

Harnett Family Focus



A Resource Directory
for Families of
Young Children
with Special Needs

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A Resource Guide for Families of Young Children with Special Needs

This Guide was designed to help connect families with local resources that provide services to children (birth to five years old) who have special needs.

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Acknowledgements

This directory focuses on *Harnett County Resources* that provide information and services to children (birth to five years old) who have special needs.

The Harnett Family Focus Directory is still expanding and seeking more information on local organizations and the programs and services they provide in the community. We welcome the public to contact us with any information they may have. Here's how you can help. Let us know of new resources, updates or corrections for future editions. We welcome your thoughts on how we can continue making this resource directory the best that it can be.

If you have resources you would like to add, please contact:

Harnett County Partnership for Children
170 Pine State Street, Lillington, NC 27546
910-893-2344

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The Local Interagency Coordinating Council (LICC) of Harnett County

The overall purpose of the LICC is to provide opportunities for service providers and individuals to become involved in local activities such as professional development, public awareness, community needs assessment, and system evaluation. This group develops and disseminates county specific information about transition events and child find materials; fosters interagency collaboration and information sharing; promotes parent and family involvement in community activities; and encourages community efforts that support families of children with special needs

Members of the LICC should include, but are not limited to: representatives from agencies providing services to children ages birth to five (especially those with special needs); mental health service providers; private providers (such as specialized therapists or home health agencies); parents of children with special needs; family advocacy and support groups; civic groups that provide services to or advocate for children with special needs (including churches, Civitans, Junior Women’s League, Lions Club, Shriners); community leaders (including county commissioners, city managers, health and mental health board members, business leaders, parks and recreation); and childcare and early childhood groups or organizations (including, county daycare associations or a local affiliate of the North Carolina Association for the Education of Young Children, NC Pre-K).

LICC welcomes all professionals serving children birth to five years to attend our monthly meetings. Meetings are held at The Harnett County Partnership for Children (170 Pine State Street, Lillington).

For questions please contact The Harnett County Partnership for Children at 910-893-2344



Emergency Phone Numbers

Fire, Police and Rescue Squad	911
Ambulance and Emergency Rescue Squad	911

Non-Emergency Phone Numbers

Angier Fire Department	919-639-6234
Angier Police Department	919-639-2699
Coats Police Department	910-897-5183
Dunn Crime Stoppers	910-892-2222
Dunn Fire and Rescue Squad	910-892-2938
Dunn Police Department	910-892-2399
Erwin Fire Department and Rescue Squad	910-897-8151
Erwin Police Department	910-897-5122
Harnett County Sheriff’s Office	910-893-9111
Lillington Fire Department	910-893-9342
Lillington Police Department	910-893-3015
NC Highway Patrol in Lillington	910-893-5704

Frequently Requested Phone Numbers

Animal Control	910-814-2740
Board of Education	910-893-8151
Cooperative Extension	910-893-7530
Emergency Medical Services	910-893-7563
HARTS Transportation	910-814-4019
Health Department	910-893-7550
HUD	910-893-7560
Jail/Detention Center	910-893-0257
Library	910-893-3446
Parks and Recreation	910-893-7518
Social Services	910-893-7500
Tax Department	910-893-7520



Free * Confidential * 24 hours a day * Every Day * Any Language

Need HELP but don't know where to turn?

Your Connection to :

Basic Needs—Food, Clothing, Shelter

Childcare Services * Consumer Help

Counseling * Crisis Intervention

Healthcare * Housing * Senior Services

Support Groups * Volunteer Opportunities

Dial 211 or Toll Free 888-892-1162

TO speak to one of our Specialists

NC 211

Supporting your Young Child's Development

Why the First 2000 Days Matter

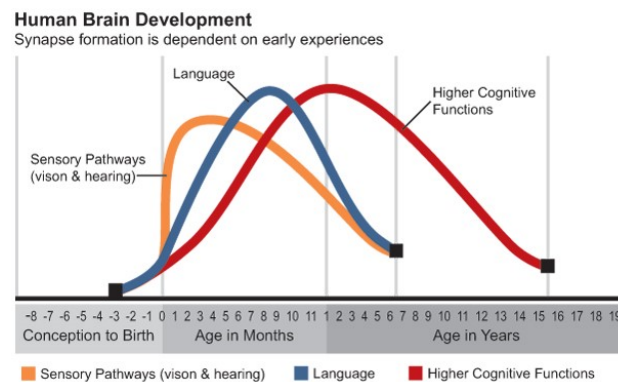
Why the First 2000 days Matter

There are only 2,000 days between the time a baby is born and when that child shows up for the first day of kindergarten. Experiences during these 2,000 days have a lasting impact on later learning, health and success. That is because children's earliest experiences literally determine how their brains are wired; lay the groundwork for future health; and form the foundation of the social and emotional skills needed for academic and workplace success.

Experiences early in life have a lasting impact on later learning.

Today, neuroscientists are able to show that early experiences actually shape the architecture of the brain and strongly affect whether a child grows up to be a healthy, productive member of society.

The graphic below illustrates that much of a young child's brain synapse formation takes place in the first five years of life. Synapses are what connect our brain cells (neurons). They form a network in the brain. This network influences intellectual capacity, memory, problem solving and language.



To learn more please visit
<http://first2000days.org/>.

Toxic Stress

Chronic stressful conditions such as extreme poverty, abuse or severe maternal depression – what scientists now call “toxic stress” – can also disrupt the architecture of the developing brain. This can lead to lifelong difficulties in learning, memory and self-regulation. We know that children who are exposed to serious early stress develop an exaggerated stress response that, over time, affects their defense system against diseases

It is important to distinguish among three kinds of responses to stress: positive, tolerable, and toxic. These three terms refer to the stress response systems' effects on the body, not to the stressful event or experience.

Positive stress response is a normal and essential part of healthy development, characterized by brief increases in heart rate and mild elevations in hormone levels. The first day with a new caregiver or receiving an injected immunization are examples of situations that might trigger a positive stress response.

Positive
Brief increases in heart rate
Mild elevation in stress hormone levels

Tolerable stress response activates the body's alert system to a greater degree as a result of more severe, longer-lasting, difficulties, such as the loss of a loved one, a natural disaster, or a frightening injury. If the activation is time-limited and buffered by relationships with adults who help the child adapt, the brain and other organs recover from what might otherwise be by damaging effects.

Tolerable
Serious temporary stress responses
buffered by supportive relationships

Toxic stress response can occur when a child experiences strong, frequent, and/or prolonged adversity – such as physical or emotional abuse, chronic neglect, caregiver substance abuse or mental illness, exposure to violence, and/or the accumulated burdens of family economic hardship – without adequate adult support. This kind of prolonged activation of the stress response system can disrupt the development of brain architecture and other organ systems, and increase the risk for stress-related disease and cognitive impairment, well into the adult years.

