

**YELLOW PAGES**



**THE FAMILY YELLOW PAGES**

**Resources for Macon County Families  
with Children 0-5 years of age.**

**8<sup>TH</sup> EDITION**

# MIECHV FAQs

- **Question:** What does MIECHV stand for?
- **Answer:** It stands for Maternal Infant Early Childhood Home Visiting program.
- **Question:** Who are the MIECHV partners?
- **Answer:** MIECHV is a collaboration between Healthy Families Illinois, Early Beginnings at Pershing Early Learning Center, and Bright Start at Macon Resources.
- **Question:** Can MIECHV refer me to other organizations or just the ones in the collaborative?
- **Answer:** Absolutely! MIECHV can refer to any agency in Macon County.
- **Question:** Does MIECHV only serve the families in Decatur?
- **Answer:** No, MIECHV serves all the families in Macon County.
- **Question:** What can MIECHV do for me?
- **Answer:** MIECHV can help you with family support through home visiting, daycares, food, clothing, transportation, child development screenings, counseling, and many more.
- **Question:** If I sign up for home visiting, does the home visitor work with my schedule?
- **Answer:** Absolutely! Your home visitor will work around your schedule to visit you.
- **Question:** Does having a home visitor mean that I am involved with DCFS or that my kids are going to be taken away?
- **Answer:** Absolutely not! Your home visitor is just there to support you, answer any questions you may have about behavior, development, etc, provide referrals for anything you may need, help you finish your education if you desire, and just listen to you and help you with whatever you may need.

If you are interested in MIECHV and have further questions or want a home visitor, contact:

Amy, Community Systems Developer  
217-423-6988 ext. 1137

Emily, MIECHV Intake Coordinator  
217-423-6988 ext. 1140

# **Index of Services for Parents and Children Ages 0-5 in Macon County**

## **Adult Education/Parenting Classes**

ACT for Families-Webster Cantrell Hall  
Baby TALK  
Bright Start-Macon Resources  
Decatur-Macon County Opportunities Corporation (DMCOC) Training and Education Services  
DOVE Parenting Classes  
Family Case Management-Macon County Health Department  
Family First Initiative- Webster Cantrell Hall  
Healthy Families Illinois (HFI)-Macon County Health Department  
La Leche League  
New Life Pregnancy Center  
Pershing Early Learning Center  
Safe from the Start

## **Child Care/Preschools**

ABC Preschool and Daycare  
Anna Waters Head Start Program  
Central Christian Preschool  
Child Care Resource Service (CCRS)  
Creative Kids Daycare  
Decatur Area Technical Academy Preschool  
Decatur Day Care Center  
Department of Human Services (DHS)  
Discovery Depot  
Hillside Bethel Christian School  
Kid's Castle Maynor  
Kid's Castle Monroe  
Kids N Fitness North  
Kids N Fitness South  
Little People's Prep School  
Mt. Calvary Lutheran Preschool  
Mt. Zion United Methodist Co-op Preschool  
Northwest Christian Campus  
Playmates Preschool-First Congregational United Church of Christ  
Preschool for All-Pershing Early Learning Center  
Richland Community College Child Development Centers  
St. Paul's Early Learning Center  
Wee Folk I Child Care  
Wee Folk II Child Care  
YMCA Child Care

## **Child Development Screenings**

Bright Start-Macon Resources  
Child & Family Connections #19 (CFC #19)

Early Beginnings- Pershing Early Learning Center  
Early Head Start-Baby TALK  
Easter Seals Central Illinois  
Healthy Families Illinois-Macon County Health Department  
Macon County Health Department (MCHD)  
Preschool for All-Pershing Early Learning Center

**Clothing**

Blessingdales Thrift Shop  
Catholic Charities  
DMH Thrift Shop  
DMCOC Clothing Room  
DOVE Clothing Room  
Economy Shop  
Helping Hands-First Church of the Nazarene  
Hope's Attic  
LSA Resale Shop  
New Life Pregnancy Center (baby clothing, cribs, diapers, etc)  
Northwest Christian Shepherding Center  
Pilgrim Lutheran Church  
Salvation Army  
Water Street Mission Thrift Shop

**Crisis Support**

475-BABY at Baby TALK  
Child Abuse Hotline  
CHILD FIND  
Department of Child and Family Services (DCFS)  
DOVE, Inc.  
Growing Strong  
Heritage Behavioral Health Center  
Macon County Child Advocacy Center (MCCAC)  
National Center for Exploited and Missing Children  
New Life Pregnancy Center  
Poison Control  
Prevent Child Abuse Illinois  
Safe from the Start

**Dental Care**

Affordable Dentistry  
DentaQuest of Illinois  
Dental Clinic-Macon County Health Department  
Family Dental

**Food and Nutrition**

Ambassadors for Christ Food Pantry  
Catholic Charities Food Pantry  
Department of Human Services  
Helping Hands-First Church of the Nazarene  
Moundford Food Pantry

New Life Pregnancy Center (formula, baby food)  
Northeast Community Fund  
Northwest Christian Shepherding Center  
Salvation Army Food Pantry  
Women Infants Children (WIC)-Macon County Health Department

**Health Care**

All Kids Application Agent  
Community Health Improvement Center (CHIC)  
Decatur Memorial Hospital (DMH)  
Department of Human Services  
Division of Specialized Care for Children  
Easter Seals  
Healthworks of Illinois-DCFS Healthcare  
Heritage Behavioral Health Center  
Macon County Health Department  
Planned Parenthood  
SIU Decatur Family Practice Center  
St. Mary's Hospital  
Webster Cantrell Hall  
WIC-Macon County Health Department

**Home Visiting Programs**

Bright Start-Macon Resources  
Child and Family Connections  
Decatur-Macon County Opportunities Corporation (DMCOC)  
Early Beginnings-Pershing Early Learning Center  
Early Head Start-Baby TALK  
Family Case Management-Macon County Health Department  
Healthy Families Illinois-Macon County Health Department  
Homeward Bound-DOVE, Inc.  
Safe from the Start-Macon County Child Advocacy Center  
WIC-Macon County Health Department

**Libraries**

Argenta-Oreana Public Library District  
Barclay Public Library  
Blue Mound Memorial Public Library  
Decatur Public Library  
Forsyth Public Library  
Illioplis/Niantic Public Library  
Macon Library  
Maroa Public Library  
Mt. Zion District Library

**Parental Support/Counseling**

ACT for Families-Webster Cantrell Hall  
Baby TALK  
Catholic Charities  
CFC #19

DOVE Parenting classes  
Epilepsy Resource Center  
Family First Initiative  
Grandparents Raising Grandchildren-Webster Cantrell Hall  
Growing Strong  
Healthy Families Illinois-Macon County Health Department  
Heritage Behavioral Health Center  
La Leche League  
Lutheran Child and Family Services-Counseling  
Macon County Child Advocacy Center  
Macon County Health Department  
Macon Resources  
New Life Pregnancy Center  
Pershing Early Learning Center  
Safe from the Start  
Starting Point-Macon County Health Department  
United Cerebral Palsy of Decatur

### **Prenatal**

Bright Start-Macon Resources  
Early Beginnings-Pershing Early Learning Center  
Early Head Start-Baby TALK  
Family Case Management-Macon County Health Department  
Healthy Families Illinois-Macon County Health Department  
La Leche League  
Liz Richards-Decatur Doula  
Lutheran Child and Family Services  
New Life Pregnancy Center  
Planned Parenthood of Decatur  
St. Mary's Prenatal Clinic  
Vita Center for Women (DMH)

### **Recreation**

Baby TALK (Lapsits)  
Children's Museum of Illinois  
Decatur Family YMCA  
Decatur Park District  
Early Beginnings-Pershing Early Learning Center  
Rock Springs Conservation Area & Nature Center  
Scovill Park-Project Playground

# Services Listed Alphabetically

## **ABC Preschool and Daycare**

Phone: 217-423-2122

324 W. Macon Street

Decatur, IL 62522

Hours are 6:00 AM-5:30 PM Monday-Friday.

ABC PRESCHOOL: Serves children ages 0-3 years.

ABC DAYCARE: Serves children ages 4-14 years.

They accept CCRS, DCFS, Human Resources, and other referrals.

## **Affordable Dentistry**

217-793-6909

2965 S. MacArthur Blvd.

Springfield, IL 62701

Full service dental care for children ages 3 and up.

## **All Kids Application Agents**

1-866-255-5437 and 1-877-204-1012 TTY

217-423-6988 ext. 1303

1221 E. Condit Street

Decatur, IL 62521

[www.maconcountyhealth.org/Services/FamilyServicesWIC/AllKids.aspx](http://www.maconcountyhealth.org/Services/FamilyServicesWIC/AllKids.aspx)

The All Kids Program is a complete healthcare program for eligible uninsured children under 18 and their legal parent/guardian in Illinois.

