. Monday - Friday;

Contact: pregnancychoices@gmail.com

Prenatal Classes

Ingham County Health Department
5303 South Cedar Lansing, MI 48911
(517) 272-4129

Description: A six-week prenatal class offered at the ICHD. Class topics will focus on: newborn care and feeding, postpartum care, family planning, healthy behaviors, exercise/relaxation and nutrition.

Eligibility: African American women with their first pregnancy who are entering their third trimester of care.

Contact: Sarah Rowe - srowe@ingham.org

Shared Pregnancy

503 North Walnut, Lansing, MI 48933
(517) 484-0365

Services: Free pregnancy tests, non-diagnostic ultrasound, confidential counseling, maternity clothes, referrals for medical care, housing, adoption and post-adoption counseling. Open Monday through Thursday from 10:00 a.m. - 4:00 p.m.

Learn and Earn Program: A series of parenting and life skill classes and videos in which parents can earn points by attending classes and watching videos. Points are then traded in for items for their baby.

Eligibility: Open to expectant parents.

Website: www.sharedpregnancy.org

Contact: Saralee Howard, Exec. Director - sharedpregnancy@msn.com



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PARENTING CLASSES



Parenting classes for parents of young children

- * **CACS Head Start**
- * **Child Abuse Prevention Services (CAPS)**
- * **Cristo Rey Community Center**
- * **Eaton Intermediate School District**
- * **Lansing School District**

CACS Head Start

Capital Area Community Services
1107 E. Grand River Ave., Lansing, MI 48906
(517) 482-1504

Money Management: Three interactive workshops on budgeting, opening and maintaining a check book, and credit management.

Proud Fathers Program: A 10-week parenting course for fathers. Includes free meals, transportation assistance, child care & a gift for course completion.

Raising a Reader: A six-week series focusing on pre-reading skills, parenting strategies, and at-home activities designed to develop a love of reading.

Reflections: A interactive six-week series designed to empower women to approach their life and that of their family in a proactive manner.

Successful Parents, Successful Kids: A six-week series on building resilient children. Parents learn strategies on effective parenting, teaching protective factors and setting high expectations.

Eligibility: Be a parent/caregiver of a child enrolled in the Head Start program or an interested community member.

Website: <http://cacsheadstart.org>

Contact: Sharon Rogers - sharon.rogers@cacheadstart.org

Child Abuse Prevention Services (CAPS)

4287 Five Oaks Drive Lansing, MI 48911
(517) 484-8444

Early Childhood Parenting Made Fun: For parents of 0 to 5 year olds.

Eligibility: No eligibility requirements for classes.

Contact: Rachel Prosen - rachprose@yahoo.com

Cristo Rey Community Center

1717 N. High St. Lansing, MI 48906
(517) 372-4700

Family Nurturing Program: A 10-week parenting program for parents of infants, toddlers and young children. Classes are ongoing throughout the year and participants may begin at any time. Cost is \$10/session or is free with a DHS worker referral. A CATA bus stops right outside the center.

Eligibility: Open to all parents of infants, toddlers and young children.

Website: www.cristo-rey.org/Site/Family%20Nurturing.html

Contact: Sara Mitchell (517) 372-4700 Ext.140 or smitchell@cristoreycounseling.org

Eaton Intermediate School District

1790 East Packard Highway, Charlotte, MI 48813
(517) 541-8711 or (517) 541-8760

Parenting Classes: Becoming a Love & Logic Parent, Family Nurturing (for parents of infants, toddlers and young children), Proud Fathers.

Eligibility: Open to all parents and caregivers in Clinton, Eaton and Ingham Counties.

Website: http://eaton.k12.mi.us/downloads/prevention/parent_education_schedule.pdf

Contact: Jodi Anthony, Program Assistant - janthony@eaton.k12.mi.us / (517) 541-8765

Lansing School District

Hill Center on 5815 Wise Rd. Lansing, MI 48911
(517) 755-4081

Programs offered: Offers various parenting classes and workshops at no charge (small charge for materials), often with free childcare and food. Classes are from 6 to 8 p.m.