Toxic
Prolonged activation of stress response systems
In the absence of protective relationships

When toxic stress occurs continually, or is triggered by multiple sources, it can have a cumulative toll on an individual's physical and mental health – for a lifetime. The more adverse experiences in childhood, the greater the likelihood of developmental delays and later health problems, including heart disease, diabetes, substance abuse, and depression. Research also indicates that supportive, responsive relationships with caring adults as early in life as possible can prevent or reverse the damaging effects of toxic stress response.



NC Safe Surrender of Newborns

Did you know that the risk of homicide on the first day of life is 10 times greater than at any other time of life?

What is the Safe Surrender Law? The North Carolina Safe Surrender Law, or Infant Homicide Prevention Act, allows for an infant up to 7 days old to be given to a responsible adult, legally and anonymously.

Who can receive an Infant through safe surrender? The law states that an infant can be given to a responsible adult. A responsible adult would be an on-duty health care provider, law enforcement officer, social services worker or emergency medical services worker.

What happens to the surrendered children? The receiving responsible adult is required to keep the child safe and warm, and to call 911 or the local department of social services right away.

Is infanticide and child homicide a big problem? In North Carolina, an average of two infants are killed or left unprotected every year. Every two weeks a child in our state is killed by a parent or caregiver in some form of child abuse.

Has the Safe Surrender Law been successful? No official numbers are in existence, but since the law went into effect in 2001, there have been successful safe surrenders of infants.

What about the rights of the father? Safe surrender encourages any person that believes he may be the father of a child that has been given to a responsible adult to come forward immediately.

Safe Surrender: It's in your Hands

For more information please contact 1-800-FOR-BABY
or www.safesurrender.net

Bonding With Your Baby

What's Happening

Attachment is a deep, lasting bond that develops between a caregiver and child during the baby's first few years of life. This attachment is critical to the growth of a baby's body and mind. Babies who have this bond and feel loved have a better chance to grow up to be adults who trust others and know how to return affection.

What You Can Do

No one knows your child like you do, so you are in the best position to recognize and fulfill your child's needs. Parents who give lots of loving care and attention to their babies help their babies develop a strong attachment. Affection energizes your child to grow, learn, connect with others, and enjoy life.

Most Babies:

- Have brief periods of sleep, crying or fussing, and quiet alertness many times each day
- Often cry for long periods for no apparent reason
- Love to be held and cuddled
- Respond to and imitate facial expressions
- Love soothing voices and will respond with smiles and small noises
- Grow and develop every day; they learn new skills quickly and can outgrow difficult behaviors in a matter of weeks

Here are some ways to promote bonding:

- Respond when your baby cries. Try to understand what he or she is saying to you. You can't "spoil" babies with too much attention—they need and benefit from a parent's loving care even when they seem inconsolable.
- Hold and touch your baby as much as possible. You can keep him close with baby slings, pouches, or backpacks (for older babies).
- Use feeding and diapering times to look into your baby's eyes, smile, and talk to your baby.
- Read, sing, and play peek-a-boo. Babies love to hear human voices and will try to imitate your voice and the sounds you make.
- As your baby gets a little older, try simple games and toys. Once your baby can sit up, plan on spending lots of time on the floor with toys, puzzles, and books.

How YOU Can Support Your Child's Development

Child development refers to how a child becomes able to do more complex things as they get older. Development is not the same as growth; growth only refers to the child getting bigger in size. Development refers to: Gross and fine motor, language, cognitive and social skills.

Here are few milestones to track the development of your child:

Birth to 1 ½ Months

- Turns head in direction of your voice
- Observes surrounding briefly
- Focuses on high contrast objects
- Lifts head briefly when lying on tummy

1 ½ to 3 ½ Months

- Turns head in general direction of sound
- Begins cooing and uses crying to alert parent of needs
- Shows excitement when seeing or hearing caregiver
- Pushes with legs against a firm surface

3 ½ to 5 ½ Months

- Turns head to locate sound
- Gurgles and coos to show pleasure
- Anticipates eating upon seeing bottle or breast
- Rolls on to either side and sits with support

5 ½ to 8 Months

- Babbles using repeated syllables such as "ma ma ma"
- Experiments with effects of throwing, dropping, and banging
- Rolls, scoots or pulls body up with arms
- Transfers objects from one hand to the other

8 to 14 Months

- Responds to own name when called
- Knows the difference between familiar people and strangers
- Pulls self up to stand
- Turns pages in a stiff book

Parenting Your Child with Developmental Delays and Disabilities

Children develop in many ways and at different rates. While each child is unique, there are developmental milestones or skills that children are expected to develop by certain ages. As parents we expect these age specific tasks to occur naturally. Children don't necessarily learn skills at the same pace, but when milestones don't develop within the expected broad timeframe or don't appear at all, parents and caregivers may become concerned.

What You Might Be Seeing

Parents and primary caregivers are in the best position to note any ongoing concerns about their child's development that may require action. Although children develop at their own rate, some differences may be signs of developmental delays or disabilities. You may want to observe your child in the following areas to decide if your child is on a typical developmental path:

- *Gross motor skills:* Using large groups of muscles to sit, stand, walk, run, etc.; keeping balance; and changing positions
- *Fine motor skills:* Using hands to eat, draw, dress, play, write, and do many other things
- *Language:* Speaking, using body language and gestures, communicating, and understanding what others say
- *Cognitive:* Thinking skills including learning, understanding, problem-solving, reasoning, and remembering
- *Social:* Interacting with others, having relationships with family, friends, and teachers, cooperating, and responding to the feelings of others.

What You Can Do?

First Steps

- If your child's development worries you, share your concerns with someone who can and will help you get clear answers about your child's development. Don't accept others dismissing your concerns by saying "You worry too much," or "That will go away in a few months." You know your child and are his or her best advocate.
- If your child seems to be losing ground—in other words, starts to not be able to do things they could do in the past—you should request an evaluation right away. Get professional input for your concerns.

14 to 24 Months

Follows one-step directions
Has 50 word vocabulary
Uses trial and error to solve problems
Throws small ball and kicks large ball forward

24 to 36 Months

Follows two-step directions
Says name
Names one color, eight pictures and three body parts
Interacts with other children

3 to 4 Years

Listens responsively to books and stories
Carries out three simple related directions
Uses four to six words in a sentence and answers simple questions
Knows first and last name

4 to 5 years

Learns a song and does actions that go with the words
Uses six to eight words in a sentence
Identifies own name when printed
Counts ten items out loud
Uses scribbles, shapes and letter-like symbols to write

*Because each child develops in her own particular manner, it's impossible to predict when or how your own child will perfect a given skill. Alert your pediatrician if you feel your child's development is taking a slightly different course.
-American Academy of Pediatrics*

- If you think your child may be delayed or have a disability, take him or her to a primary health-care provider or pediatrician and request a developmental screening. If you don't understand the terminology used to assess or describe your child, be sure to ask questions such as, "What does that mean?"