The program gives the opportunity for eligible families, regardless of medical conditions, to have access to healthcare.

## **Ambassadors for Christ Food Pantry**

217-877-5220

1705 N. Maple Ave.

Decatur, IL 62526

Open Tuesdays 12:00 PM-3:00 PM

## **Anna Waters Head Start Program**

217-423-2268

1166 E. Marietta

Decatur, IL 62521

Preschool program for low-income children.

Requirements: Children must be age 3 or 4 by Sept. 1, parents must meet income guidelines, and children must be screened.

**Argenta Public Library**

217-795-2144

100 E. Water Street

Argenta, IL 62501

[www.aopld.lib.il.us/](http://www.aopld.lib.il.us/)

Summer reading program. Visit the website for hours of operation.

**Assertive Community Treatment for Families-Webster Cantrell Hall**

217-233-6407

1942 E. Cantrell St.

Decatur, IL 62521

[www.webstercantrell.org/programs/assertive-community-treatment-for-families/](http://www.webstercantrell.org/programs/assertive-community-treatment-for-families/)

Counseling, case management for children, adolescents, and their families. Services provided in homes or office and tailored to meet family's needs.

**Baby TALK**

217-475-2234

500 E. Lake Shore Drive

Decatur, IL 62521

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

**Lapsits:** Parents and children interact with each other around a theme, including books and activities. The focus is on parent-child interaction and literacy. Lapsits are free and are held in public libraries and schools. Call or check the website for locations and times.

**Baby Talk Times:** Small parent-child groups are held for families with children birth to three to share parent questions and concerns, to celebrate babies' achievements, and to have fun with books, toys, songs, and fingerplays. Call or check the website for locations and times for this free program.

**Community Based Family Support:** Parents receive encouragement and support in raising their children through personalized family visits, developmental screenings, parent-child groups and developmental information.

**Baby TALK Early Head Start**

217-422-9930

710 W. Macon

Decatur, IL 62522

Early childhood education programs are provided for children prenatally to age 3. Programs include comprehensive center-based or home visiting services, parent education and socialization opportunities for families residing in Macon County. Like us on Facebook at Baby TALK Early Head Start.



## **Baby TALK Central Programming**

217-422-5249

Central Christian Church

340 W. William St.

Decatur, IL 62522

**STEPS Early Intervention:** Children receive Early Intervention services in an early childhood interdisciplinary classroom setting.

**Family Literacy:** Families receive a comprehensive educational experience including GED or ESL classes, child education, parent education, parent-child interaction, personal encounters and library visits.

**Phoenix II:** Pregnant and parenting mothers enrolled in District 61 are eligible to attend alternative education at Baby TALK Central Programming. Child education is provided while mothers earn academic credits.

**Pre-K:** A state funded preschool program is offered for children ages 3 to 5 years of age.

## **Barclay Public Library**

217-672-3621

220 E. Main St.

Warrensburg, IL 62573

[www.barclay.lib.il.us/](http://www.barclay.lib.il.us/)

Check website for hours of operation.

## **Blessingdales Thrift Shop**

235 W. Eldorado

Decatur, IL 62522

Clothing of all kinds and sizes, household items and furniture.

Hours available: Monday-Saturday 9:00AM-3:00 PM.

## **Blue Mound Memorial Public Library**

217-692-2774

213 N. St. Marie Street

Blue Mound, IL 62513

[www.bluemoundlibrary.lib.il.us/](http://www.bluemoundlibrary.lib.il.us/)

Check website for hours of operation.

Story time on Fridays at 10:30 AM. Summer reading program

available. Participants must possess a Blue Mound Library Card.

Check website for times and dates.

### **Bright Start- Prenatal to 5**

217-875-8842 or 217-872-5305

2121 Hubbard Ave

Decatur, IL. 62526

[www.maconresources.org/children-services/bright-start/](http://www.maconresources.org/children-services/bright-start/)

Bright Start provides research based information, support and encouragement to families with children birth to 5 years in Macon County. Parent educators partner with parents and caregivers to realize their role as their child's first and most influential teacher during the crucial years of birth to five. All children will learn, grow, and develop to realize their full potential. Funded by the Illinois State Board of Education and the Maternal Infant Early Childhood Home Visiting Grant (MIECHV). Services are at no cost to the parent. Services include: individualized home visits, parent groups, parent/child groups, developmental screenings, lending library, transportation, and referrals to community services.

### **Catholic Charities**

Phone: 217-428-3458

247 W. Prairie Ave.

Decatur, IL 62523

[www.cc.dio.org/area\\_offices/decatur/home.htm](http://www.cc.dio.org/area_offices/decatur/home.htm)

Counseling to individuals, couples, and families. Fees are based on income and family size. No one is denied service because of inability to pay. No charge for counseling related to untimely pregnancies.

Hours: 8:30 AM-4:30 PM by appointment. Evening counseling on Tuesday and Thursday until 8 PM by appointment.

### **Catholic Charities Food Pantry**

Phone: 217-428-3458

239 W. Prairie

Decatur, IL 62523

[www.cc.dio.org/programs.htm](http://www.cc.dio.org/programs.htm)

Food given based on family size. Picture ID required. Monday-Friday 9:00 AM-11:00 AM.

### **Catholic Charities Medication Assistance**

217-475-0270

[www.cc.dio.org/programs.htm](http://www.cc.dio.org/programs.htm)

Hours: Tuesday-Thursday 8:30 AM-4:30 PM.

Help with long-term medications for children and adults.

### **Central Christian Preschool**

217-428-4336

650 W. William St.

Decatur, IL 62522

[www.cccdisciples.wordpress.com/youth/preschool/](http://www.cccdisciples.wordpress.com/youth/preschool/)

Preschool experiences for: Parents and 2's: one time a week, 3 years of age: 3 times a week, 4 years of age: 4 times a week, and Pre-K: 5 mornings a week. There is a \$100 non-refundable fee that covers snacks, materials, and registration. Serving families since 1965.

### **Central Illinois Christians in Mission**

217-422-4246

1000 E. Locust St.

Decatur, IL 62521

[www.decaturnet.org/cicim/index.htm](http://www.decaturnet.org/cicim/index.htm)

Hours of Operation: Tuesdays and Thursdays 8:00 a.m. – 12:00 p.m.

Provides furniture and household items to those who need it. Person must have referral in order to receive items. Availability of items depends on donations.

### **CHIC-Community Health Improvement Center**

217-877-9117

2905 N. Main Street

Decatur, IL 62526

Provides comprehensive primary health care. Services include treatment of acute and chronic illnesses; preventative health care (immunizations, well-child and well-adult care such as school and work physicals); on-site lab tests, pregnancy tests and referral to prenatal clinics; mental health counseling; hospitalization when necessary and referrals to specialty care when indicated. 24-hour coverage. CHIC has an extensive medication program including low and no cost medications for CHIC patients only (primarily for adults).

Uninsured patients are accepted and charged on a sliding scale. Proof of income is required. Public aid and Township Medical Cards or private pay insurance are also accepted.

### **Child Abuse Hotline**

1-800-252-2873

### **Child and Family Connections #19**

217-423-6199 or 1-800-758-2705

132 S. Water St., Ste. 604

Decatur, IL 62523

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

Provides a central entry point for children needing early intervention services. Serving Macon, Moultrie, Douglas, Shelby, DeWitt, Piatt, Coles, Cumberland, Clark, and Edgar counties.

**Child Find of America**

1-800-426-5678

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

A service to help find missing children.

**Child Care Resource Services**

1-800-325-5516

905 S. Goodwin Ave., 314 Bevier Hall

Urbana, IL, 61801

[www.ccrs.illinois.edu/](http://www.ccrs.illinois.edu/)

Makes referrals to child care providers. Referrals include child care centers, family child care homes, nursery schools, preschool programs, Head Start programs, summer programs, and resources for finding in-home care givers.

**Children's Museum of Illinois**

217-423-5437

55 S. Country Club Rd.

Decatur, IL 62521

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

Hours: Monday-Friday 9:30 AM-4:30 PM, Saturday 10:00 AM-5:00 PM, and Sunday 1:00 PM-5:00 PM.

Children under 2, members, and ACM members are free. Non-member children 2 and up pay \$5. Offer exhibits that challenge a child's mind in the areas of arts and sciences.

**Creative Kids Daycare**

217-877-5877

1177 W. Hickory Point Road

Decatur, IL 62526

[www.firstnazarene.org/creative-kids-daycare](http://www.firstnazarene.org/creative-kids-daycare)

Hours: 6:30 AM-6:00 PM Monday-Friday.

They serve children ages 6 weeks to 12 years of age.

Summer: Offers full-time program called Faith Finders, a rich learning environment full of learning opportunities. A learning environment, lots of interaction.

