

# Early Childhood Resource Directory



[www.CharlesCountyMD.gov](http://www.CharlesCountyMD.gov)

## Pregnancy Resources

**Catherine Foundation:** Provides an array of services to pregnant woman and families.

[www.catherinefoundation.org](http://www.catherinefoundation.org)

301-932-8811

**Charles County Department of Health:** Provides Programs geared toward women and their young families including: Maternal/Child Health Services, Minority Health Infant Risk Disparities, WIC and Babies Born Healthy/Women's Health all available to Charles County residents. Fees are determined by using a sliding scale.

<http://www.charlescountyhealth.org/>

301-609-6900

**March of Dimes:** Information and Services designed to prevent premature birth and birth defects and to promote healthy pregnancies. Information and support for families with a baby in the Neonatal Intensive Care Unit is also provided.

[www.Marchofddimes.com/marylandmetrodc](http://www.Marchofddimes.com/marylandmetrodc)

571-257-2301

### PREGNANCY TIPS FOR A HEALTHY BABY!

- Eat a healthy diet
- Drink water regularly
- Avoid alcohol and caffeine
- Get daily exercise
- Don't smoke
- Talk to your baby while carrying him/her
- Talk to your boss about your pregnancy
- Avoid solvents and exposure to pesticides



## Local Support Groups

**The Trust Birth Initiative – Maryland Chapter:**

Provides education for expecting mothers on their options when it comes to childbirth. The group meets once a month.

<http://ancientartmidwifery.com/trustbirth/supporttrustbirth.html>

**Southern Maryland Birth Workers:** Provides help for women during the childbearing years through “education, compassion, and personalized support.”

<http://www.somdbirth.com/>

## Childcare

### **LOCATE: Child Care:**

Provides a free, comprehensive, thorough and personalized service to help parents select the best child care option for their family. Parents can call the toll-free number or go to the website to locate child care services based upon their needs.

<http://www.mdchildcare.org/mdcfc/childcare/choose.html>

1-877-261-0060

**Child Care Maryland:** Provides parents with findings from child care licensing inspections conducted since January 2011. The site may also be used to find licensed child care programs and providers.

[www.checkccmd.org](http://www.checkccmd.org)

**Child Care Resources:** Provides a variety of information and web links regarding parenting resources, choosing child care providers, and child care for special needs children.

[www.earlychildhoodeducation.com/resources/childcare-resources](http://www.earlychildhoodeducation.com/resources/childcare-resources)

### WHAT DOES HIGH QUALITY CHILD CARE LOOK LIKE?

- Responsive to the needs of each child
- Open, supportive, engaging experiences
- Positive staff/child interactions
- Learning opportunities
- Health, safety, and welfare is a priority

# Child Development & Behavior

Mealtimes conversation promotes self-esteem in children!

**Child Find:** Provides children from birth to age 21 with screening and evaluation designed to locate, identify, and refer as early as possible all young children with disabilities and their families who are in need of Early Intervention Program or Preschool Special Education services.

[http://www.marylandpublicschools.org/MSDE/divisions/earlyinterv/infant\\_toddlers/about/preschool\\_services.html](http://www.marylandpublicschools.org/MSDE/divisions/earlyinterv/infant_toddlers/about/preschool_services.html)

## Center for Children:

Provides comprehensive mental health services to children and their families.

<http://center-for-children.org/>  
301-609-9887

Nearly 90% of a child's brain growth happens by age 5!

## Department of Health & Mental Hygiene:

Infants and Toddlers: Provides developmental intervention services for age's birth to three.

[www.dhmh.state.md.us/](http://www.dhmh.state.md.us/)  
301-609-6831

## Charles County Judy Centers:

Provides a central location for early childhood education and support services for children from birth through kindergarten. Judy Centers promote school readiness by developing the child with communication skills, basic math ideas, understanding of stories and understanding of the world around them.

**Locations:** Dr. Samuel A. Mudd Elementary School, C. Paul Barnhart Elementary School, Eva Turner Elementary School

[http://www.msde.maryland.gov/MSDE/divisions/child\\_care/early\\_learning/judy.htm](http://www.msde.maryland.gov/MSDE/divisions/child_care/early_learning/judy.htm)

301-934-7473

Young children need to be praised for trying and be encouraged to explore their world.

**Head Start Programs:** Provides a program in an educational setting that promotes the school readiness of children ages birth to five from low-income families by enhancing their cognitive, social, and emotional development.