Next Steps

- If your child is diagnosed with a developmental delay or disability, remember that you are not alone. Meet and interact with other families of children with special needs, including those with your child's identified disability. You may have many questions about how your child's diagnosis affects your whole family.
- Seek information. Learn the specifics about your child's special needs. When your child is diagnosed with a delay or a disability, you should begin interventions as early as possible so your child can make the best possible progress.
- Find resources for your child. Seek referrals from your physician or other advisors to find professionals and agencies that will help your child. Keep in mind that some services that assist your child may also provide programs to benefit your entire family.

Ongoing Strategies

- Locate or start a support group. You may appreciate the opportunity to give and receive assistance or encouragement from others who can truly identify with your experience.
- Take a break and give yourself the time to regroup, reestablish your relationship with family members, or reconnect with friends. You will be a better champion for your child when you take care of yourself as well.
- Don't let your child's delay or disability label become the entire focus. Your child has special challenges but is also a member of your family. Seeing your child grow and develop as an individual and part of the family is one of the great pleasures of being a parent

How can I learn more about services in my hometown?

If you think your child may have a developmental delay, talk to your child's doctor. Parents also can seek help from the following agencies:

1. *Children's Developmental Services Agencies (CDSAs)* assure that children from birth to three years of age receive services mandated under Part C of the Individuals with Disabilities Education Act (IDEA). Most CDSAs serve multiple counties. They are the point of referral for the North Carolina Infant-Toddler Program. Contact the regional office that serves the county that you reside in: Harnett County, Sandhills CDSA (910) 814-2480 <http://www.becarly.nc.gov/>
2. All *Family Support Network (TM)* affiliate programs work with their local CDSAs to provide support for families with children who have special needs. GCF Family Support Network of the Sandhills. Harnett County: (910) 295-3133 x 229
3. *Pre-School Programs* provide high quality educational services to students with disabilities by implementing Individualized Education Programs (IEP). Harnett County Exceptional Children's Program (910) 893-8151.
4. Fort Bragg Educational & Developmental Intervention Services (910) 907-3347. Fort Bragg Schools (910) 907-0200

Making a Care Notebook

Keeping your child's medical and developmental records organized is one of the most important things you can do. A Care Notebook is a tool for families who have children with special health care needs or disabilities to keep track of essential information in a central place. Exceptional Children's Assistance Center (ECAC) offers a Care Notebook for NC families in English and in Spanish.

Visit ECAC: <http://www.ecac-parentcenter.org/CareNOTEBOOK.aspx?sid=88&pid=5&red=yes>

Kindergarten Registration

Children must be five years old on or before August 31 of the year they enter school to register for Kindergarten. Only parents and court appointed custodians may register a child for school. The school system hosts a Beginner's Day in the spring for parents and children who will be entering Kindergarten the following August. Children and their parents can visit their school, see what a typical school day is like, and even have a school lunch.

Parents who are interested in enrolling their child in a school of choice should contact the school in January for an application.

To register your child for Kindergarten, you will need:

- ◆ Certified Birth Certificate
- ◆ Shot Record
- ◆ Kindergarten Health Assessment Form
- ◆ Proof of address in school's attendance area

To find out what school your child will attend call:

Harnett County Schools Transportation Office at
(910) 893-8151 ext. 309 or visit www.harnett.k12.nc.us

Kindergarten Health Assessment Form

Children must have a physical exam and be up to date on their shots before they can enter Kindergarten. Parents should contact their child's doctor or the Health Department to set up an appointment for a Kindergarten physical before school starts. Students who don't submit a completed

Health Assessment Form within 30 days of the first day of Kindergarten will be withdrawn from school until the form is completed. Most area doctor's offices have Health Assessment Forms. Parents may also get them from their child's school, the County Health Department, and on the school system websites.

The Importance of a Father's Involvement

Fathers are just as essential to healthy child development as mothers.

The following are some of the most compelling ways that a father's involvement makes a positive difference in a child's life.

Fathers Parent Differently: The diversity between the parenting styles of the mother and father provides children with a broader, richer experience of contrasting relational interactions. Whether they realize it or not, children are learning that men and women are different. This understanding is critical for their development.

Fathers Play Differently: Fathers tickle more, they wrestle, and they toss their children in the air. Through rough-and-tumble with their fathers, children learn self-control by being told when "enough is enough" and when to settle down.

Fathers Build Confidence: Go to any playground and listen to the parents. Who is encouraging kids to swing or climb just a little higher, ride their bike just a little faster, throw just a little harder? Who is encouraging kids to be careful? Mothers protect and fathers encourage kids to push their limits. These two parenting styles together help children remain safe while expanding their experiences and increasing their confidence.

Fathers Communicate Differently: Mothers will simplify their words and speak on the child's level. Men are not as inclined to modify their language for the child. The mother's way facilitates immediate communication; the father's way challenges the child to expand her vocabulary and linguistic skills.

Fathers Discipline Differently: Fathers stress justice, fairness and duty, while mothers stress sympathy, care and help. Fathers tend to observe and enforce rules systematically and sternly, teaching children the consequences of right and wrong. Mothers tend toward grace and sympathy, providing a sense of hopefulness. Again, these two parenting styles together create a healthy, proper balance

Fathers Prepare Children for the Real World: Fathers are more likely than mothers to tell their children that if they are not nice to other kids, kids will not want to play with them. Or, if they do not do well in school, they will not get into a good college or secure or desirable job. Fathers help children prepare for the reality and harshness of the world.

Fathers Provide a Look at the World of Men: Men and women are different. They eat differently. They dress differently. They cope with life differently. Girls and boys who grow up with an active father are more familiar and secure with the curious world of men.

“The Involved Father” –By Glenn Stanton

Ways to Connect with Your Children

Preschool

- Go on a walk with your child and let them lead the conversation.
- Tell your child funny stories using voices, motions, facial expressions and sounds.
- Get on your child’s level – squat or kneel when talking or playing.
- Carve out time where you can do nothing but get to know your child.

Elementary

- Let your child decide what they would like to do during playtime.
- Find a skill that your child would like to learn and commit yourself to help them.
- Help with homework, practicing sports and attend school meetings.
- Start regular one-on-one outings with your children.

Teen

- Listen to music that your child enjoys – keeping an open mind.
- Keep scheduling the one-on-one outings with your children.
- Immerse yourself in the world of your children. Do something on their “turf” – skateboard, play hoops in the park or go to the mall.
- Commit to weekend activities with your children.