Love & Logic for Early Childhood: 5 week class for parents of children birth to 5.

Nurturing Parent Program: 15 week class for parents of prenatal and children birth to 5.

ABC's of Parenting: 7 week class for parents of children entering kindergarten.

Eligibility: Open to all parents.

Contact: Carolyn Stone - carolyn.stone@lansingschools.net



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PARENT SUPPORT GROUPS



Support groups for parents of young children.

- * **Capital Mothers of Multiples Club**
- * **Circle of Parents**
- * **Kinship Care Support Group**
- * **La Leche League of Delta-Waverly**
- * **La Leche League of East Lansing**
- * **Mothers of Preschoolers (MOPS)**
- * **Mother to Mother Program**
- * **Teen Parent Network**
- * **Teen Parents**

Capital Mothers of Multiples Club

Website: www.camomc.org

Description: A non-profit support and social group for mothers of multiples (twins, triplets, or more). Our monthly meetings always include "Multiple Mania," a lively discussion of the challenges of raising multiples. Yearly activities include: family parties four times a year, a garage sale, a Mom's Night Out and a Parent's Night Out.

Eligibility: To join, all you need to do is come to a meeting.

Contact: Please contact us at info@camomc.org.

Circle of Parents

Mount Hope Family Growth Center
Bethlehem Lutheran Church
549 E. Mt. Hope Ave., Lansing, MI 48910
(517) 371-1347

Description: An ongoing support group for all parents. Every Wednesday from 9:00 - 11:00 a.m.

Eligibility: Open to all.

Contact: Kathy Kelly - kathykelly217@aol.com

Kinship Care Support Group

Allen Neighborhood Center
1619 E. Kalamazoo St., Lansing, MI 48912
(517)999-3912

Description: A support group offering caregivers a place to share concerns and make connections with other kinship families. Meets on the second Saturday of each month, from 1:30 to 3:30 p.m. Snacks and childcare are provided.

Website: www.allenneighborhoodcenter.org/health-family/

Contact: Joan Nelson -
joann@allenneighborhoodcenter.org

La Leche League of Delta-Waverly

Hotline: (517) 321-1818

Meeting info: Series meeting in the morning (2nd Wednesday at 10 a.m.), Series meeting in the evening (3rd Tuesday at 7:00 p.m.), Question and Answer meeting (4th Wednesday, except in December, at 10 a.m.). Contact a leader for info on meeting locations.

Eligibility: All breastfeeding mothers and mothers-to-be interested in breastfeeding are welcome to come to a meeting or call one of the leaders for breastfeeding help or information. Babies are welcome and meetings are free and open to all.

Website: www.llusa.org/web/DeltaWaverlyMI.html

E-mail: rt_marti@sprynet.com

Leader contacts: Mary Ann (517-321-1818), Jaime (517-853-0728), Keisha (517-272-0112)

La Leche League of East Lansing

Hotline: (517) 484-5005

Meeting info: Series meetings are on the first Wednesday of the month at 7 p.m. Meetings take place at First Christian Church on 1001 Chester Road in Lansing.

Eligibility: All breastfeeding mothers and mothers-to-be interested in breastfeeding are welcome to come to a meeting or call one of the leaders for breastfeeding help or information. Babies are welcome and meetings are free and open to all.

Website: www.lleastlansing.com

Leader contacts: LLL leaders are available by phone whenever you have breastfeeding questions or concerns. Please call either Laura at (517) 543-6177 or Sara at (517) 372-8780.

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Mothers of Preschoolers (MOPS)

Description: Meet on a regular basis to celebrate the joys of motherhood and to encourage each other through the challenges of parenting. MOPS groups are chartered through local faith-based organizations and church ministries.

Eligibility: Mothers with preschool age children.

The groups meet at the following locations:

Trinity Church - East Lansing (www.orgsites.com/mi/trinitymops/): 3355 Dunckel Rd. Lansing, MI 48911;

272-3853; Meets on 2nd and 4th Wednesday from 9:15 - 11:30 a.m.