**Decatur Area Technical Academy Preschool**

217-424-3066

300 E. Eldorado

Decatur, IL 62523

[www.tech-academy.org/programs/preschool](http://www.tech-academy.org/programs/preschool)

Hours: 8:30 AM-10:48 AM or 12:05 PM-2:23 PM Tuesday-Thursday, September-May.

They serve children ages 3 and 4. Must provide own transportation and must present an up-to-date medical report prior to enrollment.

**Decatur Daycare Center**

217-422-2044

2075 E. Lake Shore Drive

Decatur, IL 62521

Provides full-time daycare and early learning for infants and children. There is also a school-age daycare for before and after school care for ages 6 weeks to 12 years of age. Fees are on a sliding scale and state child care subsidy is accepted. This is an United Way Agency.

**Decatur Family Sanctuary**

217-422-9903

539-543 N. Water St.

Decatur, IL 62521

Long term housing for homeless families. Serves families connecting them to necessary services, which aid in building a brighter future for resident families.

**Decatur Family YMCA**

217-872-9622

220 W. McKinley

Decatur, IL 62526

[www.decaturymca.org/yfyouthprogram.htm](http://www.decaturymca.org/yfyouthprogram.htm)

Fitness classes, arthritis programs, water exercise, preschool program for ages 3-5. Progressive swimming lessons, gymnastics, and dance. They can serve children ages 6 weeks to 13 years of age during the summer. Call for more details.

**Decatur Housing Authority**

217-423-7711

1808 East Locust Street

Decatur, IL 62521

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

The Decatur Housing Authority provides and maintains quality affordable housing in Macon County with access to community resources for low to moderate income families and individuals, including the elderly and disabled.

**Decatur IL Moms**

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

A resource for making parenting easier in Decatur and in the surrounding areas. There are local events, family friendly activities, play groups, and parenting resources.

**Decatur Memorial Hospital**

217-876-8121

2300 N. Edward St.

Decatur, IL 62526

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

**Decatur Memorial Thrift Shop**

217-428-8512

553 W. Wood Street

Decatur, IL 62523

[www.dmhcares.org/services/thriftshop/](http://www.dmhcares.org/services/thriftshop/)

Clothing of all kinds and sizes, books, and household items. Monday-Saturday 9:00 AM-3:00 PM.

**Decatur Park District**

217-422-8535

620 E. Riverside

Decatur, IL 62521

[www.decatour-parks.org/](http://www.decatour-parks.org/)

**Decatur Public Library**

217-424-2900

130 N. Franklin

Decatur, IL 62523

[www.decatour.lib.il.us](http://www.decatour.lib.il.us)

Check website for hours of operation.

**DentaQuest of Illinois-DHS Dental Provider**

1-888-286-2447

12121 N. Corporate

Mequon, WI 53092

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

Provider of dental benefits for public aid clients. If a recipient calls with a medical card ID # and zip code, Dental Quest will do a search to find a dentist to perform the needed services in the client's geographical area. Hours: 8:00 AM-5:00 PM.

**Dental Clinic-Macon County Health Department**

217-423-9930

1221 E. Condit St.

Decatur, IL 62521

[www.maconcountyhealth.org/Services/Dental.aspx](http://www.maconcountyhealth.org/Services/Dental.aspx)

Hours: Monday-Friday 8:15 AM-4:15 PM.

INFANTS/CHILDREN: Children 12 months-17 years of age with routine and preventative dental care: exams, x-rays, cleanings, fillings, extractions, pulpotomies, and sealants.

18-20 YEARS OF AGE: basic dental care: fillings, extractions, exams, and x-rays.

21+: emergency care ONLY.

Provide services for those currently on the Illinois Medical Card. Few cash patients who meet WIC's income guidelines are seen.

## **Department of Child and Family Services (DCFS)**

Hotline: 1-800-25-ABUSE (1-800-252-2873)

217-875-6750

2900 N. Oakland

Decatur, IL 62526

[www.state.il.us/dcfs/index.shtml](http://www.state.il.us/dcfs/index.shtml)

Investigates reports of child abuse and neglect. Provides services to families in immediate danger of having their children removed from their custody such as: substitute care, homemaker, counseling, advocate, crisis intervention, adoption of special needs children, and licensing of child care facilities.

## **Department of Human Services (DHS)**

217-362-6500

707 E. Wood Street

Decatur, IL 62524

[www.dhs.state.il.us/page.aspx?](http://www.dhs.state.il.us/page.aspx?)

Time limited cash programs for families, food stamps, medical program for families, child support enforcement, child care for low income families, All Kids insurance, and referrals to community resources.

## **Discovery Depot Child Care Center**

217-429-1052

2715 N. 27<sup>th</sup> St.

Decatur, IL 62526

[www.easterseals-ci.org/](http://www.easterseals-ci.org/)

Inclusive child care center provides full-time early childhood education and care for children with or without disabilities ages 6 weeks to 6 years of age. State childcare subsidy and third party payments are accepted.

## **Division of Specialized Care for Children (DSCC)**

217-333-6528

217-524-2000

510 Devonshire Suite A

3135 Old Jacksonville Rd.

Champaign, IL, 61820

Springfield, IL 62704

[www.internet.dsccl.uic.edu/dscclroot/ros/champ.asp](http://www.internet.dsccl.uic.edu/dscclroot/ros/champ.asp)

DSCC offers care coordination, benefits management, and financial assistance for the diagnosis and treatment of children from birth to age 21 with eligible special health care needs. Special health care needs include chronic disabling conditions such as heart defects, orthopedic conditions, cerebral palsy, hearing impairments, neurological disorders, urinary system problems, some eye impairments, certain inborn errors of metabolism, hemophilia, cystic fibrosis, and some craniofacial conditions such as cleft lip/palate. Financial assistance is based on parental income and available private insurance must be utilized prior to expenditure of DSCC funds. Care coordination and benefits management is provided to eligible children regardless of financial eligibility.

## **Decatur-Macon County Opportunities Corporation (DMCOC)**

217-428-0155

Martin Luther King Senior Center

921 N. Jasper

Decatur, IL 62521

[www.dmcoc.org/index.html](http://www.dmcoc.org/index.html)

The purpose of the Decatur-Macon County Opportunities Corporation is to prepare their customers to enter the economic mainstream of society by providing the skills, opportunities, advocacy, and services needed to become self-sufficient.. They have the Anna Waters Head Start Program, various community services programs, an energy assistance Program, a senior services program, housing and emergency services program, training and education programs, and a weatherization program. Call for more information or visit their website.

## **DMCOC-Early Childhood Education**

217-428-0155 (DMCOC Main Office)

217-423-2268 (Anna Waters Head Start)

## **DOVE, Inc.**

217-428-6616

217-423-2238 (emergency number)

2201 E. Prairie Ave.

Decatur, IL 62521

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

DOVE has several programs including: a Children's Clothing Room, a Domestic Violence Program, BABES, various Community Services, Homeward Bound, MAX & DAX, various Outreach programs, a Retired & Senior Volunteer Program (RSVP), a Community Recycling Center, and various other projects. Call for more information or visit their website.

## **Early Beginnings- Home Visiting Program**

Pershing Early Learning Center

217-876-8329

2912 N. University

Decatur, IL 62526

Early Beginnings offers home visiting, parental support, parent workshops, community referrals, and play groups. Free developmental screenings are offered for all children ages 0-5 residing in Decatur Public School District #61. Program eligibility will be determined at initial screening, which includes a parent interview. Funding provided by ISBE and DHS/MIECHV.



### **Early Head Start-Baby TALK**

217-475-2234

500 E. Lake Shore Drive

Decatur, IL 62521

Early Childhood Education Program for children prenatally to age 3 that provides comprehensive center-based or home visiting services, parent education, and socialization opportunities for families residing in Macon County.

### **Easter Seals Central Illinois**

217-429-1052

2715 N. 27<sup>th</sup> Street

Independence Point

Decatur, IL 62526

[www.easterseals-ci.org/](http://www.easterseals-ci.org/)

Speech language screenings, evaluations, and therapy available for all ages. Physical therapy available for children ages 0-18 years. Parent's Night Out- respite care for children with a development disability and their siblings ages 1-15 years old. Parent's Night Out occurs once a month during the summer and three times a month during the calendar school year.

### **Economy Shop**

217-423-3003

967 N. Water Street

Decatur, IL 62526

[www.decaturngrace.org/missions.php](http://www.decaturngrace.org/missions.php)

Clothing of all kinds and sizes, as well as household items. Monday-Saturday 10:00 AM-3:00 PM.

### **Epilepsy Resource Center of Central Illinois**

217-726-1839

1800-800-6401

232 Bruns Lane

Springfield, IL 62704

Services: information and referral, job placement, individual and family services, counseling, advocacy, support groups, community education for people with epilepsy and their families.