“How Dads Can Stay Involved” –By Carey Casey

NC Child Passenger Safety Seat Law

- ◆ Children under 16 years old are covered under the NC Child Passenger Safety Law.
- ◆ All cars manufactured after 1967 and all pickup trucks, vans, and SUVs manufactured after 1971 are required to have seat belts and are covered under the NC Child Passenger Safety Law.
- ◆ All children in all seats must be buckled at all times.
- ◆ A child restraint device is required if the child is less than 8 years old AND weighs less than 80 pounds.
- ◆ The child restraint device must be placed in the rear seat if the child is 5 years old or younger and under 40 pounds AND if the vehicle has passenger side airbags.
- ◆ Belt-positioning booster seats may be used for children between 40 and 80 pounds. The child must be within the weight range for the child restraint or booster seat and it must meet federal safety standards in effect at the time of manufacture.
- ◆ Children may be secured in a properly fitted seat belt at age 8 or at 80 pounds, whichever comes first.
- ◆ Do not place the shoulder belt under a child’s arm or behind their back. It is dangerous and illegal.
- ◆ The driver is responsible for the proper restraint of children.
- ◆ There are no exemptions for out-of-state drivers or vehicles registered in other states.
- ◆ The fine for violating the law is \$25, plus court costs and two driver’s license points.

Visit <http://www.buckleupnc.org> for more information.

Local Child Passenger Safety Seat Programs

You can search through Buckle Up database of programs and agencies in North Carolina that offer child passenger safety and seat belt information and technical assistance in their communities. Many programs offer the “hands-on” service of teaching parents and other caregivers how to install and use their restraints correctly. http://www.buckleupnc.org/contacts_local.cfm

Refer to NC CPS Events and Activities for a listing of child passenger safety clinics (“checking stations” set up for a limited time in a public location such as a shopping center parking lot) and other related activities.

Types of Programs and Services Listed

- *Permanent Checking Stations (PCS)* are locations where parents/caregivers can receive information about child passenger safety (CPS) and have their child restraints and seat belts checked to be sure they are installed and used correctly. PCS locations listed on this site provide education and installation assistance by nationally certified CPS Technicians.

- *Buckle Up Kids – NC Safe Kids Buckle Up (BUK)* programs assist parents and other caregivers by providing a limited number of low-cost child restraints and education on their use to qualifying families. Only trained, qualified personnel are allowed to provide educational and installation assistance to parents/caregivers, including those receiving BUK seats. Child restraints distributed by BUK programs are purchased through funding from the North Carolina Governor’s Highway Safety Program.

- *Safe Kids* – Safe Kids coalitions are affiliated with Safe Kids Worldwide to combat the causes of deaths among children caused by unintentional injuries and focus on the major unintentional risk areas of traffic incidents, fire/burns, drowning, falls, poisonings, and choking/suffocation. Local Safe Kids coalitions conduct a number of child passenger safety clinics and educational events throughout the year.

Harnett Safe Seats: The Harnett County Health Department provides and offers car seat checks/inspections. Parents must have their car seat and child with them and show proof of Harnett County residency.

Play is Learning

One of the best things children can do is play. Children learn through play and it helps build important skills they need for future success.

Playing helps them develop creativity, decision making skills, social skills, and builds muscles. Plus, it offers opportunities for parents to spend time with their children.

Children benefit the most from child-directed, unstructured, and imaginative play. It allows them to interact with the world on their terms, and provides parents with an opportunity to see the world through their child’s eyes.

Here are some ways you can encourage your child’s imaginative play!

- ◆ Create a dress up box filled with old clothes, shoes, and jewelry.
- ◆ Create a prop box filled with puppets, cardboard boxes and tubes, and old sheets and blankets.
- ◆ Take them outside and let them climb, ride bikes, and play pretend games with safe items they find.
- ◆ Let them play with sand and water.

Looking to try out a new developmentally appropriate item with your child? Check out your local Resource Lending Library. The Lending Library offers a variety of high quality educational materials such as active play equipment, manipulatives, and dramatic play materials. These items are available to be checked out free of charge at the Harnett County Cooperative Extension Lending Library (910) 893-7530.

- ◆ Encourage your child to write and draw.
- ◆ Praise your child’s reading and writing efforts.

A great resource for introducing your child to reading and language in a fun way is your local library. They offer a variety of free programs that will spark your child’s interest in literature

Getting Ready to Learn to Read

Language development is one of the best indicators of school success. It gives children the building blocks they need to learn to read. Children who enter school with poorly developed language skills start behind, and often never catch up. Parents play an important role in their child's literacy development. Parents who provide their children with literacy rich environments and opportunities to use language are setting their children up for success not only in school but in life.

Here are some ways you can encourage literacy in your home!

- ◆ Talk, sing, and play with your child.
- ◆ Designate a daily family reading time.
- ◆ Surround your child with reading material.
- ◆ Be a model for your child by reading books, magazines, and newspapers.
- ◆ Read books again and again to your children.
- ◆ Point out specific sounds or letters.
- ◆ Encourage your child to write and draw.
- ◆ Praise your child's reading and writing efforts.

A great resource for introducing your child to reading and language in a fun way is your local library. They offer a variety of free programs that will spark your child's interest in literature.

Harnett County Public Library: Main Library, 910-893-3446.



Eat Healthy, Get Active

Giving Your Child the Proper Nutrition and Physical Activity.

Over the past three decades, childhood obesity rates in America have tripled, and today, nearly one in three children in America are overweight or obese. The life of a child has changed over the years; walks to and from school have been replaced by car and bus rides, gym classes and after-school sports have been cut and afternoons are now spent with video games, TV, and the internet.

That was the bad news! The good news is that by adjusting a few of our habits we can help our children lead healthier, more active, lives.

Eat Healthy

Although adults usually decide what kids eat, we all know that kids eat what is available. Therefore, surrounding them with healthier options leave them no choice but to eat better food. Small changes can make a huge difference:

- Kids should eat five fruits and vegetables a day.
- Provide fruit or carrot sticks as great snacks.
- Offer 100% juice, with no added sugar.
- Save "treats" for special occasions.
- Reduce the number of snacks each day.
- Differentiate between snacks that require permission (cookies), versus snacks that kids can take freely (fresh or dried fruit).
- Bake or grill instead of frying.
- Don't force kids to clean their plates.
- Start with small portions and children can always have seconds if they are still hungry.
- Eat together as a family.
- Eating together is chance to model good behavior.
- Regularly scheduled meal and snack times help kids learn structure for eating.

Choosing Quality Childcare

Get Active

Engaging in physical activity as a family can be a fun way to get everyone moving. Children need 60 minutes of play with moderate to vigorous activity every day, but it does not have to occur at once. Remember, sleep is just as important and is an essential part of living an active life.