St. David's Episcopal Church: 1519 Elmwood Rd. Lansing, MI 48917; (517) 323-2272; Meets on 1st and 3rd Thursday from 9:30 - 11:30 a.m.

Riverview Church: 3585 Willoughby Rd. Holt, MI 48842; (517) 694-3400; Meets every other Thursday from 9:15 - 11:30 a.m.

Presbyterian Church of Okemos: 2258 Bennett Rd., Okemos, MI 48864; (517) 349-9536; Meets every other Wednesday from 9:15 - 11:15 a.m.

All Saints Episcopal Church: 800 Abbot Rd., East Lansing, MI 48823; (517) 351-7160; www.allsaints-el.org; Meets on 2nd Friday from 6:00 - 6:30 p.m.

Mother to Mother Program

Ingham County MSU Extension
5303 South Cedar St., Lansing, MI 48911
(517) 887-4588

Program Description: Mother-to-Mother Peers are trained to provide women with breastfeeding information, encouragement and support. They are available to see mothers in person or by telephone, in the home, the hospital or the WIC clinic.

Eligibility: All WIC and Food Stamp eligible women.

Website: <http://bfi.fcs.msue.msu.edu/MTMProgram/tabid/54/Default.aspx>

Contact: Joyce McGarry - mcgarryj@msu.edu

Teen Parent Network

Ingham County Health Department
306 West Willow, Lansing, MI 48906
(517) 702-3515

Description: Provides intensive case management and support services for pregnant and parenting adolescents including parenting classes, support groups for teen parents in school and play and learn groups for teens and their babies.

Eligibility: Any Ingham County adolescent and teen between the ages of 11 and 21 years old.

Website: <http://hd.ingham.org/community-health-centers/willow-teen-health-services.aspx>

Contact: Jan Kimble - jkimble@ingham.org

Teen Parents

Youth for Christ
5222 Dumond Ct., Lansing, MI 48917
(517) 322-2091

Description: Group provides support and guidance to pregnant and parenting youths (ages 13-21). Meetings are weekly on Tuesday evenings from 6:30 - 8 p.m. at Trinity Church on Dunckel and Jolly Rd. in Lansing.

Website: <http://lansingyfc.net>

Contact: Mary Kay Sauer - teenparentslan@comcast.net



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PARENTING RESOURCES



Local resources to help children and families

- * **Adoption Connections**
- * **Expanded Food & Nutrition Program**
- * **Family Resource Center at MSU**
- * **Find a Meetup Group Near You**
- * **Great Start Connect**
- * **Ingham Birth to Five, Great Start Collaborative**
- * **Ingham Great Start Parent Coalition**
- * **Kinship Care Resource Center**
- * **Lansing Moms Like Me**
- * **March of Dimes**
- * **WKAR/Ready To Learn/Parenting Counts**

Adoption Connections

Clinton Eaton Ingham Community Mental Health
Children's Services
838 Louisa St. Suite D, Lansing, MI 48911
(517) 887-5251

Description: A group made up of representatives from the court, social services, mental health, adoption agencies, school personnel, private practice clinicians, as well as adoptive parents, adult adoptees, birth parents and other people concerned about adoption. Activities include: monthly networking meetings, presentations on adoption and school issues, development of support groups and resources directory, resource sharing and linkage with state programs. The full consortium meets on the first Friday of the month at 8:30 a.m. at Children's Services at 5303 S. Cedar in Lansing.

Website: www.ceicmh.org

Contact: Barry Kaufman - kaufman@ceicmh.org

Expanded Food & Nutrition Program

Ingham County MSU Extension
5303 South Cedar St., Lansing, MI 48911
(517) 887-4588

Description: Program offers training in basic nutrition, meal planning and preparation, stretching dollars, food safety, healthy eating and feeding infants and children.

Eligibility: Low income residents of Ingham County with children 0-19 years of age.