Call for information. Various programs are held throughout the year.

### **Familia Dental**

217-877-6559

141 E. Pershing Rd.

Decatur, IL 62526

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

Familia Dental is a comprehensive dental clinic serving both children and adults. By appointment only. Medical Card accepted.

**Family Case Management-MCHD**

217-423-6988 ext. 1343

1221 E. Condit St.

Decatur, IL 62521

[www.maconcountyhealth.org/Services/FamilyServicesWIC/  
FamilyCaseManagement.aspx](http://www.maconcountyhealth.org/Services/FamilyServicesWIC/FamilyCaseManagement.aspx)

This program assists expectant families, infants, and/or young children with obtaining the health care services they may need to have a healthy pregnancy and promote the child's healthy development. This process occurs through assessment and referral.

**Family Dental in Champaign**

217-359-8697

14 E. Anthony Drive

Champaign, IL, 61820

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

Full service dental care.

**Family First Initiative-Webster Cantrell Hall**

217-423-6961

1942 E. Cantrell

Decatur, IL 62521

[www.webstercantrell.org/programs/family-first-initiative/](http://www.webstercantrell.org/programs/family-first-initiative/)

Intensive service to families whose children have experience abuse or neglect. Services begin within 24 hours and agency staff available 24 hours.

**Forsyth Public Library**

217-877-8174

268 S. Elwood

Forsyth, IL 62535

[www.forsythlibrary.com/departments/library/index.htm](http://www.forsythlibrary.com/departments/library/index.htm)

Summer program available. Check website for hours of operation and dates.

**Grandparents Raising Grandchildren-Webster Cantrell Hall**

217-423-6961

1942 E. Cantrell

Decatur, IL 62521

Meet the last Thursday of each month from 6:30 PM-7:30 PM.

## **Growing Strong Sexual Assault Center**

Phone: 217-428-0770

270 W. Prairie

Decatur, IL 62523

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

24-hour helpline: 217-428-0770

Growing Strong is a not-for-profit agency providing services to sexual assault victims and their significant others. Serving Macon, Moultrie, Shelby, DeWitt, and Piatt counties.

Services include: 24-hour crisis hotline (collect calls accepted); medical and legal advocacy; counseling for children ages 4 and up, individual and group counseling for adults; prevention education presentations for children Pre-K through college, community organization, teachers and social service agencies; professional training for medical and law enforcement personnel.

## **Healthy Families Illinois-MCHD**

217-423-1500 ext. 1306

1221 E. Condit Street

Decatur, IL 62521

The Healthy Families Illinois (HFI) program is a home visitation program that works with expectant and first-time parents. Through intensive home visiting, HFI works to strengthen the parent/child relationship, promote positive parenting, and healthy child growth and development. Home visitors provide information on child growth, development, and safety. The program also assists parents in identifying/meeting their own educational/employment goals.

## **Healthworks of Illinois-DCFS Healthcare**

217-423-6953

Macon County Health Department

1221 E. Condit Street

Decatur, IL 62521

Ensures that each child placed in DCFS custody is linked to a primary care physician and receives required vaccines and yearly exams. The MCHD serves as the lead agency for eight counties: Clark, Coles, Cumberland, Douglas, Edgar, Macon, Moultrie, and Shelby.

## **Helping Hands-First Church of the Nazarene**

217-428-8870

1177 W. Hickory Point Road

Decatur, IL 62526

Food and clothing available twice per month.

Hours of operation: 10:00 AM-2:00 PM on the 2<sup>nd</sup> and 4<sup>th</sup> Saturday of each month.

**Heritage Behavioral Health Center**

217-362-6262 (24-hour Crisis Phone Line)

151 N. Main

P.O. Box 710

Decatur, IL 62523

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

Provides immediate help, assessment, and referrals to those in a mental health or substance abuse crisis. Heritage only accepts Medical Card and private insurance.

**Hillside Bethel Christian School**

217-429-5590

3575 Greenhill Road

Decatur, IL 62521

Hours: 6:00 AM-6:00 PM

Children must be potty trained or in the process of becoming so. Does not accept subsidies, offers 10% discount for 2 children, and 15% for more than 2 children. Both full and part-time openings available.

**Homeward Bound-DOVE, Inc.**

Phone: 217-362-7700

788 E. Clay

Decatur, IL 62521

[www.doveinc.org/homeward\\_bound.htm](http://www.doveinc.org/homeward_bound.htm)

Providing transitional housing for and initiating programs to improve the quality of life for area homeless families and individuals.

**Hope's Attic**

217-872-8842

2940 N. Martin Luther King Drive

Decatur, IL 62526

Clothing of all kinds and sizes, household items, and books.

Hours: Monday-Friday 9:30 AM-3:00 PM and Saturday 8:30 AM-2:00 PM.

**Illiopolis/Niantic Public Library**

217-486-5561

6<sup>th</sup> and Mary St.

Illiopolis, IL 62539

[www.illiopolisniantic.lib.il.us/](http://www.illiopolisniantic.lib.il.us/)

Check website for hours of operation.

**Kid's Castle**

217-872-6602

2580 N Monroe

Decatur, IL 62526

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

The hours are 6:30 AM-6:00 PM. They serve children who are 6 weeks of age to 12 years of age.

**PRESCHOOL:** It is a full-time program starting at age 2. They focus on Kindergarten readiness, and have a computer lab, library, outdoor classrooms, and field trips.

**SCHOOL AGE:** They provide before and after school care, transportation to area schools, summer camps, school break and holiday care, and field trips.

**Kid's Castle**

217-791-4418

4445 E. Maynor

Decatur, IL 62521

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

The hours are 6:30 AM-6:00 PM. They serve children who are 6 weeks of age up to 12 years of age.

**PRESCHOOL:** It is a full-time program starting at age 2. They focus on Kindergarten readiness, and have a computer lab, library, outdoor classrooms, and field trips.

**SCHOOL AGE:** They provide before and after school care, transportation to area schools, summer camps, school break and holiday care, and field trips.

**Kids N Fitness North**

217-876-7137

535 W. Marion Ave.

Forsyth, IL 62535

Hours: 6:30 AM-6:00 PM Monday-Friday

They serve children ages 6 weeks to 12 years, with before and after school care available. Limited number of CCRS clients are accepted.

**Kids N Fitness South**

217-423-9580

1020 Southside Drive

Decatur, IL 62521

Hours: 6:30 AM-6:00 PM Monday-Friday

They serve children ages 6 weeks to 12 years, with before and after school care available. Limited number of CCRS clients are accepted.

**La Leche League**

217-674-3580 Lisa

[www.lllusa.org/IL/WebDecaturIL.html](http://www.lllusa.org/IL/WebDecaturIL.html)

Provides breastfeeding information and support for breastfeeding mothers. Offers a lending library, 24-hour phone counseling service, and booklets on nursing and nursing problems. Call for meetings times.

**Little Peoples Prep School**

217-428-3800

1050 S. 44<sup>th</sup> Street

Decatur, IL 62521

[www.gtchurch.com/Ministries/SpecificAreas/LittlePeoplesPrepSchool/tabid/261/Default.aspx](http://www.gtchurch.com/Ministries/SpecificAreas/LittlePeoplesPrepSchool/tabid/261/Default.aspx)

Hours: 6:30 AM-6:00 PM Monday-Friday

They serve children ages 3 months to 12 years. It is a Christian program with a before and after school program and morning and afternoon preschool. CCRS referrals accepted.

**Liz Richards-Decatur Doula**

217-972-5535

[decatourdoula.weebly.com](http://decatourdoula.weebly.com)

A doula is a nonmedical person who assists a woman before, during, or after childbirth, as well as her partner and/or family by providing information, physical assistance, and emotional support.

**LSA Resale Shop**

217-423-0122

421 E. Cerro Gordo

Decatur, IL 62523

Clothing of all kinds and sizes. Household items and furniture.

Hours: 9:00 AM-3:00 PM Monday-Saturday

**Lutheran Child and Family Services**

217-428-8380

1620 S. Taylorville Rd.

Decatur, IL 62521

They provide foster care, individual/marital/family counseling, family life education, and a veteran's housing program.

**Macon County Child Advocacy Center**

217-422-6294

1990 N. Water Street

Decatur, IL 62526

[www.mccac.org/Default.htm](http://www.mccac.org/Default.htm)

This not-for-profit offers services to children and their families when the children have been victims of sexual or physical abuse. The center is a safe-child friendly place where children can be interviewed without intimidation. The center uses a team approach to decrease the trauma that children face when they have been victims of sexual or serious physical abuse. They can also refer to Safe from the Start and other counseling services.