Here are a few activities you and your family can use to get started on a path to a healthier lifestyle:

- Give children toys that encourage physical activity.
- Limit TV time and keep the TV out of a child's bedroom.
- Take the stairs instead of the elevator.
- Walk around the block after a meal.
- Encourage children to join a sports team or try a new physical activity.
- Find time to spend together doing a fun family activity: family park day, swim day or bike day.
- Make a fun house rule like no sitting still during television commercials.
- Be sure children get the sleep they need. Children under five should get eleven hours or more of sleep per day. Children five to ten should get ten or more, and children over ten need at least nine hours per day.

**For more information visit:
www.Letsmove.Gov**

Your local Parks and Recreation is a great place to start when looking for active programs for your child. They offer a variety of opportunities for outdoor fun.

Harnett County Parks and Recreation Department 910-893-7518



Why Quality Child Care Matters?

Children in quality child care tend to

- Score higher academically throughout school
- Have higher self-esteem
- Exhibit fewer negative behaviors
- Have stronger language skills

What Do I look for in a Quality Child Care?

Look for child care programs where caregivers

- Are warm and nurturing
- Communicate well with children
- Are knowledgeable about child development
- Put emphasis on intellectual stimulation, socialization skills
- Are able to give one-on-one attention
- Have strong supervision/safety policies

Should I select a family child care home or a child care center?

The type of program that you select should be the one that fits you and your child's individual needs. You know your child's personality best. If he or she is most comfortable in a small setting, then a family child care home may work best for him or her. What is most important is that after visiting and observing in the program, it feels like a good fit for your family.

There are lots of child care facilities in my area. How can I determine which programs offer the best care?

Parents can use the Division's Facility Search Site (<http://ncchildcaresearch.dhhs.state.nc.us/search.asp>) to find information about the standards a child care facility meets. Licensed child care facilities have ratings of one through five stars. One star means the facility meets minimum licensing requirements. A two to five star rating means the facility has voluntarily met higher program standards and higher staff education levels. Parents can see exactly how the facility scored in each of these areas. The site also provides information about visits made to the centers and homes as well as any administrative actions the Division of Child Development has taken against the facility. Parents can also request additional information via email provided on the Division's Facility Search Site.

What does it mean when a child care program is nationally accredited?

An accredited child care program has met standards of quality set forth by an accrediting agency. There are several national accrediting organizations for child care programs. Getting accredited is voluntary and usually involves an intensive self-assessment as well as an outside observation. The accreditation process does not impact a program's star rated license. The websites for the four national accrediting organizations lists programs that are currently accredited. They can be accessed at:

- National Association for the Education of Young Children (NAEYC) (<http://www.naeyc.org/>)-- for child care centers.
- National Child Care Association (NCCA)
- (<http://www.nccanet.org/>)-- for child care centers.
- National Afterschool Association (NAA) (www.naaweb.org) -- for school age programs.
- National Association for Family Child Care (NAFCC) (<http://www.nafcc.org/>)-- for family child care homes.

Who can I contact for help in locating child care in my county?

Some Child Care Resource and Referral (CCRR) agencies have information about child care available in your county. They can also give you information on how to choose a quality child care program. Contact a Division of Child Development Customer Service Representative for the telephone number of the CCRR in your county. Child Care Resource & Referral (910) 893-7530

Who do I contact to report concerns or file a complaint about a child care?

If a parent, guardian or other concerned citizen thinks that a child care program is not meeting the licensing requirements, a complaint can be made to the Division of Child Development by calling:

- In-state only (800) 859-0829
- Out-of-state (919) 662-4499

Raising Grandchildren

Taking Care of Yourself

Raising your grandchild can be a difficult task, but with the appropriate coping skills, you can meet your family's needs while also maintaining your own health and well-being. There are several key steps that can help: take time to relax and re-energize, recognize and share your feelings, maintain a positive outlook on life, seek support from others, and problem solve.

Take Time to Relax and Re-Energize

You might be thinking that there is barely enough time to take care of your grandchildren, let alone to re-energize yourself! However, it's essential to meet your personal needs in order to handle life's challenges. Do you remember a stressful time when you were tired and overwhelmed? Most likely, you were less patient and tolerant. Perhaps using some of these coping strategies will ease some of your stress:

- find a peaceful place to relax
- take a walk
- take up a hobby
- meditate
- exercise, rest, and eat healthy
- keep a sense of humor
- let go of the problem, come back to it later
- practice stress reduction exercises

Recognize and Share Your Feelings

Becoming a parent again can bring lots of joy and happiness. It can also bring other feelings too. Many grandparents raising their grandchildren describe feelings of:

- Worry
- Shame
- Guilt
- Happiness
- Anger
- Gratefulness
- Sadness
- Pride
- Frustration
- Fear

AARP Grandparent Information Center (GIC) has a variety of resources to help grandparents in various family roles. GIC provides information for grandparents, including grandparents raising grandchildren, grand-parents who have problems with visiting their grandchildren, step-grandparents and "traditional" grandparents who want to have a positive role in their grandchildren's lives. www.aarp.org/grandparents

Custody Options

Grandparents face many responsibilities in their new role. If you become a long-term care provider, you will be affected by the legal system. You can be an advocate for your grandchild's rights by knowing about the system and where to go for help.

Your legal rights will be determined by how much responsibility you accept for your grandchildren. By knowing your legal rights, you will have more control over what happens to them. Before you make a decision concerning your grandchild, always remember to ask yourself, "What will happen if I...?"

Custody Options

In caring for grandchildren, grandparents have several custody options. To decide which options match your needs, you must become familiar with legal terms.

Courts classify families in two ways:

- families with dependent children
- families without dependent children

A family with a dependent child receives ongoing supervision by a case worker from a local Community-Based Care (CBC) provider. A child can become dependent on the State if he/she has been abused, neglected, or abandoned by a parent. Dependent children are also referred to as "adjudicated dependent."

Families without dependent children do not receive ongoing supervision by a CBC provider. The custody options available for families without dependent children are not the same as those with dependent children.

Where to Find Help about Legal Issues

If you need additional information about legal matters, contact the following services.

AARP's Legal Services Network offers affordable legal assistance through participating attorneys to AARP members, associate members, and persons settling a deceased AARP member's estate. Contact the Legal Services Network at (866) 330-0753 or visit www.aarpls.com

Resources for Grandparents Raising Grandchildren

There is lots of useful free information for grandparents. Here are some places to start:

- Harnett County Department of Social Services : 910-893-7500
- North Carolina Cooperative Extension County Centers (910-893-7530) are ready with answers on issues related to early childhood, parenting and aging.
- NC Family Caregiver Support Program North Carolina has designed and developed a comprehensive Family Caregiver Support Program. The NC Division of Aging works in partnership with the Area Agencies on Aging, Harnett Mid-Carolina Council of Governments: 910-323-4191
- Harnett County Department on Aging: 910-893-7578



Resource Guide by Category

The **Resource Guide by Category** portion of this booklet has been designed to help you find agencies, companies, and resources that provide services to Harnett County Residents.