Website: <http://www.ingham.org/CE/NutritionEd/efnep&snaped.htm>

Contact: Joyce McGarry - mcgarryj@msu.edu

Family Resource Center

Michigan State University
1407 S. Harrison, Suite 225, East Lansing, MI 48823 (517)
432-3745

Programs offered: Classes and workshops for parents on a variety of topics. The Center also publishes a "Community Resource Directory" for families who are struggling (<http://www.frc.msu.edu/resourcedirectory.pdf>) and "Things to Do at MSU: An Activity Guide for Families" (<http://www.frc.msu.edu/2010%20TTD%20Booklet.pdf>)

Healthy Parenting Class: Sponsored by MSU Health4U, this 6 week class teaches parents how to minimize power struggles with your child through positive intervention strategies with children (ages 1-12)

Eligibility: Open to all MSU faculty/staff/student who are parents with children (ages 1-12).

Website: www.frc.msu.edu

Contact: Lori Strom, FRC Coordinator -

strom@hr.msu.edu

Find a Meetup Group Near You

Website: www.meetup.com/find/

Description: Meetup is the world's largest online network of local groups. Meetup makes it easy for anyone to organize a local group or find one of the thousands already meeting up face-to-face.

How to use: Click the link above. Type in Lansing or your zip code into the search bar. You can also type in keywords such as "parenting," "playgroup," "moms," or "dads." There are already groups set up in the Lansing area, but you can also start your own group.

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Great Start Connect

Early Childhood Investment Corporation (ECIC)
221 N. Pine, Lansing, MI 48933

Description: Great Start CONNECT helps link parents and those caring for young children with the resources, supports and services needed to give Michigan children a Great Start.

Services: Includes a new online statewide database of licensed, registered child care and early education programs in Michigan. Families can access this database 24 hours a day, seven days a week to quickly and conveniently search for and contact child care providers who match their needs. In addition to this database, the website also includes links to other Resources, Training and Information about quality child care and early learning environments.

Website: www.greatstartforkids.org/content/great-start-connect

Ingham Birth to Five, Great Start Collaborative (GSC)

Description: A coalition of human service agencies, coalition of parents, and other partners working together to develop a network of early education and care to support children and families in Ingham County.

Vision: Every child ready to succeed in school and life; and their Mission is develop a system where: Every family has access to a universal, comprehensive, and collaborative spectrum of community-based early childhood programs, services, supports, and strategies.

Meetings: Ingham Birth to Five, GSC usually meets the second Wednesday of each month at the Bethlehem Lutheran Church from 1:30-3:30 pm.

Work Groups: Early Childhood Literacy Coalition, Public Awareness, Operations Committee, Safe Sleep, Infant Mortality, Quality Initiatives, Kindergarten Transition, and the Parent Coalition. There is also time set aside for updates from all participants and discussion of other issues of interest.

Website: <http://www.cacvoices.org/birthtofive>

Ingham Great Start Parent Coalition

Description: A network of parent groups, parent organizations and parent members that are willing to help plan and support the Ingham Great Start Collaborative (GSC) efforts. The members of the Parent Coalition will serve as key contacts to a broad range of parent groups to facilitate the exchange of information between the parents, parent groups and the Ingham GSC.

Website: www.cacvoices.org/birthtofive/workgroupsfolder/ParCo

Contact: MC Rothhorn inghamGSCparents@yahoo.com

Kinship Care Resource Center

MSU School of Social Work
254 Baker Hall, East Lansing, MI 48824
(517) 355-9600 or (800)535-1218

Resources for families: The mission of the center is to provide support for the physical, emotional, cultural and social well-being of kinship families in the state of Michigan. Services include: linking families to community resources, providing kinship care related technical support and consultation to agencies.

Website: <http://kinship.msu.edu>

Contact: kinship@msu.edu

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Lansing Moms Like Me

An online community where more than 2,000 area parents connect and share experiences about all things related to raising kids in and around greater Lansing.

Contact: Stephanie Murray-Killips

Lansing@momslikeme.com

Website: <http://LansingMomsLikeMe.com>

Facebook: www.facebook.com/momslikeme.Lansing

Twitter: www.twitter.com/LansMomsLikeMe

March of Dimes

Lansing Division
2450 Delhi Commerce Dr. Suite 11, Holt, MI 48842
(517) 699-4863

Description: March of Dimes mission is to improve the health of babies by preventing birth defects, premature birth and infant mortality.