**Macon County Health Department**

217-423-6988

1221 E. Condit St.

Decatur, IL 62521

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

Programs and services offered for residents of Macon County for all ages. Family Case Management and supportive services offered for pregnant women and their children, immunization clinic for all ages, WIC program, Dental Clinic, STD counseling and testing, TB skin testing, foreign travel immunizations, Senior Services for adults age 60 and over, information, referral, and assistance for people with disabilities ages 18 and over; environmental health services, health education, and community outreach.

**Macon Library**

217-764-3356

451 W. Glenn St.

Macon, IL 62544

[www.southmacon.lib.il.us/](http://www.southmacon.lib.il.us/)

Check website for hours of operation.

**Maroa Public Library**

217-794-5111

305 E. Garfield

P.O. Box 620

Maroa, IL, 61756

[www.maroa.lib.il.us/](http://www.maroa.lib.il.us/)

Check website for hours of operation and dates.

Family reading nights, summer story times, and summer ready program.

**Moundford Food Pantry**

217-877-1577

1803 E. Mound Rd.

Decatur, IL 62526

[www.maroa.lib.il.us/](http://www.maroa.lib.il.us/)

Food available on Mondays, 11:30 AM-1:30 PM.

**Mount Calvary Lutheran Preschool**

217-428-0641

2055 S. Franklin Street

Decatur, IL 62521

[www.preschoolpilot.com/school/mt-calvary-christian-preschool](http://www.preschoolpilot.com/school/mt-calvary-christian-preschool)

3'S CLASS: Thursday-Friday 9:00 AM-11:00 AM

4'S CLASS: Monday-Wednesday 9:00 AM-11:30 AM

Christian preschool during school year.

**Mt. Zion District Library**

217-864-3622

115 W. Main Street

Mt. Zion, IL 62549

[www.mtzion.lib.il.us/](http://www.mtzion.lib.il.us/)

Check website for hours of operation.

**Mt. Zion United Methodist Co-op Preschool**

217-864-4813

1220 W. Main Street

Mt. Zion, IL 62549

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

3'S: Monday-Tuesday 9:00 AM-11:30 AM

4'S: Wednesday-Friday 9:00 AM-11:30 AM

Non-denominational, bible-based curriculum with an emphasis on social development and kindergarten readiness. Open September-May.

**National Center for Exploited or Missing Children**

[www.missingkids.com/missingkids/servlet/PublicHomeServlet?](http://www.missingkids.com/missingkids/servlet/PublicHomeServlet?LanguageCountry=en_US)

[LanguageCountry=en\\_US](http://www.missingkids.com/missingkids/servlet/PublicHomeServlet?LanguageCountry=en_US)

1-800-843-5678

1-800-826-7653



### **New Life Pregnancy Center**

217-872-5556

217-872-5555 (Helpline)

1698 East Pershing Road

Decatur, IL 62526

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

24 hour Helpline, free STI testing, free pregnancy tests, pregnancy confirmation by physician exam and ultrasound, on-going support through pregnancy, information on pregnancy options, professional counseling, post-abortion counseling, miscarriage and adoption support, one-on-one mentoring and referrals for prenatal care, referrals to legal aid, referrals to medical card information, and an adoption liaison.

Programs:

**BEST Program:** Earn coupons by attending Parenting and Educational classes. Coupons are redeemable at New Life Pregnancy Center for baby clothing (0-5T), diapers, infant furniture, etc.

**SEX ESTEEM:** Abstinence only educational presentations for schools, churches, community groups, and parents.

All services are free and confidential.

### **Northeast Community Fund**

217-429-5846

825 N. Water

Decatur, IL 62526

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

Food Pantry is open Monday, Tuesday, Thursday, and Friday from 9:00 AM-11:30 AM and 12:30 PM-2:00 PM. The clothing area is open Monday-Friday from 8:00 AM-4:00 PM.

### **Northwest Christian Campus**

217-429-0563

1306 North Stanley Avenue

Decatur, IL 62526

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

Northwest Christian Campus is a non-denominational Christ-centered school.

The school incorporates children from Preschool-12<sup>th</sup>.

Before and after school care is available from 7:00 AM-8:45 AM and 3:10 pm-6:00 PM.

Tuition rate varies depending on income.

### **Northwest Christian Shepherding Center**

217-429-4278

1306 N. Stanley Avenue

Decatur, IL 62522

Food available on Tuesdays, 9:00 AM-11:00 AM.

Clothing available on Thursdays from 8:30 AM-10:30 AM.

### **Planned Parenthood of Decatur**

217-877-6474

3021 North Oakland

Decatur, IL 62526

[www.plannedparenthood.org/health-center/centerDetails.asp?  
f=3282&a=90430&v=details](http://www.plannedparenthood.org/health-center/centerDetails.asp?f=3282&a=90430&v=details)

Medical Services: Birth control services available by appointment. Complete physical exams including screenings for breast and cervical cancer and STDs. Routine lab tests include: red blood cell count, blood pressure, urinalysis, and sickle cell.

Counseling Services: Strive to educate and inform clients of all available options. Counseling services include nutrition, weight control, sterilization (male and female), infertility, unplanned pregnancy, methods of birth control, and parent-child relationships.

Education: Programs available for parents, schools, churches, and community groups on a wide variety of topics.

### **Planned Parenthood of Decatur-Continuity of Care**

217-877-6474

3021 North Oakland

Decatur, IL 62526

[http://www.plannedparenthood.org/health-center/centerDetails.asp  
?f=3282&a=90430&v=details](http://www.plannedparenthood.org/health-center/centerDetails.asp?f=3282&a=90430&v=details)

Services: Medical screenings, services, and evaluations for women not in need of birth control.

Lab tests: Pap smears and urinalysis. Referrals given for mammograms. Diabetes and cholesterol screenings offered.

Osteoporosis and cardiovascular prevention education given. Physical exams completed by Nurse Practitioners and/or physicians. Fee based on ability to pay. There is no minimum requirement for medical services.

### **Playmates Preschool-First Congregational United Church of Christ**

217-877-2216

3465 North MacArthur Rd.

Decatur, IL 62526

[www.firstchurchdecatur.com/playmatespreschool.html](http://www.firstchurchdecatur.com/playmatespreschool.html)

Children who are 3 years of age can attend Tuesday-Thursday from 9:15 AM to 11:15 AM. Children who are 4 years of age can attend Monday-Thursday from 9:00 AM to 11:30 AM. A registration fee does apply. Call for more details.

### **Poison Control**

1-800-222-1222

### **Preschool for All-Pershing Early Learning Center**

217 876 8327

2912 N. University

Decatur, IL 62526

Pershing Early Learning Center offers a comprehensive Preschool for All program for eligible three and four year old children and their families. Student eligibility is determined through a screening process which includes a developmental, speech and language, motor, and social assessments along with a parent interview. Each Preschool for All class has a combination of three and four year old students attending five half-days per week. Class times are 9:00 AM - 11:40 AM and 12:50 PM - 3:30 PM. Funding provided by ISBE.

### **Richland Community College Child Development Centers**

217-875-7211 ext. 319

1 College Park

Decatur, IL 62521

[www.richland.edu/childcare](http://www.richland.edu/childcare)

Licensed center provides child care and preschool activities for children of parents who are enrolled in classes at the college in addition to community children. It is licensed for children ages 2-12. Both full time and part time child care is available. Summer hours 7:30 AM-5:30 PM Monday-Friday. Fall hours are 7:30 AM-7:00 PM Monday-Thursday and Friday 7:30 AM-5:30 PM. Child care payment assistance may be available through CCRS, Workforce Investment Solutions, and financial assistance. In addition, any enrolled student with a Pell Grant, after using the money for books and tuition, may use any remaining amount to help cover the costs of the child care.

### **Rock Springs Conservation Area & Nature Center**

217-423-7708

3939 Nearing Lane

Decatur, IL 62521

[www.maconcountyconservation.org/rocksprings.php](http://www.maconcountyconservation.org/rocksprings.php)

Features of the area include: forest, wetland, grassland, restored Illinois prairie, a large nature center, a museum, a restored farmhouse, nearly nine miles of hiking trails, and a paved bike trail. Classes are also offered.

**Safe from the Start**

217-422-6294

1990 N. Water Street

Decatur, IL 62526

[www.mccac.org/safe-from-the-start/index.htm](http://www.mccac.org/safe-from-the-start/index.htm)

Offers free assessments to identify the effects of violence on children. Provides information and referrals to services available in Macon County. Offers therapeutic services to children who have been seriously affected by violence and provides information on healthy parenting skills. They also provide case management and therapy sessions to children and their families. Provides community and violence education.

**Salvation Army Food Pantry**

217-429-8050 ext. 1

137 S. Church

Decatur, IL 62526

[www.usc.salvationarmy.org/decatur](http://www.usc.salvationarmy.org/decatur)

Picture ID is required for adults. A medical card or birth certificate is required for each child. Hours of operation are: Monday, Wednesday, Friday 8:30 AM-11:30 AM and Tuesday, Thursday 1:30 PM-3:00 PM.