<http://www.smtccac.org/hstart/>

301-274-4474



### **BABIES DEVELOP BETTER WHEN THEY:**

- Hear language
- Have experiences with toys or objects
- Know that people love them and pay attention to them

**Early Childhood Gateway:** Provides numerous resources for providers and families with young children with disabilities, birth through five.

[www.mdecgateway.org](http://www.mdecgateway.org)

**The Promise Resource Center:** Provides a variety of parenting, co-parenting and behavior management support programs, as well as classes on child development and developmentally appropriate practices for families and child care providers.

[www.thepromisecenter.org](http://www.thepromisecenter.org)

301-290-0040

## **Homelessness/Public Assistance**

**Shelter Listings.org:** Provides listings for the homeless and low-income on homeless shelters, halfway houses, affordable housing, etc.

<http://www.shelterlistings.org/county/md-charles-county.html>

**Angels Watch Women's Shelter:** Provides assistance to women and their children in fleeing from domestic violence. Angel's Watch accepts referrals from Charles, St. Mary's, and Calvert County Department of Social Services, Charles County Sheriff's Department, Center for Abused Person's and Walden Sierra.

<http://www.catholiccharitiesdc.org/angelswatch>  
301-274-0680

**Lifestyles, of MD, Inc.:** Provides support through different programs to the economically disadvantaged.


<http://www.lifestylesofmd.org>  
301-609-9900

**WIC:** Provides healthy supplemental foods and nutrition counseling for pregnant women, new mothers, infants and children under age five. To obtain services you must schedule an appointment.

<http://www.charlescountyhealth.org/AssistancePrograms/WIC.aspx>  
301-609-6857 or 877-631-6182 (For appointments)

**Charles County Children's Aid Society, Inc.:** Provides support to Charles County families with children under age 18 with basic necessities of life including, but not limited to, clothing, food, rent/mortgage & utility assistance, educational classes, recreational activities and holiday assistance.

<http://childrens-aid-society.org/>  
301-645-1561



## Things to do if you may become HOMELESS in a few days:

- Try to locate an assistance program near you
- Apply for Transitional housing
- Make sure your ID is current and available
- Make an emergency pack

**Department of Social Services:** Provides support to people in economic need, offers preventive services, and protects vulnerable children and adults.

[www.dhr.state.md.us](http://www.dhr.state.md.us)

301-392-6400

**Family Resource Center:** Provides information and referral services for Charles County residents seeking assistance for their child(ren).

<http://center-for-children.org/programs/family-resource-center/>

301-374-6696

## Childhood Immunizations

**Charles County Department of Health-Child Immunizations:** Provides immunization coverage according to the latest guidelines issued by the Maryland Department of Health and Mental Hygiene.

This immunization coverage is provided for children ages birth -18 years of age and is offered by appointment only.

<http://www.charlescountyhealth.org/HealthServices/ChildImmunizations.aspx>

301-609-6900

**Choose to Immunize!**

Nothing protects babies better from 14 serious childhood diseases. It's the powerful defense that's safe, proven and effective.

## Breastfeeding Support/Awareness

**La Leche League of Waldorf:** Provides support to mothers in Waldorf and throughout Southern Maryland by hosting monthly series meetings and FREE telephone help from accredited Leaders.

<http://www.llofmd-de-dc.org/Waldorf.html>

<https://www.facebook.com/LLLWaldorfMaryland>

<http://www.llofmd-de-dc.org/contact.html>

**Milky Way:** Provides support with breastfeeding through individual consultations, private and group classes, and assistance with choosing a breast pump.

[www.milkywaybreastfeeding.com](http://www.milkywaybreastfeeding.com)

301-609-8579



- Human milk is the foundation of good infant nutrition.
- Breastfeeding helps reduce the risk of Sudden Infant Death Syndrome (SIDS)
- Breastfeeding reduces a child's risk of becoming overweight as a teen or adult
- Breastfed babies score significantly higher on vocabulary test at age 5 than those not breastfed

**Eats on Feets of Maryland:** Provides support on breastfeeding through a world-wide network for those who have made the informed choice to share breast milk.

[www.facebook.com/EOFMaryland](http://www.facebook.com/EOFMaryland)

## Parent Support

**Brown Girl Wellness (BGW):** Provides human services, education seminars, art workshops, and human rights advocacy for women and children who are homeless and/or live in rural communities.

<http://browngirlwellness.org/home>

**Healthy Families:** Provides support to parents through a free and voluntary home visiting program for first time and teen parents.

[www.center-for-children.org](http://www.center-for-children.org)

301-392-9332



**The Promise Resource Center:** Provides a wide array of resources to support parents, grandparents and licensed family and center child care providers.

