

Vermont Resources for Families

This handout has some statewide resources for parents. This is not a complete list, and we recommend that you call Vermont 2-1-1 (by dialing 211 on your phone) or visit their website at <http://www.vermont211.org/> for resources for your family.

Parenting and Questions about Your Child's Development

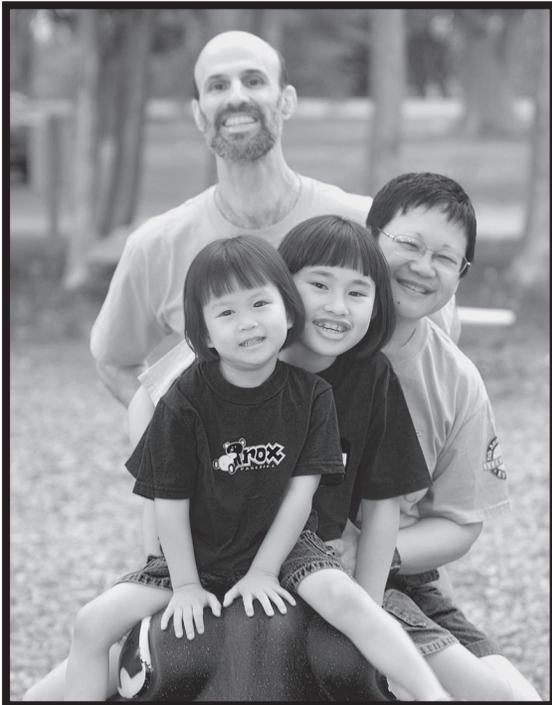
Help Me Grow

Everyone has questions about raising children and how children grow. Help Me Grow has information and resources for parents, including how to get a developmental screening for your child:

<http://helpmegrowvt.org> or call Help Me Grow VT by dialing 2-1-1 x 6 or text HMGVT to 898211.

Children's Integrated Services (CIS)

Are you pregnant and have a condition that may impact your baby? Or do you have a baby or toddler with a delay, or a child up to age 6 years with behavioral challenges? CIS provides low or no cost services that can support you in many ways. Information is available at <http://dcf.vermont.gov/child-development/cis> or by calling your local CIS coordinator, a list is available at <http://dcf.vermont.gov/partners/cis>



Parent Child Centers

Parent Child Centers are local centers that help families make sure children get off to a healthy start. Services include early childhood services, home visits to families with young children, playgroups, parent education, parent support, and information and referral. A list of parent child centers is available at <http://dcf.vermont.gov/partners/pcc>

Comprehensive Health Services

The Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) service is Medicaid's comprehensive and preventive child health program for individuals under the age of 21. EPSDT has two purposes: to assure health care resources are available and accessible, and to help Medicaid recipients and their caregivers use these resources. To find out about health insurance options and EPSDT visit the Vermont Department of Health website at <http://www.healthvermont.gov/children-youth-families/health-care-children-youth/find-health-insurance> or by calling 1-800-250-8427.

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Child Care Questions and Resources

Child Care Referral

Looking for child care? Local child care referral agencies are available to help you find child care and answer questions about child care options. Call 1-877-705-9008 or find a list of agencies at <http://dcf.vermont.gov/partners/cccsa>

Child Care Consumer Line

Information about specific child care providers or questions about licensing requirements can be answered at the Child Care Consumer Line. Also, you can make a complaint about a child care provider or ask questions about your concerns. Call 1-800-649-2642 option 3 or visit <http://brightfutures.vermont.gov>

Using Regulated Child Care in Vermont

A booklet for parents that has an overview of the basic health and safety requirements child care programs in Vermont must follow. Call your local child care referral specialist at 1-877-705-9008 or visit <http://dcf.vermont.gov/cdd/publications> for a copy.

VT Child Development Division

Additional information is available at the Child Development Division website, including the full child care regulations. <http://dcf.vermont.gov/cdd/laws-regs/childcare>

Financial Supports

Community Action Agencies

These agencies help lower-income Vermonters meet their basic needs and become self-sufficient. Services may include emergency food help, fuel and utility assistance, Head Start, housing assistance, income tax assistance, information and training. A list of agencies is available at <http://dcf.vermont.gov/partners/caps>

Economic Services Division (ESD)

ESD directs several public benefits that help Vermonters meet their basic needs. Programs include support to purchase food, fuel assistance, emergency assistance, and financial assistance. Information is available at <http://dcf.vermont.gov/esd/benefits> or by calling 1-800-479-6151

Child Care Financial Assistance Program

Helping Families Pay for Child Care is a booklet that describes the Child Care Financial Assistance Program and how it works. It explains your rights and responsibilities as a family getting help paying for child care from the Child Development Division (CDD) of the Department for Children and Families. You can get a copy of the booklet by calling your local eligibility specialist or by visiting <http://dcf.vermont.gov/cdd/publications>

Additional information about the Child Care Financial Assistance Program is available at the Child Development Division website: <http://dcf.vermont.gov/cdd>