**Scovill Zoo, Project Playground, and Schilling Environmental Education Center**

217-421-7435

71 S. Country Club Rd.

Decatur, IL 62521

[www.decatur-parks.org/scovill-zoo/about-scovill-zoo/](http://www.decatur-parks.org/scovill-zoo/about-scovill-zoo/)

The Zoo is open daily April to October with special summer hours of: 10 AM-7 PM daily, with last admission being at 6 PM. On 8/20, they return to regular hours, which are 10 AM-5 PM on weekdays with last admission being at 4 PM, and 10 AM-7 PM on weekends, with last admission being at 6 PM. Admission prices are: \$5.25 for adults, \$3.25 for children 2-12, \$4.25 for seniors 65+, and children under 2 are free. Free days are on Thursdays.

There are additional charges for the Z.O. & O. Train and for the Endangered Animals Carousel.

Project Playground is open daily and is free to the public. It is ADA-accessible.

**SIU Decatur Family Practice Center**

217-872-3800

250 Kenwood

Decatur, IL 62526

Accepts Medicare, Department of Healthcare and Family Services, and several other types of insurance. Call for more information and appointments.

**St. Mary's Prenatal Clinic**

217-464-2805 for appointments

1900 E. Lake Shore Dr.

Decatur, IL 62521

[www.stmarysdecatur.com/Services/MaternalCare/Prepare.aspx#2](http://www.stmarysdecatur.com/Services/MaternalCare/Prepare.aspx#2)

Located on the 3<sup>rd</sup> floor in the Medical Arts Building connected to St. Mary's Hospital.

Provide prenatal care to all women regardless of their ability to pay.

Hours: 9:00 AM- 3:30 PM on Mondays and Wednesdays.

**St. Paul's Early Learning Center**

217-424-9183

340 W. Wood St.

Decatur, IL 62522

[www.spldecatur.org/EarlyLearningCenter.html](http://www.spldecatur.org/EarlyLearningCenter.html)

Hours: 6:30 AM-5:30 PM, Monday-Friday

Ages: 6 weeks to 12 years

Christian program. Before and after school care available. Limited number of CCRS clients accepted.

**Starting Point-Macon County Health Department**

217-423-6988 ext. 1510

1221 E. Condit St

Decatur, IL 62521

[www.maconcountyhealth.org/Services/StartingPointSeniorServices.aspx](http://www.maconcountyhealth.org/Services/StartingPointSeniorServices.aspx)

This program offers caregiver services to informal caregivers caring for older adults, older caregivers caring for adult children with disabilities, and to grandparents/kinship caregivers. Caregivers are met with one-on-one to assess their needs and to link them to many community supports. Trainings on various topics are also provided throughout the month. A Caregiver Support Group is offered on the 4<sup>th</sup> Tuesday of every month at 10:00 AM, and it is open to any caregiver needing support without regard to the age or diagnosis. A Hope Grows support group takes place on the 2<sup>nd</sup> Wednesday of each month at 1:00 PM for grandparents raising grandchildren and other kinship caregivers.

**United Cerebral Palsy of Decatur**

217-428-5033

432 E. Prairie Street

Suite #100

Decatur, IL 62522

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

UCP providers offer a range of services like family support, recreational programming, and referrals for therapies. Training and employment assistance is also available.

Contact the UCP office in Springfield if you are in need of housing at 217-529-8429.

**University of Illinois Extension Office-Macon County**

217-877-6042

3351 N. President Howard Brown Boulevard

Decatur, IL 62521

<http://web.extension.illinois.edu/dmp>

Education and information for consumers, homeowners, families, youth, agriculture, and limited resource families.

**Vita Center for Women**

DMH

1 Memorial Drive

Suite 300

Decatur, IL 62526

217-872-2401/217-872-2400

They accept the Medical Card and All Kids insurances. Baby must be born at DMH to be eligible for services.

**Webster Cantrell Hall**

217-423-6961

1942 E. Cantrell

Decatur, IL 62521

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

Mental Health Services for children ages 0-17.

**Wee Folk I Child Care**

217-422-5437

255 E. Grand

Decatur, IL 62521

[www.weefolkdaycare.com/index.htm](http://www.weefolkdaycare.com/index.htm)

Hours of service are 6:00 AM-6:00 PM for children ages 2-6. State child care subsidies are accepted. There are full and part time openings available.

**Wee Folk II Child Care**

217-423-3655

1170 E. Orchard Street

Decatur, IL 62521

[www.weefolkdaycare.com/index.htm](http://www.weefolkdaycare.com/index.htm)

Hours of service are 6:00AM-6:00 PM for children ages 6 weeks to 12 years. They offer before and after school care and summer school age programs. State subsidies are accepted.

## **WIC-Women Infant Children-Macon County Health Department**

217-423-3764 ext. 1340

1221 E. Condit St.

Decatur, IL 62521

[www.maconcountyhealth.org/Services/FamilyServicesWIC/WIC.aspx](http://www.maconcountyhealth.org/Services/FamilyServicesWIC/WIC.aspx)

The mission of the WIC program is to improve the health and nutritional status of women, infants, and children; to reduce the incidence of infant mortality, premature births and low birth weight; to aid in the development of children; to make referrals to other health care and social science providers. The program serves income eligible pregnant, breastfeeding, and postpartum women and infants and children up to 5 years of age who have a medical or nutritional risk.

## **YMCA Child Care Center and School-Age Care**

217-872-9922

220 w. McKinley Ave., Suite B

Decatur, IL 62526

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

The Child Care Center provides full time year round care for children ages 2-5. Activities include preschool enrichment activities, weekly swim lessons, creative movement activities, and literacy skills. The school-age program provides before and after school care for grades K-6 in conjunction with the Decatur Public School System, Warrensburg-Latham schools, and Maroa-Forsyth schools. This care is provided at the actual school sites. Full time care is also provided for school-age children on school holidays and throughout the summer months. Activities include field trips, fitness, arts and crafts, character development, and much more. Financial assistance is available through accepting CCRS, and internal scholarships are available.

## Ages and Stages—0-6 Month Olds

### Physical Development

- Sleeps 14-17 hours daily
- Lifts head and chest when lying on stomach
- Follows a moving object or person with eyes
- Grasps rattle or finger
- Wiggles and kicks with arms and legs
- Rolls over (stomach to back)
- Sits with support

### Language Development

- Starts to babble, coo, and squeal
- Responds to familiar voice(s)

### Mental Development

- Explores objects with mouth
- Plays with fingers, hand, toes
- Reacts to sound of voice, rattle, bell
- Turns head toward bright colors and lights
- Recognizes breast or bottle
- Cries (with tears) to communicate pain, fear, discomfort or loneliness
- Loves to be touched and held close
- Responds to a shaking rattle or bell
- Returns a smile
- Responds to peek-a-boo games

## Ideas for Parents (0-6 Month Olds)

- Baby proof everything! Store toxic substances such as dishwasher detergent, make-up, paint, or medicine up high. Put safety latches on cabinets and covers on electrical outlets.
- Provide interesting objects for baby to mouth and explore. Keep easy-to-swallow objects out of infant's reach. Baby should not be allowed to play with anything smaller than a half dollar (1 ¼ inch).
- If baby is bottle fed, be sure to hold baby while feeding. Even if your baby holds the bottle, being held and cuddled helps develop a strong nurturing parent-child relationship. Do not prop an infant drinking from a bottle as it may cause choking.
- Respect your baby's natural schedule. Most babies will settle into a regular routine for eating, sleeping, and soiling their diapers, but the schedule will vary depending on the baby. Some babies need to eat more frequently than others. Some will sleep through the night early on; others will continue to wake briefly well into their second year.
- Talk to your baby. Face your infant when talking so he/she can see you and smile with you. Talk about what you are doing, familiar objects, or people.



