Children change and develop over time, and we want to be able to do the same.

Please contact us if you have any questions, corrections, feedback, suggestions, updates, or comments.

Call Help Me Grow at 322-2099 or email to HMG@ccchd.com

Resource Guide for families with young children

Provided by the Clark County Child and Family Collaborative

Helping Families One Step at a Time
Q. What websites offer helpful information about young children?
A. Many websites are available; some of them are listed below.

**Information sites**
- American Academy of Pediatrics: www.aap.org
- Breastfeeding: www.breastfeeding.com
- Center for Disease Control: www.cdc.gov
- National Institute of Health: www.nih.gov
- Ohio Department of Education: www.ode.state.oh.us
- Ohio Department of Health: www.odh.ohio.gov
- Ohio Help Me Grow: www.ohiohelpmegrow.org
- Ohio State University Extension Office: www.clark.osu.edu
- Parenting Magazine: www.parenting.com
- Parents’ Magazine: www.parents.com
- Springfield City Schools: www.spr.k12.oh.us
- Zero to Three: www.zerotothree.org

**Networking with Other Parents**
- Adoptive Parents: www.adoptivefamilies.com
- Grandparents Raising Grandkids: www.fcs.tamu.edu/families/aging/grg/
- Network for Moms: www.937moms.com
- Parent to Parent Support: www.p2pusa.org
- Parents of Children with Disabilities: www.nichy.org

Call 211 for more resources.
**Agency:** Marriage Resource Center  
**What do they provide?** Counseling, mentoring and classes to improve communication and relationship skills and promote personal growth.  
**Who is served?** Couples, men and women  
**Hours:** Office hours M - F from 9 to 4. Evenings and Saturday classes.  
**Address:** 616 N. Limestone St., Springfield  
**Phone:** 324-3604 or 322-0789

**Q.** I worry about my children's safety because of the behavior of someone in my home. Who can help me?  
**A.** Several organizations can be helpful:

**Agency:** Project Woman  
**What do they provide?** Counseling, support and other programs to help victims of domestic violence and sexual assault, battered women and men and rape survivors. They also provide a support group for victims of violence.  
**Who is served?** Victims of domestic violence and assault  
**Hours:** M - F from 9 to 5  
**Address:** 1316 E. High St., Springfield  
**Phone:** Daytime 328-5308; Crisis line 325-3707  
**Cost:** Sliding fee scale for counseling sessions.

**Agency:** Child Advocacy Center  
**What do they provide?** Services for child physical and sexual abuse victims and their families.  
**Who is served?** Children of all ages and their families  
**Hours:** M - F from 8:30 to 5  
**Address:** 527 E. Home Rd., Springfield  
**Phone:** Daytime 327-3753; After hours call 327-1748 or 324-8687

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The Programs and Services Committee would like to express our sincere gratitude to Cary Hatton for her hard work and creative talent in composing and arranging this guide.

We also wish to thank Tammy Everhart and Cary for their diligent proofreading skills and tolerance of our constant revision.
Healthy Relationships

Q. Who can help me learn to be a better parent and/or partner?
A. Several agencies offer help for fathers and mothers.

Agency: Nurturing Fathers for Life (NFL) Program at Urban Light Ministries
What do they provide? A 13-session program designed to help fathers become the dads they want to be with mentor options and staff support to help men achieve their goals
Who is served? Fathers, stepfathers, expectant fathers, grandfathers, and father figures
Hours: Office hours M - F from 9 to 5. Program hours vary including evenings and Saturday
Address: Urban Light Center, 501 S. Wittenberg Ave., Springfield
Phone: 328-0122

Agency: Basic Training for Men
(Sponsored by a collaboration between Urban Light Ministries and the Marriage Resource Center)
What do they provide? A 4-session series to help men build better relationships
Who is served? Men
Hours: Hours vary
Address: 616 N. Limestone, Springfield
Phone: 324-3604

Agency: Parents as Partners
What do they provide? 7 one-hour sessions (one-on-one) designed to help parents learn better communication and problem solving skills in order to benefit their child’s well-being.
Who is served? Parents
Hours: M and F from 7 to 5; T, W, Th from 7 to 6
Phone: Doug Rudy at 327-3670
**Agency: Family Service Agency**
What do they provide? Therapy, counseling, information and support
Who is served? Parents and families and children age three and up
Hours: M - F from 8:30 to 5 and some evenings by appointment.
Address: 15 East Pleasant St., Springfield
Phone: 325-5564