Agencies and Businesses have been alphabetically divided into the following categories:

Childcare/Schools
Counseling Services
County Agencies
Direct Therapy Services
Family/Community Support
Medical Services

If you know of other Resources (not recorded here) that provide support to Harnett County Families, please contact The Harnett County Partnership for Children at 910-893-2344 so they can be added prior to the next publication.

The **Resources by Category** portion of this booklet has been designed to help you find agencies, companies and resources that provide services to Harnett County Families.

Childcare/Schools

Harnett County Schools Exceptional Children's Preschool Services

Address: PO Box 1029 Lillington, NC 27546

Phone: 910-893-8151 x210

Website: <http://www.harnett.k12.nc.us/>

Program Description: Provides services to children, ages three and four, who are identified with developmental delays and in need of special education and related services. Referrals for screening can be made by a family member or professional service provider.

Developmentally appropriate interventions are provided within the preschool office, child care facilities, and several public schools with service

delivery contingent upon Individualized Education Plan (IEP) goals.

Language: English (Spanish Interpreters available)

Cost: None

Eligibility: Children ages three and four, who are identified with educational delays.

Johnston-Lee-Harnett Head Start

Address: 645 Shawtown Rd., Lillington, NC 27546

Phone: 910-814-2651

Website: www.johnstonleeharnettcommunityaction.org

Program Description: Head Start uses an integrated approach to provide children from low income families a free, comprehensive education in an enriched learning environment where their emotional, physical, social, psychological, nutritional, and health needs will be met.

Language: Not Applicable

Cost: Must have low income

Eligibility: 2-4 yrs. old children

NC PRE-K

Address: 170 Pine State St., Lillington, NC 27546

Phone: 910-893-2344

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

Program description: NCPRE-K (formerly known as More at Four) provides free pre-kindergarten experiences to at-risk four-year-olds. High quality classrooms are located throughout the county and focus on preparing children for success in school.

Language: English and Spanish

Cost: Free

Eligibility: Children must be 4 years of age by August 31st of the beginning school year.

Angier Center

Address: 143 Fish Drive Angier NC 27501

Phone: (919) 639-3319

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

Program Description: Provides child care, education, transportation, parent support, medical, dental and developmental screenings to children 0-5 with or without disabilities.

Language: Spanish and English

Cost: N/A

Eligibility: To qualify primary income source needs to be from agricultural activities.

Counseling Services

CareNet of Harnett

Address: 400 Denim Dr., Erwin, NC 28339

Phone: 910-897-8930

Website: www.carenetofharnett.org

Program Description: Provides counseling services to children, adolescents and adults.

Language: English and Spanish

Cost: Accepts Tricare, Sliding Fee Scale

Eligibility: Not Applicable

Daymark Recovery Services

Address: 5841 US Highway 421 South Buies Creek, NC 27506

Phone: 910-893-5727

Website: www.daymarkrecovery.org

Program Description: Outpatient mental health and substance abuse; crisis center

Languages: Primarily English

Cost: Varies

Eligibility: Not Applicable

Harnett Counseling Services

Address: 1186 North Main Street, Lillington, NC 27546

Phone: 910-814-0909

Website: <http://harnettcounseling.com/services.html>

Program Description: Provides individual therapy to school-aged children, adolescents and adults.

Language: English

Cost: Accepts Tricare / Private Insurance / Medicaid

Eligibility: Not Applicable

Pinnacle Family Services

Address: 351 Wagoner Dr., Suite 175, Fayetteville, NC 28303

Phone: 919-423-0598

Website: www.pinnaclefamilyservices.com

Program Description: Provides innovative evidenced based services to children and families.

Languages: English, Spanish (with translator)

Cost: Variable

Eligibility: Medicaid, IPRS, most major insurances, self pay

Peace of Mind, Inc.,

Trauma Treatment Specialists

Address: 817 West Front St., Lillington, NC 27546

Phone: 910-814-2197

Website: <http://www.peace-of-mind-inc.com>

Program Description: Outpatient counseling for the treatment of Children, Adolescents and Adults, individual psychotherapy couples, marriage and family therapy group counseling clinical supervision, consultation, critical incident stress debriefing (CISD) trauma treatment military personnel and family issues.

Language: English

Cost: Accepts Tricare and most insurances, participates in IPRS funding

Eligibility: Not applicable

Sierra's Residential Services, INC.

Address: 1995 US 421 N Lillington, NC 27546

Phone: 910-257-1156 or 910-814-4243

Website: srsounseling.com

Program Description: Level III Residential, Intensive In-home Services, Day Treatment and Outpatient Therapy

Languages: English and Signed Language

Cost: Medicaid and NC Health Choice

Eligibility: Children needing Mental Health Services

Sandhills Center

Address: 1120 Seven Lakes Drive, West End, NC 27376

Phone: 1.800.256.2452 (help line /24 hours every day)

Website: www.sandhillscenter.org

Program Description: Sandhills Center is a Local Management Entity-Managed Care Organization and its mission is to develop, manage and assure that people in need have access to quality mental health, developmental disabilities and substance abuse services.

Language: English/Spanish

Cost: There is no charge for the phone call or setting an appointment. The cost of seeing a service provider varies and depends on your individual situation. General guidelines about cost can be provided to you when calling 800.256.2452.

Eligibility: Not Applicable

County and Government Agencies

Children's Developmental Services Agency

Address: 321 Pine State Street, Lillington, NC 27546

Phone: 910-814-2480

Website: www.sandhillskids.com

Program Description: The mission of Harnett County Department of Social Services is to provide services to individuals and families to achieve self-sufficiency, safety, and improve their quality of life.

Languages: English and Spanish

Cost: Not Applicable

Eligibility: Children birth to three

Department of Public Health

Address: 307 Cornelius Harnett Blvd. Lillington, NC 27546

Phone: 910-893-7550

Website: <http://www.harnett.org/health/child-service-coordination-program.asp>

Program description: Works to prevent illness, diseases, and injuries, promote healthy lifestyles, and keep the environment clean, healthy and safe. The health department is divided into the following main divisions: Adult Health, Child Health, Environmental Health, Health Education, HIV/AIDS & STD Education, Healthy Harnett-Healthy Carolinians, Home Health, Social Work, and Women Infants & Children (WIC).

Languages: English and Spanish

Cost: None

Eligibility: Children birth to five years

Department of Social Services

Address: 311 Cornelius Harnett Blvd., Lillington, NC 27546

Mailing: PO Box 2169, Lillington, NC 27546-2169

Phone: 910-893-7500

Website: <http://www.harnett.org/ss/>

Program Description: The Harnett County Department of Social Services strives to improve the quality of life for the citizens of Harnett County

Languages: English and Spanish

Cost: Not Applicable

Eligibility: Harnett County residents

Harnett County Child Care Resources

Address: 126 Alexander Dr., Suite 300, Lillington, NC 27546

Phone: 910-893-7530

Website: <http://www.hccrr.weebly.com>

Program Description: Provides technical assistance and training to child care providers; Works with community organizations which serve children and families.