Local services: Offers educational materials (English and Spanish) for expectant parents. Holds the March for Babies Walk every April. For specific information, visit www.marchforbabies.org

Website: www.marchofdimes.com/home.asp

Contact: Sheri Eldred

WKAR/Ready To Learn/Parenting Counts

Michigan State University
283 Communication Arts Bldg. East Lansing, MI 48824

Description: Parenting Materials and Workshop Training for early childhood educators, teachers and childcare providers on topics such as smart media viewing; using media and the web to build social/emotional, physical and cognitive development; and emergent literacy skills for children 1-8. Training for staff scheduled on request throughout the year. Materials on topics available for parents on request by email or phone.

Eligibility: Open to all.

Website: www.wkar.org/educationservices/readytolearn.php

Contact: Beany Tomber - beany@wkar.org - (517) 432-3120 ext 406



HOME VISITATION



Home visits provide parents with additional support and assistance in order to enhance healthy childhood growth and positive parent-child relationships.

- * **Child Care Enhancement Program**
- * **Early Head Start**
- * **Early On**
- * **Family Outreach Services**
- * **Family Preservation Services**
- * **Great Parents, Great Start**
- * **Parent-Infant Program**
- * **Parent-Young Child Program**
- * **Public Health Nursing**
- * **Therapeutic Home Visitation**

Early Head Starts

Capital Area Community Services- Head Start
727 North Jenison
Lansing, MI 48915
(517) 372-9411 ext . 201

Description: Weekly home visits are provided to program families, prenatal to age 3. Visits focus on positive parent-child interactions and healthy child growth and developments. Parents and children are invited to two monthly socializations.

Eligibility: Pregnant women or parents of an infant/toddler must meet 100% of Federal Poverty guidelines or is homeless, TNAF eligible or in foster care.

Website: www.cacsheadstart.org

Contact: Wendy McBride
wendy.mcbride@cacsheadstart.org

Child Care Enhancement Program (CCEP)

Clinton Eaton Ingham Community Mental Health
812 E. Jolly Rd. Lansing, MI
(517) 887-5259

Description: A free confidential consultation service that helps families and child care providers to promote infant-toddler social, emotional and behavioral health and turn challenging behavior around. Services include: free phone/e-mail consultation and free on-site consultation. **Eligibility:** Childcare providers licensed, registered or enrolled with DHS and caregivers for children birth up to 36 months who are receiving/eligible to receive the DHS childcare subsidy.

Website: www.ceicmh.org

Contact: Barry Kaufman - kaufman@ceicmh.org

Early On

Ingham Intermediate School District
2630 W. Howell Rd., Mason, MI 48854
(517) 244-4514

Program Description: Provides services for children ages birth to three with developmental delays or are at risk of developing delays due to medical or mental health conditions or disability. Staff work as partners with families to help them find the support they need for their child. Services are provided within a family's daily routines so families might be seen at home, at daycare or at a community playgroup.

Eligibility: Determined through assessment and developmental evaluation. If eligible and parents desire services, an Individualized Family Service Plan is developed. Services are free for eligible children and their families. There are no income requirements.

Website: <http://inghamisd.org/schools/earlyon/>

Contact: Stephanie Peters - speters@inghamisd.org

Family Outreach Services

Ingham County Health Department
5303 S. Cedar Street
Lansing, MI 48911
(517) 272-4122

Description: Provides home-based services which focus on enhancing family functioning, providing prenatal education and strategies to promote a healthy pregnancy, promote positive parent-child interactions and support healthy childhood growth and development.

Eligibility: Must be an Ingham County resident and Medicaid eligible, who is pregnant or a parent with infants/ children up to age three.

Website: <http://hd.ingham.org/public-health-services.aspx>

Contact: Lisa Chambers - lchambers@ingham.org

Family Preservation Services

St. Vincent's Catholic Charities
2800 West Willow St. Lansing, MI
48917 (517) 323-4734 ext. 1610

Description: Helps at-risk families to improve basic parenting skills. Services included: parenting education, household management, health and nutrition, hygiene, budgeting, locating permanent housing and referrals to community resources.