**Agency: Mental Health Services for Clark County**
What do they provide? Therapy, counseling, information and support
Who is served? Parents of children from birth on
Hours: M - F from 8 to 5 and evenings by appointment.
Emergency services also available 24 hours per day 7 days per week on a walk-in basis.
Address: 1345 N. Fountain Blvd, Springfield
Phone: 399-9500

**Agency: Rocking Horse Center**
What do they provide? Provides postpartum screening, assessment and support groups. Also offers well child/mother visits.
Who is served? Parents with children from birth on
Hours: Hours vary. Day and evening hours available. Call for exact times
Address: 651 S. Limestone St., Springfield
Phone: Hope Gordon at 324-1111

**Agency: Oesterlen Services for Youth**
What do they provide? Individual and family counseling
Who is served? Parents and children
Hours: M and F from 9 to 11; other hours by appointment
Address: Town and Country ECC, 2430 Van Buren Ave., Springfield
Phone: Main Office 399-6101
Town and Country ECC 327-6630

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**Feeding My Child**

**Q. Who can give me information about feeding my infant and young children?**

**A. Besides your pediatrician or family doctor, you may call the following places for specific food and nutrition information and assistance:**

**Agency: WIC (Women, Infants & Children)**
What do they provide? Supplementary food and formula, nutritional information
Who is served? Families with children from birth to five
Hours: Call for appointment times and eligibility requirements
Addresses & Phone:
- Springfield Clinic, 23 W. Pleasant St., Springfield 325-0464
- New Carlisle Clinic, 429 N. Main St., New Carlisle 845-2335

**Agency: Parent-Infant Center**
What do they provide? Information, services, emergency baby food, clothing and baby equipment
Who is served? Children from birth to three
Hours: Open M, T, Th, F from 12 to 5. Call for information and appointments.
Address: 40 W. High St., Springfield
Phone: 322-4939

**Agency: Help Me Grow**
What do they provide? Information and services
Who is served? Children from birth to three
Hours: M - F from 8 to 5
Address: 2430 Van Buren Ave., Springfield
Phone: 322-2099
Agency: Clark County Extension Services
What do they provide? General information and education about nutrition
Who is served? Children from birth to three (and older)
Hours: M - F from 8 to 4:40
Address: 4400 Gateway Blvd., Suite 104, Springfield
Phone: 328-4607

Q. Where can I find support for breastfeeding, especially when I return to work?
A. Several agencies provide assistance and support:

Agency: Clark County Combined Health District
What do they provide? Information and support for breastfeeding mothers, breast pumps and accessories
Who is served? Pregnant and breastfeeding mothers
Hours: M - F from 8 to 5
Address: 529 E. Home Rd., Springfield
Phone: 390-5600

Agency: WIC
What do they provide? Breast pumps for women who are eligible for WIC and going to work or attending school. New mothers can schedule with nutritionist after the baby is born.
Who is served? Pregnant women and women with children from birth to five
Hours: Call for appointment times and eligibility requirements.
Addresses & Phone: 23 W. Pleasant St., Springfield 325-0464
429 N. Main St., New Carlisle 845-2335

Agency: Pregnancy Resource Center
What do they provide? Maternity, infant and children’s clothes to 2T, baby furniture, food, formula and diapers
Who is served? Pregnant women and mothers with children from birth to two
Hours: M, T, Th from 10 to 12 and M and T from 6 to 9 pm
Address: 2612 Elmore Dr., Springfield
Phone: 525-3780

Agency: Women’s Network
What do they provide? Diapers, car seats, cribs, baby care items and clothing
Who is served? Mothers with children from birth to two
Hours: Springfield: M from 2 to 6; Th from 10 to 2
New Carlisle: M and Th from 5 to 7; T from 9 to 3
Addresses & Phone: 815 W. Main St., Springfield 322-3514
468 N. Dayton-Lakeview Rd., New Carlisle 845-0900

Agency: Beds for Babies
What do they provide? Cribs
Who is served? Newborns in families who reside in Clark County west of Springfield
What do they provide? Cribs
Hours: Call for an appointment
Phone: Karen Brubaker at Help Me Grow 322-2801 Ex. 29
Mary Jane Sterrett 845-0048

Call 211 to get a list of pantries that provide food and clothing.