Languages: English

Cost: Not Applicable

Eligibility: Not Applicable

Harnett County Partnership for Children

Address: 170 Pine State Street, Lillington, NC 27546

Phone: 910-893-2344 **FAX:** 910-893-2387

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

Program description: The main focus is on health, education and family support.

Language: English / Spanish

Cost: Free

Eligibility: Birth to age 5

Direct Therapy Services

Capitol City Speech Therapy

Address: 141 N. Main Street, Fuquay-Varina, NC 27526

Phone: 919-577-6807

Website: <http://www.capitolcityspeechtherapy.com/>

Program Description: Capitol City Speech Therapy is a therapist owned company that provides unique and innovative Speech, Language and Swallowing Therapy and Community Based Rehabilitative Services that include the client and caregiver.

Languages: English

Cost: Accepts Tricare or any other insurance

Eligibility: Primarily service children, but will service adults.

Care Management Services

Address: 408 W. Armsfield street. St. Pauls, NC 28384

Phone: (P) 910-865-9299

Website: www.caremanagementservices.net

Program Description: Provides CAP I/DD services to children and adults with developmental disabilities. Services include Home and Community Support, Personal Care, Respite and Residential services. Services are provided one on one. It includes Play Therapy for children 0-3.

Languages: English

Cost: CDSA determines, private insurance, sliding fee scale

Eligibility: Not Applicable

Creative Play, LP

Address: 132 West Elwood Ave., Raeford, NC 28376

Phone: (P) 910-670-6317

Website: <http://www.creative-play.net/>

Program Description: To team with families to help children reach developmental milestones using the wonderful world of play. Therapies include: CBRS play therapy, language development, behavior modification, baby signs, and social integration.

Languages: English and Spanish

Cost: no cost

Eligibility: Not Applicable

Dymond, Speech, Physical, & Occupational Therapy

Address: 113 Hillcrest Dr., Sanford, NC 27330

Phone: 919-777-0240

Website: www.dymondrehab.com

Program Description: Is a therapist owned practice with locations in Sanford, N.C. and Pittsboro, N.C. that specializes in Speech Therapy & Swallowing Disorders, Occupational Therapy, and Pediatric Physical Therapy.

Languages: English and Spanish

Cost: Accepts Tricare

Eligibility: Children and Adults

Next Step Developmental Learning, LLC

Address: PO Box 394 Fayetteville, NC 28302

Phone: (P) 910-920-2661; (F) 910-920-2660; (C) 910-797-0410

Website: http://nextstepdevelopmental.com/Home_Page.html

Program Description: Provides Play Therapy, Speech, OT, and PT. They will also work with children from birth to 5 years of age who are showing a delay but does not qualify for Early Intervention Services.

Languages: English and Spanish

Cost: Insurance and Sliding Fee Scale

Eligibility: Based on Evaluation

Moore Pediatric Therapy Services

Address: PO BOX 224 Carthage, NC 28327

Phone: (P) 910-585-1912; (F) 910-947-3951

Program Description:

Languages: English but they do have a Spanish Interpreter.

Cost: Insurance, Private Pay

Eligibility: Not Applicable

Program Description: A home based therapy service that will promote growth and development in many different areas, including: strength, balance, coordination, safety/body awareness, motor planning, sensory/self regulation and psychological and cognitive skills. We specialize in helping children with a variety of

developmental delays and diagnoses including: Cerebral Palsy, Down Syndrome, Sensory Issues, and Gait/Balance/Coordination Disorders.

Languages: English

Cost: Insurance, Medicaid, Private Pay

Eligibility: Not Applicable

Pediatric Developmental Therapy

Address: 1289 Oliver St., Fayetteville, NC 28304

Phone: (P) 910-483-8331 (F) 910-483-8335

Website: <http://www.pediatricdt.com/>

Program Description: Pediatric Developmental Therapy (PDT) is a therapy practice focused on children and families. We provide speech therapy, occupational therapy, and physical therapy along with Community Based Rehabilitative Services (CBRS) for children.

Languages: English

Cost: Insurance, Medicaid, Private Pay

Eligibility: Not Applicable

Pediatric Therapy Associates

Address: 4201 Lake Boone Trail, Suite 4 Raleigh, NC 27607

Phone: (P) 919-781-4434; (F) 919-781-5851

Website: <http://www.pedtherapy.com>

Program Description: Services include occupational and physical therapy, speech-language pathology, music therapy, developmental therapy, social groups, and a variety of supplementary programs.

Services and programs are provided within a fun, playful atmosphere in our offices as well as in homes, schools, and other community sites.

Languages: English and Spanish

Cost: Insurance, cash discount

Eligibility: Birth-21. Will serve Harnett county but residents need to go to them.

Play and Learn, LLC

Address: 6211-103 Pitch Kettle Road Raleigh, NC 27606

Phone: (P) 919-896-0279; (F) 919-882-1450

Website: <http://www.bearly.gov>

Program Description: Services are provided within the child's natural environment as a part of the everyday routines and activities in which families participate and in places where families would typically be.

Natural environments are settings that are natural or normal for the child's age peers who have no disabilities. When services take place children can be at home with their families or at places within the community like the park, playground or daycare with other care providers.

Languages: English

Cost: Medicaid

Eligibility: Early Intervention Program and CDSA determines

TheraPlay

Address: 135 Chatham St., Sanford, NC 27330

Phone: 919-774-1281

Website: www.theraplaync.com

Program Description: Provide pediatric speech and language therapy services. Trained to diagnose and treat a variety of disorders to include articulation delays, cleft palate, autism, apraxia, Down Syndrome, and other genetic syndromes.

Language: English

Cost: Tricare

Eligibility: 18 months old -18 yrs old

Family Community Support

The Arc of Harnett County

Address: 59 Parkers Point Drive, Benson, NC 27504

Phone: 910-893-3330 or 910-291-9364

Website: <https://thearcofharnettcounty.com/Home.html>

Program Description: Provides community outreach programs and events.

Languages: English

Cost: \$15.00 per year for membership

Eligibility: Individuals with disabilities

Community Alternative Program for Disabled Adults (CAP)

Address: 309 Cornelius Harnett Blvd, Lillington, NC 27546

Phone: 910-893-7596 ext. 5077

Website: <http://www.harnett.org/aging/capda.asp>

Program Description: Provides case management, in-Home Aid Service, home mobility aids, respite care, telephone alert services.