Eligibility: Families referred by Ingham County Child Protective Services

Website:

www.stvcc.org

Contact: Heather Akers

Great Parents, Great Start

Ingham Intermediate School District
2630 W. Howell Rd., Mason, MI
48854 (517) 244-1384

Description: Offers parent and child activities, parent education and developmental screenings for children birth through age five, as well as connecting families to community resources, promoting school readiness, and supporting high quality early education and care. Home visits done at least twice a month and provide parents information on child development, age-appropriate activities for their children and developmental screenings.

Eligibility: Parents with children ages birth to 5.

Website: <http://inghamids.org/schools/gpgs>

Contact: Michelle Nicholson -
mnichols@inghamisd.org

Parent-Infant Program

Community Mental Health Authority of Clinton Eaton
Ingham Counties
838 Louisa St., Suite D Lansing, MI

To request services: (517)346-8318 or 1(888)800-1559

Description: Home-based assessment and interventions to help families meet their infant's emotional and developmental needs. A therapist works with the family to identify strengths and remove obstacles in order to achieve goals such as strengthening parent-child relationship, assuring child's safety, building parents' daily living skills and helping the parent cope effectively with stress. Families receive services at least weekly. **Eligibility:** Families in the tri-county (Clinton, Eaton or Ingham) area who have a child under the age of four or are expecting a baby. Primary referral must concern the parent-child attachment/relationship and one of the following: parent or child is experiencing emotional distress, family has difficulty with daily living skills, risk of abuse or neglect of the child and the presence of medical problems, disabilities or developmental delays in the child causing distress in the family. The recipient of services must have Medicaid, MI Child or be low income with no insurance.

Website: www.ceicmh.org

Contact: Fran Jozefowicz - jozefowi@ceicmh.org -
(517) 887-5250

Parent-Young Child Program

Community Mental Health Authority of Clinton Eaton
Ingham Counties

838 Louisa St., Suite D Lansing, MI

To request services: (517)346-8318 or 1(888)800-1559

Description: Home-based assessment and interventions to help families meet their preschooler's emotional and developmental needs. A therapist works with the family to identify strengths and remove obstacles to achieve goals such as strengthening parent-child relationship, assuring child's safety, building parents' daily living skills, helping the parent cope effectively with stress, increasing the child's ability to behave age-appropriately, to manage emotional distress and to function in daycare/preschool.

Eligibility: Families with a child between the ages of 3 to 5 years. At least one of the following must apply: preschooler is displaying significant social, emotional county families, the child must have Medicaid, MI Child or be low income with no insurance. There are no insurance requirements for children residing in Eaton County.

Website: www.ceicmh.org

Contact: Fran Jozefowicz - jozefowi@ceicmh.org -
(517) 887-5250

Public Health Nursing

Ingham County Health Department
5303 South Cedar St. Lansing, MI 48911
(517) 887-4322

Description: Public health nurses can visit you in your home, talk to you by phone or see you at a clinic or school. Services include: pregnancy care, family planning and parenting support.

Eligibility: Ingham County resident referred by your doctor, hospital or self-referral.

Website: <http://hd.ingham.org/public-health-services.aspx>

Contact: Julie Dingerson

Therapeutic Home Visitation

Child and Family Services
4287 Five Oaks Drive Lansing, MI 48911
(517) 484-8444

Description: Visits of up to 3 hours are made weekly. Interventions include modeling appropriate parenting skills and language to use in the home, bringing games to see how family systems work and field trips outside the home. There is no cost to clients for this program. The goal is reunification.

Eligibility: Referrals from CPS and Ingham County foster care (Child & Family Services). All ages of children are eligible.

Contact: Rachel Prosen - rachprose@yahoo.com



Ingham GSC, Birth to Five Mission:

Every family has access to a universal, comprehensive, and collaborative system of community based early childhood programs, services, and supports.

PARENT-CHILD ACTIVITIES

Ongoing activities parent & child (0-5) attend together.