Parents
Q. Where can I find support if I am feeling sad after I have my baby?
A. Several area agencies can provide help. Most accept insurance and Medicaid as well as having a sliding scale.
**Dental Care**

**Q.** Where can I take my child for dental care?

**A.** Call Help Me Grow at 322-2099 to request a list of dentists.

**Agency:** Help Me Grow

**What do they provide?** Developmental screenings, parent support, list of dentists

**Who is served?** Children from birth to three

**Hours:** M - F from 8 to 5

**Address:** 2430 Van Buren Ave., Springfield

**Phone:** 322-2099

**Baby Needs**

**Q.** Where can I find things my baby needs?

**A.** Several agencies offer help for parents and their young children:

**Agency:** Parent Infant Center

**What do they provide?** Diapers, formula, baby clothing, baby equipment, car seats, developmental screenings for children (Some clothing available.)

**Who is served?** Children from birth to three

**Hours:** By appointment only

**Address:** 40 W. High St., Springfield

**Phone:** 322-4939

**Agency:** Springfield Regional Medical Center Birthing Center

**What do they provide?** Breastfeeding classes, in-hospital and home visits for nursing mothers, support group, accessories

**Who is served?** Pregnant and breastfeeding mothers

**Hours:** Call for information

**Address:** 2615 E. High St., Springfield

**Phone:** Julie Ayres – 328-9236 or 328-9350

**NOTE:** Fees apply for some services.

**Agency:** La Leche League

**What do they provide?** Information about breastfeeding and nutrition

**Who is served?** Pregnant and breastfeeding mothers

**Hours:** N/A

**Phone:** Teresa at 845-3309

Call 211 for more resources.
**Early Learning**

Q. Who can help me find out about preschool for my child?

A. Call your school district or Child Care Connections at 323-4211 for information about finding a preschool program that fits your family’s particular needs.

<table>
<thead>
<tr>
<th>Agency</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Educational Service Center</td>
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<tr>
<td>Northeastern</td>
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<td>Northwestern</td>
<td>964-1318</td>
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<tr>
<td>Springfield City</td>
<td>505-4344</td>
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**Agency:** Parents as Teachers 3 to 5 Center  
(Springfield City Schools)

**What do they provide?** Teacher-led activities to improve the child’s kindergarten readiness. It provides parents with the resources to prepare their children for school and meet with other parents. Families must be enrolled in the Parents as Teachers Program.

**Who is served?** Children from three to six

**Hours:** M - F by appointment

**Phone:** 505-4344

**Agency:** Miami Valley Child Development Centers, Inc.

**Head Start**

**What do they provide?** Full- and part-day preschool and kindergarten readiness

**Who is served?** Children up to five years old

**Hours:** M - F from 9 to 4

**Address:** 1450 S. Yellow Springs St., Springfield

**Phone:** 325-2559

Call 211 or look in your phone book for other programs/options.

Family Practice doctors may also provide primary care for infants and toddlers. A complete list can be found in the Yellow Pages of your phone book.

Q. What kind of shots does my child need in the first five to six years, and where can I get them?

A. The Ohio Department of Health recommends that your child’s health be protected with several shots. Shots (immunizations) prevent some serious illnesses that cause pain, fever, rashes, cough, sore throats, hearing loss, blindness, crippling, brain damage and death. A complete list of the shots your child needs can be viewed at the Ohio Dept. of Health’s website (www.odh.ohio.gov) or at the Centers for Disease Control website (www.cdc.gov). You may also call toll free to 1-800-CDC-INFO (1-800-232-4636).

Your child’s doctor can provide shots or you may go to the Clark County Combined Health District.

**Agency:** The Clark County Combined Health District

**What do they provide?** Childhood shots (immunizations)

**Who is served?** Children from birth on

**Hours:** M, T, W, F from 7:30 to 5

1st and 3rd Tuesday of each month from 7:30 to 7

2nd Saturday of each month from 9 to 12

**Address:** 529 E. Home Road, Springfield

**Phone:** 390-5600

NOTE: Additional clinics are held throughout the county. Call the Health District for additional days and times. Each shot costs $10.00, but no one is turned away even if they cannot pay.
**Medical Care**

**Q:** How do I find a doctor for my baby?

**A:** There are several pediatricians (baby doctors) and family practice physicians in our area. Your insurance company or Medicaid managed care provider (Care Source, Molina, Amerigroup) may be able to refer you to one. Always check with them before making your first appointment.