Languages: English and Spanish

Cost: Medicaid waiver program

Eligibility: Must have Medicaid

Community Alternative Program for Children

“Bridges” (CAP-C)

Phone: 1-888-207-7828 or 919-803-2960

Address: 4700 Homewood Court, Suite 300, Raleigh, NC 27609

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

Program Description: Provides home and community based services to medically fragile children who, because of their medical needs are at risk for institutionalization in a nursing home. They are a “bridge” between family, needed services, Department of Social Services, Division of Medical Assistance, physicians, and therapists.

Languages: English and Spanish

Cost: Medicaid waiver program

Eligibility: Medically fragile children birth through age 20

Deaf Access

Address: 2711 Sunny Corners Ct., Raleigh, NC 27614

Phone: 919-219-8778

Website: www.deafaccessinc.com

Program Description: Offers 24-hour emergency services. Accommodate last minute urgent interpreting needs. Coordinate sign language, oral, deaf-blind, and cued speech interpreters.

Languages: Not Applicable

Cost: Not Applicable

Eligibility: Not Applicable

GCF Family Support Services

Address: PO Box 4359, 10 Parker Lane, Pinehurst NC 28374

Phone: 910-420-1178

Program Description: Provides support for families with children who have special needs through emotional support, information, and community resources to meet the needs of the family. Also, offers the opportunity to connect with a trained support parent who has a child with similar needs.

Language: English, Spanish upon request

Cost: No cost to families

Eligibility: Not Applicable

Harnett County Children's Advocacy Center of SCFS

Address: 710 W. Broad Street, Dunn NC 28334

Phone: 910-304-1421

Website:

Program Description: The Harnett County Child Advocacy Center of Southmountain Children and Family Services is established as a cooperative effort between the various social service, law enforcement, prosecutorial, medical, and mental health agencies in Harnett County, North Carolina working together to reduce the trauma experienced by children who have been abused.

Languages: English

Cost: N/A

Eligibility: N/A

HARTS Transportation

Address: 250 Alexander Drive, Lillington, 27546

Phone: 910-814-4019

Website: <http://www.harnett.org/harts/contact-us.asp>

Program Description: Dial-A-Ride is a pay as you go service and is available to all Harnett County Residents. Call the HARTS office no less than 48 hours in advance of your trip. All trips are scheduled on an availability basis. If your trip is agency sponsored, have your agency representative to contact us for transportation arrangements.

Language: Not Applicable

Cost: \$3.00 to ride in Harnett Co. & \$5.00 to ride out of county. Medicaid & Medicare recipients ride for free

Lee Harnett County Family Support Program

Phone: 910-985-0126, Toll free 1-877-776-6702

Program Description: This organization offers support, advocacy, and education to families and caregivers of children with learning, emotional, and behavioral challenges. They sponsor monthly support meetings and educational events free to parents and community professionals. They are available to attend IEP and CFT meetings with parents. Contact is Adrian Standish at NC Families United

Language: English

Cost: N/A

Eligibility: Parents and caregivers of children/adolescents with mental health concerns.

Spout Springs Church

Address: 346 H.M Cagle Drive Cameron, NC 28326

Phone: 919-498-2242

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

Program Description: Church has a special needs ministry and Pastor to provide outreach and support to families.

Languages: English

Cost: None

Eligibility: Open to everyone

Harnett County Partnership for Children, Inc.

Address: 170 Pine State Street, Lillington, NC 17546

Phone: 910-893-2344

Website: www.harnettsmartstart.org

Languages: English & Spanish

HCPC offers the following programs:

Healthy Habits for Harnett

Circle of Parents

Ready to Grow

Motheread

Imagination Library

WAGES

STEP Program

Medical Services

Betsy Johnson Regional Hospital

Address: 800 Tilghman Dr., Dunn, NC 28335

Phone: 919-892-7161

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

Program Description: Not applicable

Languages: English and Spanish

Cost: Not Applicable

Eligibility: Not Applicable

Hospice of Harnett County

Address: 111 N. Ellis Ave., Dunn, NC 28334

Phone: 910-892-1213

Website: www.hospiceofwake.org

Program Description: Hospice is a medically directed program of palliative and supportive care which is provided by an interdisciplinary team of medical and non-medical volunteers under a central administration.

Language: English and Spanish

Cost: Accepts Tricare

Eligibility: Not applicable

Online Resources

State

Autism Society of NC: <http://www.autismsociety-nc.org/>

Bridge II Bridge Sports: <http://www.bridge2sports.org/>

Disability Rights of NC: <http://www.disabilityrightsncc.org/>

Exceptional Children's Assistance Center: <http://www.ecac-parentcenter.org/>

First In Families of the Sandhills: <http://www.hearcofmoore.org/programs/about-first-in-families/>

North Carolina Assistive Technology Program: <http://www.ncatp.org/>

Public Schools of North Carolina, Parents' Rights Handbook: <http://ec.ncpublicschools.gov/parent-resources/parents-rights-handbook>

The Arc of Moore County: <http://www.hearcofmoore.org/>

National

Army Educational and Developmental Intervention Services (EDIS): <https://www.edis.army.mil/>

Autism Speaks: <http://www.autismspeaks.org/>

Autism Spectrum Directory: <http://blog.autismspectrumdirectory.com/2011/02/15/strategies-for-learning-and-for-social-and-emotional-well-being-for-people-on-the-autism-spectrum/>

Baby Growth and Development Chart: <http://pathways.org/awareness/parents/developmental-milestones/monthly-milestones#.Uv0SYPIdV8E>

Center for Disease Control and Prevention (Learn the signs/Act Early): <http://www.cdc.gov/ncbddd/actearly/index.html>

Council for Exceptional Children: <http://www.cec.sped.org/>

CP Family Network: <http://e2.ma/message/tlrhe/t1747h>

Federation for Children with Special Needs: <http://fcsn.org/>

Healthy Children: <http://www.healthychildren.org/english/Pages/default.aspx>

Milestone Guidelines for Premature Babies: <http://www2.aap.org/sections/perinatal/pdf/Pages%20from%20NICUjournal2010tab5.pdf>

My Autism Team: <http://www.myautismteam.com/>

National Autism Network: <http://nationalautismnetwork.com/index.html>

National Center on Health, Physical Activity, and Disability: <http://www.ncpad.org/index.php>

National Center for Learning Disabilities: <http://www.nclld.org/>

Specialized Training of Military Parents (STOMP): <http://www.stompproject.org/>

Supporting You and Your Premie: <http://www2.aap.org/sections/perinatal/PDF/preemie.pdf>

Wrightslaw (Special Education Law and Advocacy): <http://www.wrightslaw.com/>

Zero To Three, National Center for Infants, Toddlers, and Families: <http://www.zerotothree.org/about-us/areas-of-expertise/free-parent-brochures-and-guides/>