[www.thepromisecenter.org](http://www.thepromisecenter.org)

301-290-0040

### **Baby wearers International of Southern**

**Maryland:** Provides support to parents who want to know more about baby wearing as a universally accepted practice, with benefits for both child and caregiver, through education and support.

<http://sombabywearers.weebly.com/>

**MOPS of Indian Head:** A grassroots movement that believes moms are world influencers.

Meetings 1ST & 3RD Wednesdays at 9:15 a.m.-11:30 a.m.

<http://www.mops.org/>

**Moms at Play on Meet Up.com:** Provides support through a Meetup.com based group that is open to residents in Waldorf, Maryland and the surrounding areas.

<http://www.meetup.com/momsatplaysmd/>

**Maryland State Parental Information and Resource Center (MD PIRC):** Assists Maryland parents and families to help their children succeed in school.

[www.mdpirc.org](http://www.mdpirc.org)

**Mocha Moms:** Provides support to moms of color who have chosen not to work full-time outside of the home in order to devote more time to their families and communities.

<http://waldorfmochamoms.weebly.com/>



## Social Opportunities for Parents & Children

**My Gym:** Provides children with a safe environment where aged 6 weeks through 13 years of age can develop physically, cognitively and emotionally through play, gym, music and dance.

[www.mygym.com/waldorf](http://www.mygym.com/waldorf)

301-932-8000

### **Community Services (Recreation Division):**

Provides services for all ages including but not limited to the following: Afterschool Programs; Aquatics; Community Centers; Discount Tickets; Elite Gymnastics; Indoor Sports; Programs & Events; Special Olympics; Summer Camps; Trips & Tours.

<http://www.charlescountyparks.com/>

301-934-9305



## Physical activity helps prevent Childhood Obesity

- Limit the time children spend in front of the TV/computer
- Play outdoors with your children (It helps increase levels of Vitamin D)
- Encourage children to role-play
- Dress children appropriately for play, especially outdoors
- 9% of the population (7.6 million children) between the ages 1 – 21 is deficient in Vitamin D.
- One of the best ways for children with Autism, Asperger's and sensory processing disorders to learn is through PLAY!
- The obesity rate in children has tripled over the past 30 years and their expected life span is now less than their parents!

**MOMs Club International:** Provides support groups for at-home mothers of today interested in the world around them, wanting a variety of activities for you and your children and is proud of your choice of at-home mothering for your families.

**Local Chapters:**

MOMs Club of La Plata  
[www.momsclublaplata.com/](http://www.momsclublaplata.com/)

MOMs Club of Waldorf  
<http://momsclubwaldorfwest.weebly.com/>

**Moms at Play:** Provides support that is open to residents in Waldorf, Maryland and the surrounding areas.

<http://www.meetup.com/momsatplaysmd/>

**First Baby, First Mom:** Provides support for expectant mothers of their first child or mothers with a first child. All ages of children and mothers are welcome! This group is to meet first time mothers.

<http://www.meetup.com/First-Baby-First-Mom-Waldorf/>

## School preparation

**Public School System:** Charles County: Provides information online on the process of registering to enter the public school system. The “school locator” tool on the website helps parents determine which school their child is zoned for. This website will also provide information on necessary immunization, prior to enrollment.

[www.ccboe.com/community/parents/register.php](http://www.ccboe.com/community/parents/register.php)  
(301)-932-6610; (301)-870-3814; TTY: (301)-392-7579

- **Required Immunizations:** Provides information on which immunizations your child will need for school check out the website <http://www2.ccboe.com/health/vaccination.cfm>. Vaccination requirements do change.

**Ready at Five:** Provides tips and links for parents, activity packets and FAQ's about school resources. The link is a useful website for parents to ensure your child is ready to learn before they enter school.

<http://www.readyatfive.org/>

**Charles County Public Libraries:** Provides a variety of special activities every month for adults and children of all ages. Check out the calendar, some events may require registration.

[www.ccplonline.org](http://www.ccplonline.org)

*La Plata Branch, 301-934-9001*

*P.D. Brown Library, 301-645-2864*

*Potomac Branch, 301-375-7375*

*Waldorf West, 301-645-1395*

**Homeschooling Programs:** For parents who are considering homeschooling for their child, website offers advice on the legalities and also important details of where you can get more information on homeschooling resources. Also puts you in touch with the home schooling coordinator in the county.