# Ages and Stages—6-12 Month Olds

## Physical Development

- First teeth begin to appear
- Drools, mouths, and chews on objects
- Reaches for cup or spoon when being fed
- Drinks from a cup with help
- Enjoys some finely chopped, solid foods
- Closes mouth firmly or turns head when no longer hungry
- May sleep 11-13 hours at night (although this varies)
- Needs 2-3 naps during the day
- Rolls from back to stomach and stomach to back
- Sits alone without support and holds head erect
- Raises up on arms and knees into crawling position
- Rocks back and forth but may not move forward
- Uses finger and thumb to pick up an object
- Transfers objects from one hand to the other

## Language Development

- Makes grunting/growling noises

- Experiments vocally and babbles expressively
- Imitates sounds, actions and facial expressions made by others
- Baby should turn head in direction of a familiar voice
- Should master “da”, “ga”, “ka”, and “ba”
- Squeals, laughs, babbles, smiles in response to stimuli

## Mental Development

- Cries in different ways to say s/he is hurt, wet, hungry, or lonely
- Learns by using senses like smell, taste, touch, sight, and hearing
- Focuses eyes on small objects and reaches for them
- Looks for ball rolled out of sight
- Searches for toys hidden under a blanket, basket, or container
- Explores objects by touching, shaking, banging, and mouthing
- Enjoys dropping objects over edge of chair or crib

## **Social/Emotional Development**

- Responds to own name
- Shows fear of falling off high places such as table or stairs
- Spends a great deal of time watching and observing
- Responds differently to strangers and family members
- Shows fearfulness towards strangers; is friendly to family members
- Shows distress if toy is taken away
- Separation anxiety may occur

## **Ideas for Parents**

- Continue to baby proof everything. Lower crib mattress so older child can't fall over rail. Cover sharp corners of tables or shelves that your infant might bump into.

- Read to your baby. Babies enjoy cuddling on a parent's lap, looking at colorful picture books, and hearing the rhythm of a parent's voice.
- Work on labeling objects through complete sentences.
- Encourage older infants to feed themselves by offering pieces of banana or soft vegetables. Give your baby a spoon to practice feeding self.
- Play peek-a-boo.
- Give your baby freedom to move around. Older infants need space and time to practice crawling, creeping, pulling up, and walking.
- Help your baby develop a sense of trust and security by responding to his cries.
- Stay with your baby when someone new is around

# Ages and Stages—12-18 Month Olds

## Physical Development

- Crawls well
- Stands alone, sits down
- Likes to push, pull, and dump things
- Pulls off hat, mittens, and socks
- Turns pages in a book
- Stacks 2-3 blocks
- Likes to flush toilets and closing doors
- Can hold crayon and scribble
- Waves bye-bye and claps hands
- Walks without help

## Language Development

- Says 3-6 words, including “mama”, “dada” and/or “baba”
- Imitates sounds
- Recognizes/acknowledges familiar objects by name
- Should follow 1-2 simple commands
- Indicates wants by pointing or gesturing
- Should know at least one nursery game (So Big/Peek-A-Boo)

## Ideas for Parents

- Spend some “floor-time” with your child each day. Crawl, play peek-a-boo, or roll a ball back and forth.
- Baby proof! Get on your knees and look around at what things your child can grab a hold of or get into.
- Put together an “everyday junk box” with items that are fun to feel, poke, and squeeze. Items like a whisk, an empty egg carton, or paper cups.
- Dance with your child.
- Say the names of body parts while bathing while pointing to them.
- Talk to your child frequently as you do activities like getting dressed. For instance, “Your shirt goes over your head. Look at this pretty red shirt.”
- If your child becomes clingy or anxious about being away from you, be sure that your child is cared for by someone familiar to you.

# Ages and Stages—18-24 Month Olds

## Physical Development

- Walks well
- Likes to run but may not be able to stop and turn well
- Drink from a straw
- Feeds self with spoon
- Helps wash hands
- Stacks 4-6 blocks
- Tosses or rolls large ball
- Opens cabinets, drawers, and boxes
- Bends over to pick up toys without falling
- Walks up steps with help
- Takes step backward
- Likes to sit on and move small-wheeled riding toys.

## Language Development

- Continues to use pointing to communicate
- Begins to imitate two-word sentences
- Combines 2-3 words/ideas to represent different ideas, example: kitty gone. Understand more than they can verbally express.

- Has a vocabulary of several hundred words
- Can name some toys

## Ideas for Parents

- Dance with your child to different types of music: fast and slow.
- Talk with your child about everyday things. Kids are learning new words quickly.
- Read simple books everyday with your child.
- Use a small photo album to make a book of objects or familiar people for your child to look at.
- Encourage language by describing objects as your talk about them. If your child calls a cat “Kitty”, you can say “Kitty is soft and small.”
- Play a game where your child hands you an object when you name it.
- Encourage your child to play dress up in front of a mirror with hats, scarves, and old shoes.

# Ages and Stages— 2 Year Olds

## Physical Development

- Has almost a full set of teeth
- Walks up and down stairs by holding onto a railing
- Feeds self with spoon
- Experiments by touching, smelling, and tasting
- Likes to push, pull, fill, and dump
- Can turn pages of a book
- Stacks 5-7 objects
- Scribbles with crayons and markers
- Begin to ride a tricycle
- Walks and runs well
- May jump awkwardly

## Language Development

- Expressive language (what they can verbally express) is developing more thoroughly
- Can point to corresponding picture when asked
- Can carry out clear/simple directions
- Correctly uses at least two words such as “me”, “I”, or “mine”
- 2-3 word sentences
- Hums or tries to sing
- Enjoys looking at books

## Ideas for Parents

- Baby proof your house again. Your toddler is now taller and more skillful at opening doors and getting into mischief.
- Read aloud to your child every day.
- Try to expand your child’s words and let him/her hear the correct word order, but don’t demand that s/he imitate you.
- Let your child help you with simple chores such as picking up toys or putting clothes in a laundry basket.
- Give toddlers clear and simple choices.
- Know how to handle a temper tantrum.
- Don’t yell at or hit the child.
- Remain calm.
- Talk in a soothing tone.
- Put your hand gently on child’s arm if possible.
- Do not expect toddlers to share or take turns. Right now they are focused on learning how to physically handle themselves and learning to talk. Learning to share will come later.
- Provide spaces where toddlers can spend time alone.

# Ages and Stages— 3 Year Olds

## Physical Development

- Can throw ball overhand
- Uses a spoon, fork, and dinner knife skillfully
- Needs 10-12 hours of sleep each night
- Dresses self without much help
- Walks a straight line without much help
- Hops on one foot
- Pedals and steers a tricycle skillfully
- Jumps over objects 5-6 inches high
- Stacks 10 or more blocks
- Runs, jumps, hops, and skip around obstacles with ease

## Mental and Language Development

- Understands prepositions such as “on” and “under”
- Can correctly point to at least seven body parts
- While looking through a book, child should be able to communicate what is happening (barking, running, etc).
- 75-80% of his/her speech is understandable: talks in complete 3-4 word sentences
- Stumbles over words sometimes-usually not a sign of stuttering
- Listens attentively to short stories-likes familiar stories told without any changes in words

- S/he is curious-asks questions when, how, where, and why
- Uses please and thank you
- Follows simple directions

## Social/Emotional Development

- Learning to take turns
- Begins to show feelings in socially acceptable ways

## Ideas for Parents

- Make brushing teeth a part of your child’s daily routine.
- Be patient with toilet training; accidents will still happen for a while.
- Purchase easy-to-dress clothing.
- Encourage sand and water play.
- Show your child how to throw, catch, and kick a ball.
- Talk frequently, use short sentences, ask questions, and listen.
- Ask your child to tell you a story during your reading time.
- Look at baby pictures together and talk about “When you were a baby.”
- Ask for help with simple tasks such as putting the napkins by each plate, socks in the drawer, or stirring the muffin batter.
- Show your child how to hop like a rabbit, tiptoe like a bird, waddle like a duck, slither like a snake, and run like a deer.
- Sing simple songs with your child.

# Ages and Stages— 4 Year Olds

## Physical Development

- Uses a spoon, fork, and dinner knife skillfully
- Needs 10-12 hours of sleep each night
- Dresses self without much help
- Walks a straight line without much help
- Hops on one foot
- Pedals and steers a tricycle skillfully
- Jumps over objects 5-6 inches high
- Stacks 10 or more blocks
- Runs, jumps, hops, and skip around obstacles with ease

## Language Development

- Understands concepts and prepositions: biggest, smaller, same, more, on, in, under, and above
- Attempts to use past, present, and future word endings correctly
- Answers open-ended questions
- Can describe characteristics of an object
- Counts 1-7 objects out loud
- Recognizes familiar words in simple books or signs (STOP sign)
- Follows clear yet unrelated directions, “Go to the door, jump, and turn around.”
- Talk in complete and simple sentences, “I am going to the park.”

## Mental Development

- Can place objects in a line by size
- Can recognize some letters if taught
- May be able to print own name if taught
- Understands daily routines

## Ideas for Parents

- Read aloud each day and encourage your child to help you tell the story.
- Show your child that words are everywhere.
- Ask your child to deliver short messages to family members.
- Say nursery rhymes and fingerplays together.
- Make play dough; play follow the leader.
- Cut out magazine pictures of shapes, colors, or animals.
- Talk about things being in, on, under, behind, beside, etc.
- Pretend to walk like various animals.
- Sort and count everything in sight with your child (silverware, socks, rocks).
- Teach your child the correct use of the telephone.
- Let your child help you play activities and make lists for groceries, errands, etc.