- * **Capital Area District Library**
- * **East Lansing Parks, Recreation & Arts**
- * **East Lansing Public Library**
- * **Haslett Community Education**
- * **Holt Community Education**
- * **Impression 5 Science Center**
- * **Ingham Play and Learn Groups**
- * **Lansing Parks & Recreation**
- * **Mason Community Education**
- * **MSU Community Music School**
- * **Okemos Community Education**
- * **Phenomenal Flips**
- * **YMCA of Lansing**

Capital Area District Library

401 S. Capitol Ave. Lansing, MI 48901
(517) 367-6300

The library operates thirteen libraries in Ingham County. Check <http://cadl.org/news/locations> for the closest branch and to see what specific parent-child activities are available.

Dansville: Movers & Readers Storytime (1-3 years);
Downtown: Toddler Storytime (1-3 years); **Foster:** Babies and Books (6-18 months), Toddler Storytime (18-36 months); **Haslett:** Toddler Storytime (2-3 1/2 years); **Holt-Delhi:** Movers & Readers (1-3 years); **Mason:** Movers & Readers Storytime (6 months-2 1/2 years); **Okemos:** Baby Storytime (0-2 years), Toddler Storytime (2-3 years);
South Lansing: Movers & Readers (1 1/2-3 years)

Main Website: www.cadl.org
Facebook: www.facebook.com/cadlibrary
Twitter: www.twitter.com/cadl

East Lansing Parks, Recreation & Arts

410 Abbot Rd. Room 211, East Lansing, MI 48823
(517) 319-6809

Eligibility: Classes are for both city residents and non-residents (pay higher fee).

Tiny Tumblers for Terrific Twos: Students will move to improve motor skills and enhance social awareness.

Parent and Child Aquatics (Ages 6 months +): An introduction to the water for children.

Website: www.cityofeastlansing.com/Home/Departments/ParksRecreationArts/

East Lansing Public Library

950 Abbot Rd. East Lansing, MI 48823
(517) 351-2420

Parent-Child activities: Baby Storytime (up to 2 yrs.). Check www.elpl.org/events/kids for current events and activities.

Main Website: www.elpl.org
Facebook: www.facebook.com/elpubliclibrary
Twitter: <http://twitter.com/elplibrary>

Haslett Community Education

1590 Franklin St. Haslett, MI 48840
(517) 339-2665

Parent-Tot Water Exploration: For tots ages 6-36 months and their parent.

Pint Size Picassos: For ages 2-5 (and a parent/guardian). Kids get to create with paints, playdough, homemade musical instruments and outdoor art.

Website: www.haslett.k12.mi.us/education/dept/dept.php?sectiondetailid=323&

Holt Community Education

5885 West Holt Rd., Holt, MI 48842
(517) 694-3411

Parent/Tot Swim: For ages 6 months to 3 years.

Gymnastics Preschool: A fun way to develop strength, flexibility and coordination. Parents must participate in classes for ages 2 - 3 1/2.

Website: www.holtcommunityed.com

Impression 5 Science Center

200 Museum Drive, Lansing, MI 48933
(517) 485-8116

First Impressions Room: A room designed to offer safe, inspirational space where infants, toddlers and their parents can play and explore.

Little Learners Parent-Child Lab: Designed especially for 1- to 4-year-olds, each series is five weeks long and introduces learners to science topics through exploratory play, songs, books, and activities. Series is \$35 for members and \$50 for non-members. Parents are free but required!

Website: www.impression5.com

Facebook: www.facebook.com/pages/Lansing-MI-Impression-5-Science-Center/20802245657

Twitter: www.twitter.com/impression5

Ingham Play and Learn Groups

Ingham Intermediate School District
2630 W. Howell Rd., Mason, MI 48854
(517) 244-1384

Playgroups: Provides activities for families to play alongside their children and explore many developmental domains including sensory experiences, motor skills, and language skills. Information on topics related to young children and parenting is shared, as well as connections to community resources. Groups are offered in a variety of locations across the Ingham service area.