<http://smhn.parentsr.us/registerlegal.php>

## **Health & Safety Services**

**Charles County Sheriff's Office:** Provides information on community events offered by the Sheriff's Office along with representing the CCSO in various partnership ventures.

<http://www.ccsso.us/>

*301-932-3080*

### **Maryland Department of Environment:**

Provides information on the Lead Poisoning Prevention Program, established to eliminate childhood lead poisoning. Extensive information on lead risk reduction for parents, homeowners, and tenants.

[www.mde.state.md.us/programs/Land/LeadPoisoningPrevention](http://www.mde.state.md.us/programs/Land/LeadPoisoningPrevention)

**Maryland Sex Offenders Registry:** Provides detailed offender information, the site carries “amber alerts” for abducted children and an information/resource section for parents and educators on preventing and combating youth gangs.

[www.socem.info](http://www.socem.info)

- Never leave a child unattended in a vehicle, especially during hot weather!
- Be prepared and take an infant/child CPR course. Although it’s unlikely you’ll ever need to do CPR on your child, it’s wise to learn how to do it just in case
- Avoid carrying or holding a child while cooking on the stove.
- Teach your children to stay a safe distance from hot stoves and appliances.
- Make sure that all medicines and vitamins are stored out of reach and out of sight of children.

**US Department of Agriculture’s Child and Adult Care Food Program (CACFP):** Provides information about the CACFP and resources on child nutrition and related topics. Downloadable child care program meal patterns.

[www.fns.usda.gov/cnd/care](http://www.fns.usda.gov/cnd/care)

**US Consumer Product Safety Commission:**

Provides extensive information on product testing, safety recalls, and related topics.

[www.cpsc.gov](http://www.cpsc.gov)

**NIH Institute of Child Health and Human Development:**

Provides information and downloadable brochures in English and Spanish on the “Back to Sleep” campaign and preventing SIDS.

[www.nichd.nih.gov/sids](http://www.nichd.nih.gov/sids)

**American Academy of Pediatrics:** General information related to family and child health. Specific guidelines on pediatric issues, child safety topics, and disaster planning information, and updates on child health policy issues.  
[www.aap.org](http://www.aap.org)

**KidsHealth:** Provides extensive family-oriented health information about children from pre-birth through adolescence, including signs and symptoms of illnesses, child behavior, growth and development, nutrition and fitness, and parenting tips.  
[www.kidshealth.org](http://www.kidshealth.org)

**American National Red Cross:** Provides information on the wide range of Red Cross services, including disaster preparedness and Homeland Security coordination. Disaster preparedness materials can be downloaded in over a dozen foreign languages as well as English.  
[www.redcross.org](http://www.redcross.org)

## Misc. Resources

**Center for Law and Social Policy (CLASP):** Provides information affecting low-income and disadvantaged persons, working to advance the economic security, educational and workforce prospects, and family stability of low-income persons.  
[www.clasp.org](http://www.clasp.org)

**Southern Maryland Interpreting Services:** Offers translators for various languages including sign language.  
[www.somdinterpreting.com](http://www.somdinterpreting.com)  
410-414-9124

# MY INFORMATION

Pediatrician: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Poison Control: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Local Sheriff's Office: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Local Hospital Number: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Emergency Contact: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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**Endorsement clause:** The inclusion of resources within this directory is not meant to imply an endorsement of any program or the services provided. With the wide array of services available in Charles County, it is challenging to capture all services available to this population. We apologize if we have inadvertently not included programs and resources that are available. It is our hope that this resource will be a valuable addition to all who strive to help children be successful.

# CHARLES COUNTY COMMISSIONERS



## *Equal Opportunity County*

**Department of Community Services**  
8190 Port Tobacco Road, Port Tobacco, Maryland 20677  
301-934-9305 • 301-870-3388 • 301-932-6004  
MD Relay: 711 • Relay TDD: 1-800-735-2258

**[www.CharlesCountyMD.gov](http://www.CharlesCountyMD.gov)**



**Mission Statement** – The mission of Charles County Government is to provide our citizens the highest quality service possible in a timely, efficient and courteous manner. To achieve this goal, our government must be operated in an open and accessible atmosphere, be based on comprehensive long- and short-term planning and have an appropriate managerial organization tempered by fiscal responsibility. We support and encourage efforts to grow a diverse workplace.

**Vision Statement** – Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best in the nation.

**Americans With Disabilities** – The Charles County Government welcomes the participation of individuals with disabilities. We comply fully with the Americans With Disabilities Act in making reasonable accommodations to encourage involvement. If you require special assistance and would like to participate in our programs, please contact the Charles County Government directly.