Pediatrician: Dr. Vijay Chitkara
What do they provide? A medical home for your child, well child care, immunizations, health and wellness guidance
Who is served? Children from birth on
Hours: By appointment only
Address: 218 Northparke Dr., Springfield
Phone: 399-7221

Pediatrician: Pediatric Associates of Springfield (Drs. Leahy, Mancy, Zainey, Rogers, Gul, Daykin)
What do they provide? A medical home for your child, well child care, immunizations, health and wellness guidance
Who is served? Children from birth on
Hours: By appointment only
Address: 2624 Lexington Ave., Springfield
Phone: 328-2320

Pediatrician: Rocking Horse Center (Dr. James Duffee and associates)
What do they provide? A medical home for your child, well child care, immunizations, health and wellness guidance, early childhood mental health services, primary care
Who is served? Children and adults
Hours: By appointment only
Address: 651 S. Limestone St, Springfield
Phone: 324-1111 or check out www.rockinghorsecenter.org

**Q.** How do I enroll my child in kindergarten?

**A.** Please contact your local school district to find out when and where kindergarten screenings are held in your district:

Clark Shawnee 328-5378
Greenon 864-1202
Northeastern 325-7615
Northwestern 964-1318
Southeastern 462-8388
Springfield City 505-4344
Tecumseh 845-3576

Look in your phone book for private school information.

**Child Care**

**Q.** Who can help me if I need full-time child care?

**A.** Call 211 or Child Care Connections at 323-4211 for information about child care that fits your family’s particular needs.

**Q.** Where can I find latchkey/after school care for my child?

**A.** Latchkey and after school care are available through your local schools and from private providers.
Agency: Springfield City Schools
School Age Child Care
What do they provide? Before and after school services at the following schools:
- Kenton
- Lagonda
- Horace Mann
- Perrin Woods
- Snowhill
- Warder Park Elementary
Who is served? Children enrolled in grades K-5
Hours: Care provided from 6 am until school starts and from school dismissal until 6 pm
Address: 651 E. Home Rd., Springfield
Phone: 505-4344
NOTES: The Springfield City Schools bus system can help with transporting children from another city school to one of the above sites. There is a charge, but help is available for eligible families through the Dept. of Jobs and Family Services (Title 20 Daycare subsidy program).

Agency: For Clark County school information, contact the district central office
Clark Shawnee 328-5378
Greenon 864-1202
Northeastern 325-7615
Northwestern 964-1318
Southeastern 462-8388
Tecumseh 845-3576

Call 211 or look in your phone book for other programs/options.

Q. Who can help me find occasional or emergency child care?
A. Call 211 or Child Care Connections at 323-4211 for information about occasional or emergency child care that fits your family’s particular needs.

Agency: Clark County Combined Health District
What do they provide? Lead testing, lice treatment, visiting nurses for newborns and other services to help provide a safe and healthy home environment and to promote wellness and prevention of injury and disease
Who is served? Everyone
Hours: M - F from 8 to 5
Address: 529 E. Home Rd., Springfield
Phone: 390-5600 or 1-800-360-6639

Agency: Lead Safe Springfield
What do they provide? Lead awareness education, home testing and help with reducing/removing lead from your home
Who is served? Families with children with elevated blood levels of lead in Springfield
Hours: M - F from 8 to 5
Address: 76 E. High St., Springfield
Phone: 328-3930
Cost: Free for eligible families in the city of Springfield.

Agency: Clark County Red Cross
What do they provide? Assistance for disaster and fire victims, health and safety education programs such as first aid, CPR, care-giving and free blood pressure readings.
Who is served? Everyone
Hours: M - F from 8:30 to 4:30
Address: 1830 N. Limestone St., Springfield
Phone: 399-3872
Cost: Costs for programs vary.