Eligibility: Parents with children ages birth to 5

Website: <http://inghamisd.org/schools/gpgs>

For registration call: (517) 244-1267 or
lfish@inghamisd.org

Lansing Parks and Recreation

124 W. Michigan Ave. Lansing, MI 48933
(517) 483-4277

Aquatics: Bobbin Babes (6 months - 2 years), Tiny Tots (2-5 years), Babes & Tots (1-5 years) - Classes geared towards a parent and child with emphasis on fun, safety and gaining confidence in the water.

Fenner Nature Center: Nature Trek for Toddlers (Ages 2-3 with adult)

Sports & Fitness: Tot Time (Ages 5 and under) - Open time for parents to bring preschool age children to our gym to play. Adults must accompany and supervise their children; **Tiny Tumblers For 2's (Age 2)** - Parent participation is required as your child will be introduced to a tumbling mat and the basics of tumbling, including rolling, jumping and form.

Eligibility: Classes are for both city residents and non-residents (pay higher fee).

Website: www.lansingmi.gov/parks/index.jsp

Mason Community Education

1001 S. Barnes St. Mason, MI 48854
(517) 244-6416

Water Babies (6 months-2 years): A safe fun introduction to swimming. Children not potty trained must wear a swim diaper. Parent must be in the water with their child.

Fin Buddies (3-4 years): This class is designed for children who have no previous water experience or have not reached the 42" height requirement for level classes. Children not potty trained must wear a swim diaper. Parent must be in the water with their child.

Perfectly Petrified Tykes (3-5 years): Intended for the child or parent who is new and/or fearful of the water. Will help prepare the child for a class without parents.

Youth Art Class (2-5 years): A fun art class where children create art with their parents.

Website: <http://mason.k12.mi.us/pages/communityeducation.html>

MSU Community Music School

841 Timberlane St., Suite B, East Lansing, MI 48823
(517) 355-7661

Early Childhood Music Classes: An infant/toddler class is offered for children ages 3 and younger. Children attend music class with a parent or caregiver. Learn more at:

www.cms.msu.edu/el/children/early.php

Website: www.cms.msu.edu

Contact: Katie Pletka - commusic@msu.edu - (517) 355-7661 ext. 13

Okemos Community Education

4000 Okemos Rd. Okemos, MI 48864
(517) 706-5020

Parent/Tot Swim: Ages 3 months and up. Parent must accompany child in pool. Children who are not toilet trained must wear waterproof diaper and plastic diaper cover.

Website: www.okemosonline.com

Phenomenal Flips

737 Filley Ave. Lansing, MI 48906
(517) 371-1800

Terrific Toddlers: A introductory gymnastics class for children (18 months to 2 years) to attend with a parent/caregiver. Children will use various apparatus including vault, low balance beam, obstacle course and lots of fun shape mats.

Website: www.phenomenalflips.com

YMCA of Lansing

Eligibility: Activities are for members. Non-members pay higher fee.

Parent-Child Activities: Activities vary by branch and time of the year. Contact your nearest branch for specific program details.

Downtown YMCA Wellness Center

119 N. Washington Sq. Lansing, MI 48933; (517) 827-9640

Mom & Baby Yoga

www.ymcaoflansing.org/downtownymcawellnesscenter.html

Oak Park Branch

900 Long Blvd., Lansing, MI 48911; (517) 827-9700

Mom & Tot Gymnastics (1-4)

Pre-Pike: Parent/Child Swim (2-4)

www.ymcaoflansing.org/oakparkymca.html

Parkwood Branch

2306 Haslett Rd., East Lansing, MI 48823; (517) 827-9680

Family Time: Kids Gym (Parents/Kids ages 0-3)

Parent Tot Swim: (ages 0-3)

www.ymcaoflansing.org/parkwoodymca.html

Westside Community Branch

3700 Old Lansing Rd., Lansing, MI 48917; (517) 827-9670

Pre-Pike: Parent/Child Swim (ages 2-4)

Swim Lessons: Parent/Child (ages 0-2)

www.ymcaoflansing.org/westsidecommunityymca.html

Main Website: www.ymcaoflansing.org



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