# Ages and Stages— 5 Year Olds

## Physical Development

- Sleeps 10-11 hours a night
- May begin to lose baby teeth
- Able to dress self with little assistance
- Learns to skip
- Throws ball overhand
- Catches bounced balls
- Rides a tricycle skillfully and may show interest in riding a bicycle with training wheels
- Uses a fork and knife well
- Cuts on a line with safety scissors
- Hand dominance is established
- Jumps over low objects

## Language Development

- Uses 4-5 word sentences
- Uses past, present, and future word endings correctly
- Able to follow directions that are unrelated to each other without any prompting, for example: “Clap your hands, walk to the door, and sit down.”
- Use comparison words such as heavier, stronger, shorter
- Should continue to expand answers to open-ended questions
- Repeat clear and simple sentences

## Ideas for Parents

- Encourage physical development by playing follow the leader.
- Stop before the end of a familiar story and ask your child to make up an ending.
- Have your child tell you a story. Write it down and put it on the fridge.
- Ask “What if” questions. What if there were 5 little pigs instead of 3? What if Goldilocks stayed home?
- Involve children in writing thank you notes for gifts.
- Let your child copy letter or short messages.
- Give your child opportunities to sort, match, and count objects.
- Help your child understand and cope with feelings and give them words to use when they are angry. “I see that you are angry.....I see that you are sad....”
- Watch how your child interacts with other children. Teach them how to request, negotiate, and apologize.
- Give specific praise for your child’s actions. Say, “I like the way you stack those books” rather than “You did a good job!”



# Caring for Your child...Medically

The importance of a Primary Physician for you and your child:

It is a good idea to have a primary physician for each member of your family. That physician will work with you to make sure that you receive the medical care in the office and help coordinate health care. They are also able to keep your medical history in one place for reference when you are seeking medical care.

You should use the same physician for well baby checks, sick visits, immunizations, and yearly physicals. By using the same physician, you can be sure that you are receiving the best care from a physician who is familiar with you and/or your child's complete medical history.

Emergency rooms are for emergencies. They are not set up to be the primary method of healthcare for you or your family.

## **The vaccinations that your child should receive and what they protect against:**

**HepB:** Hepatitis B, a serious liver disease

**Dtap:** Diphtheria, Tetanus (lockjaw), and Pertussis (whooping cough)

**PCV:** Pneumococcal Conjugate Vaccine protects against a serious blood, lung, and brain infection

**Hib:** *Haemophilus Influenza* type B, a serious brain, throat, and lung disease

**Polio:** Polio, a serious paralyzing disease

**RV:** Rotavirus vaccine protects against a serious diarrheal disease

**Influenza:** a serious lung infection

**MMR:** Measles, Mumps, and Rubella

**HepA:** Hepatitis A, a serious liver disease

**Chicken Pox:** also called Varicella

# **Keeping Healthy**

## **Washing Hands**

- Wash hands before you eat.
- Wash hands before assisting another individual with eating.
- Wash hands before you prepare food.
- Wash hands after each time you use the toilet.
- Wash hands after changing diapers.
- Wash hands after sneezing or blowing nose.
- Show your child how to wash hands and help them as needed.
- Wash hands with soap 10-20 seconds, making sure that the soap lathers.
- Rinse thoroughly with warm water, turn off faucet with paper towel, and discard appropriately.

## **Tooth Tips for Tots**

- Wipe an infant's gums with a clean, damp cloth after feeding.
- Start brushing baby's teeth as soon as first tooth erupts.
- Take your child to see the dentist regularly, scheduling the first visit soon after the child's first birthday.
- Discuss your child's fluoride needs with your dentist and doctor.
- Brush and floss your child's teeth until they can be taught to do it alone.
- Set a good example by brushing and flossing your teeth every day and seeing your dentist and hygienist on a regular basis.
- Contact your dentist immediately should you notice anything unusual.

# **Safety Tips for at Home and in the Car:**

## **At Home:**

- Start setting rules when the child becomes mobile.
- Teach what is okay and not okay to play with.
- Child proof. Use outlet covers, do not expose long cords, and cut dangling blind cords. Put breakable objects, medications, and cleaning supplies out of the reach of children.
- Keep floor surface free of small objects that a child could choke on.
- Make sure that you have working smoke alarms in the house.
- Keep a copy of the Poison Control Hotline number where you can find it. 1-800-222-1222.
- Put up baby gates by staircases to prevent falls down the stairs.

## **Transporting Children Safely in Vehicles**

Motor vehicle crashes are the #1 cause of death for children ages 0-14.

- Children must ride rear-facing until they are 2 years old.
- Children must be restrained by a child safety seat, including booster seats, until they are 8 years old.
- Children are safest when properly restrained.
- Children should be in the back seat until they are 13 years old.
- Be a model for your child and wear your seat belt every time you are in the vehicle, too.
- Keep the inside of the car free of clutter and debris as these can become flying objects in the vehicle and cause injuries to passengers.
- Improper use of child safety seats is the same as not using a seat at all.
- The 3<sup>rd</sup> Tuesday of each month at Fire House #1 in Decatur, car seat checks are given. Call WIC at Macon County Health Department for an appointment.
- Report unbuckled children at 1-888-800-2642.

# **The Importance of Play for Young Children**

## **Play has value:**

- Gives children a sense of accomplishment
- Allows them to find out what works and what doesn't
- Allows children to explore
- Duplicates real life situations
- Helps children work out all sorts of feelings
- Develops concentration and coordination
- Teaches all sorts of mental and motor skills
- Teaches how to solve problems
- Teaches creativity
- Teaches children how to get along with other children and adults
- Provides experience and reactions
- Develops their sense of sight, sound, touch, taste, smell, and feel
- Can prevent discipline problems; play keeps children busy and less likely to get into trouble
- Allows them to burn off energy
- Strengthens family bonds when parents and children play together

## **Young children love to:**

- Stack and nest things
- Figure out how things fit
- Put things into groups by color and kind
- Put things in and take them out of things
- Fill, dump, and pour
- Imitate adult activities

Let your child "work" along side of you. When you cook, give your child modeling clay, a rolling pin, and plastic silverware. If you are doing chores, give your child something to hammer, dig, rake, sweep, or dust. Your child wants to learn and to copy you. Praise your child for helping.

## **Help your child play:**

- Safety-proof your home and allow your children to explore. Provide play things. Play with them.
- Have a variety of interesting things for young children to play with. Only give them 1 or 2 at a time. For young children, many household objects are toys.

# **Temper Tantrums**

## **Responding to temper tantrums:**

- Keep a calm, monotone voice.
- State clearly that the tantrums are not allowed.
- Remove your child from other children. Remind other children to ignore their actions.
- Keep from hurting self and others.
- Provide an immediate consequence without signs of emotion. Keep voice low and repeat consequence.
- Place the child in time out. 1 minute per year of age.
- Do not give in to whatever started the temper tantrum. Follow through. Be consistent.
- Remind the child that you love them but not their behavior.
- Don't set your child up for failure.
- Don't take your child shopping during naptime.
- Don't take your child shopping when they are hungry.

## **Ideas for preventing temper tantrums:**

- Bring a quiet toy, book, or snack for your child during appointments if you want them to sit quietly.
- Pay attention to your child instead of trying to read a book or visit with others.
- Plan trips for after meals/naps if you can.
- Allow time for getting ready.
- Tell your child where you are going, what you are doing, or what they can have.
- If you are going shopping, have your child help look for the items on your list.

# **Positive Discipline**

## **How to HELP your child behave appropriately:**

- Model the behavior that you expect from your child. Children copy manner, tone of voice, language, and actions, both appropriate and non-appropriate.
- Clearly communicate. Kneel down to a child's level, make eye contact, and speak clearly and calmly so that the child understands the spoken words.
- Tell them what you want. Use positive statements instead of negative ones. Say "touch the kitty gently" instead of "don't hit the kitty."
- Give your child some individual attention everyday....talking, playing, singing, reading, etc.
- Pay attention. Most children behave appropriately more often than not; parents need to notice and acknowledge the good behavior.
- Be consistent with expectations. A child is more likely to misbehave if he or she does not have clear expectations regarding appropriate behavior in various circumstances.

## **Helpful response to misbehavior:**

- Redirect. Help your child find an alternative activity to the one that he was doing.
- Cool off. Send the child, when angry, to a calming place to rest, read, or do something pleasant until they can change their behavior. This also gives the parent a chance to cool off, too.
- Stay calm. If you are calm, then it is easier to calm your child.
- Don't yell or hit. Even if you are unhappy with the behavior of your child's behavior, your job is to set limits, stick to the limits, and act with love.
- The goal of discipline is not to control children, but to give them skills for making decisions, gaining self-control, and being responsible for their own behavior.

# Address & Phone Numbers

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# Emergency Numbers

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**Governor's  
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Early  
Childhood  
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