Agency: Springfield Fire Division
What do they provide? Fire prevention, training, emergency medical services and fire safety
Who is served? Everyone
Hours: 24 hours a day
Address: 350 N. Fountain Ave., Springfield
Phone: 324-7615 or 324-7610

In a fire emergency call 911!
Agency: Family & Children Services
What do they provide? Information and referral, family assessment and intervention services
Who is served? Families with children from birth to three (and older)
Hours: M - F from 8 to 5
Address: 1345 Lagonda Ave., Springfield
Phone: Please call your caseworker at 327-1700.

Agency: County Board of MRDD
What do they provide? A Developmental Specialist to work with your child and family on those areas of your child’s behavior that are of concern
Who is served? Families with children who have developmental delays or disabilities
Hours: M - F from 8 to 4:30
Address: 2430 Van Buren Ave., Springfield
Phone: 328-2680

Safety in the Home

Q. What is the safest way for me to put my baby to sleep?

A. The best way to put your baby to sleep is:
   • Alone on his/her back, even for naps
   • Lay your baby on a firm mattress, such as a crib
   • Remove all soft, loose bedding and stuffed toys
   • Make sure your baby’s face and head stay uncovered during sleep
   • Don’t let your baby get too warm by overdressing him/her
   • Make sure your baby is in a well-ventilated room

Q. How can I make my home safer for my family?

A. If you want to provide a safer home for your children, there are several agencies you can call:

Q: How do I know if my child is growing and developing like other children his age?

A: Every child is different and there are lots of reasons a child may fall behind. If you have questions about your child’s development, talk with your doctor or contact one of the agencies below.

Agency: Help Me Grow
What do they provide? Developmental testing, home visiting, parent education and support in your home at no charge
Who is served? Children from birth to three and their families
Hours: M - F from 8 to 5
Address: 2430 Van Buren Ave., Springfield
Phone: 322-2099

More information about Help Me Grow can be found on the website www.ohiohelpmegrow.org.

Agency: Clark County Board of MRDD
Early Intervention Services
What do they provide? A Developmental Specialist to work with your child and family on those areas of your child’s development that are of concern
Who is served? Families with children from birth to three who have developmental delays or disabilities
Hours: M - F from 8 to 4; evenings by appointment
Address: 2430 Van Buren Ave., Springfield
Phone: 328-2680
Agency: Clark County Education Service Center
What do they provide? Developmental and educational evaluation and special educational services
Who is served? Children age three and older who will not be attending Springfield City Schools
Hours: M - F from 8 to 4:30
Address: 25 W. Pleasant St., Springfield
Phone: 325-7671
Call these districts directly:
Northeastern 325-7615
Northwestern 964-1318

Agency: Springfield City Schools
What do they provide? Developmental and educational evaluation and special educational services
Who is served? Children age three and older who will attend Springfield City Schools
Address: 601 Selma Rd., Springfield
Hours: M - F from 8 to 4:30
Phone: 505-4122
If you aren’t sure what school your child will attend, call 325-7671.

Children’s Behavior

Q. Where do I go when my child’s behavior is out of control and I’ve tried everything I know to do?

A. Several agencies offer help for parents and their young children:

Agency: Rocking Horse Center
What do they provide? Therapy, counseling, information and support
Who is served? Children from birth to three and older
Hours: Hours vary. Day and evening hours available. Call for exact times.
Address: 651 S. Limestone St., Springfield
Phone: 324-1111

Agency: Oesterlen Services for Youth
What do they provide? Therapy, counseling, information and support
Who is served? Children from birth to three (and older)
Hours: Hours vary. Day and evening hours available. Call for exact times. Services also available at the Town and Country Early Childhood Center M and F
Address: 1918 Mechanicsburg Rd., Springfield
Town and Country ECC, 2430 Van Buren Ave., Springfield
Phone: Main Office: 399-6101
Town and Country ECC: 327-6630
Wraparound Facilitator or Coordinator: 399-6101

Agency: Mental Health Services’ Child, Adolescent and Family Center (CAFC)
What do they provide? Therapy, counseling, information and support
Who is served? Children age three and over
Hours: Hours vary. Day and evening hours available. Call for exact times.
Address: 1835 Miracle Mile, Springfield
Phone: 390-7960

Agency: Family Service Agency
What do they provide? Therapy, counseling, information and support
Who is served? Children age three and over
Hours: Hours vary. Day and evening hours available. Call for exact times.
Address: 15 E. Pleasant St., Springfield
Phone: 325-5564