

Resources for Parents of Children Ages 0 to 5

Información disponible en español a menos que se indique lo contrario

- The following is a list of toll-free numbers and websites.
- This list is online at first5california.com. Click Free Resources, then Downloads.
- If a phone number has changed, call **1-800-555-1212** for the new number.
- If you are deaf or have a speech disability, you can use the relay service, 7-1-1. To learn more, visit ddtp.cpuc.ca.gov.

Resource	Description	Phone number	Website
Pregnancy, Childhood, and Child Care			
Child Care Resource and Referral Network	Help finding child care	1-800-543-7793	www.rnetwork.org/find_child_care <i>(No disponible en español)</i>
First 5 California Parent Site	Information, activities, and support resources for parents and children ages 0 to 5	1-916-263-1050	www.first5california.com
Healthy Children	The American Academy of Pediatrics website on children's health, safety, and well-being		www.healthychildren.org
La Leche League	Information and advice on breastfeeding	1-800-525-3243	www.llli.org
March of Dimes	Information on prenatal care	1-888-663-4637	www.marchofdimes.org
National Association for the Education of Young Children	Information on quality child care	1-800-424-2460 <i>(No disponible en español)</i>	www.naeyc.org <i>(No disponible en español)</i>
National Council for Adoption	Information on adoption		www.adoptioncouncil.org <i>(No disponible en español)</i>
Newborn Hearing Screening	Local referrals for infant hearing tests	1-877-388-5301	www.dhcs.ca.gov/services/nhsp
Office of Women's Health	Information on women's health, including a national health line	1-800-994-9662	www.womenshealth.gov
Paid Family Leave Program	Information on paid time off to care for a new baby or other family members		www.edd.ca.gov/Disability/Paid_Family_Leave.htm
Pathways	Information on early childhood development	1-800-955-2445 <i>(No disponible en español)</i>	www.pathways.org <i>(No disponible en español)</i>
Planned Parenthood	Local referrals for birth control, prenatal care, and sexual health	1-800-230-7526	www.plannedparenthood.org
State Disability Insurance (SDI)	Information on short-term disability leave for pregnancy or other reasons	1-800-480-3287	www.edd.ca.gov/disability
TrustLine	Background checks of child care providers	1-800-822-8490	www.trustline.org

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WIC (Women, Infants, and Children)	Free classes on breastfeeding and healthy eating; food coupons for women with low incomes	1-800-852-5770	www.cdph.ca.gov/Programs/CFH/DWICSN
Zero to Three	Information on early childhood	1-800-899-4301 <i>(No disponible en español)</i>	www.zerotothree.org
Food and Nutrition			
CalFresh	California's SNAP/food stamps program; food aid for people with low incomes	1-877-847-3663	www.cdss.ca.gov
Choose My Plate	Information on healthy eating		www.choosemyplate.gov
Food Safety	Information on food safety for children under 5	1-888-723-3366 <i>(No disponible en español)</i>	www.foodsafety.gov/risk/children
Nutrition	Information on healthy eating		www.nutrition.gov
Health and Insurance			
California Children's Services	Health care for children with certain diseases or health problems		www.dhcs.ca.gov/services/ccs
California Dental Association	Help finding low-cost dental services	1-800-232-7645 <i>(No disponible en español)</i>	www.cda.org/public-resources/low-cost-dental-services <i>(No disponible en español)</i>
California Department of Public Health Immunization Schedule	Information on recommended immunization schedules for babies and young children	1-916-558-1784 <i>(No disponible en español)</i>	www.cdph.ca.gov/Programs/CID/DCDC/Pages/immunization/Babies.aspx
Centers for Disease Control and Prevention (CDC)	Information about vaccines for babies and young children	1-800-232-4636	www.cdc.gov
Covered California (California's Affordable Care Act Program)	Help with buying private health insurance or enrolling in Medi-Cal	1-800-300-1506	www.coveredca.com
Family PACT	Referrals to state-funded clinics for family planning services	1-800-942-1054	www.familypact.org
Healthfinder	Easy-to-use health information website		www.healthfinder.gov
KidsHealth	Information on children's health		www.kidshealth.org
Medi-Cal Access Program	Low-cost health insurance for middle-income pregnant women	1-800-433-2611	mcap.dhcs.ca.gov
Sight for Students	Vision care for low-income children with no insurance	1-888-290-4964 <i>(No disponible en español)</i>	www.sightforstudents.org <i>(No disponible en español)</i>
Welltopia	Information on nutrition, exercise, jobs, social services, quitting smoking, managing stress, and more		www.mywelltopia.com

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Disability			
ABLEDATA	Information on tools and technologies to assist people with disabilities	1-800-227-0216	www.abledata.com
California Early Start	Services for infants and toddlers at risk of disability or who have a disability	1-800-515-2229	www.dds.ca.gov/earlystart
Center for Parent Information and Resources	Information and resources for parents of children with disabilities	1-973-642-8100	www.parentcenterhub.org
Deaf and Disabled Telecommunications Program (DDTP)	Free relay services and phone equipment for all deaf and disabled Californians	1-800-806-1191	ddtp.cpuc.ca.gov
Family Resource Centers Network of California	Referral services for families of children with disabilities	1-916-993-7781 <i>(No disponible en español)</i>	www.frcnca.org <i>(No disponible en español)</i>
National Center on Health, Physical Activity and Disability	Fitness and sports information for people with disabilities	1-800-900-8086	www.nchpad.org/Individuals~Caregivers
Emotional Health and Violence Prevention			
Childhelp National Child Abuse Hotline	Help with discipline problems and parent stress; child abuse prevention	1-800-422-4453	www.childhelp.org/hotline <i>(No disponible en español)</i>
Mental Health America	Information on mental health	1-800-969-6642	www.mentalhealthamerica.net
National Domestic Violence Hotline	Help for victims of domestic violence	1-800-799-7233	www.thehotline.org
National Parent Helpline	Emotional support for parents and caregivers of children	1-855-427-2736	www.nationalparenthelpline.org/find-support/state-resources/california-resources
National Sexual Assault Hotline	Support and referrals to local resources	1-800-656-4673	www.rainn.org
Postpartum Support International	24-hour support for new mothers with depression	1-800-944-4773	www.postpartum.net
Suicide Prevention/Crisis Support	24-hour crisis hotline	1-800-784-2433	www.hopeline.com <i>(No disponible en español)</i>
Learning and Technology			
Common Sense Media	Reviews and ratings for kids shows, websites and programs		www.common Sense Media.org
National Literacy Directory	Information on programs to help families learn together	1-877-389-6874	www.nationalliteracydirectory.org
Finance and Law			
Court Self-Help Center	Information on California's court system		www.courts.ca.gov/selfhelp.htm

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Resource	Description	Phone number	Website
Homeownership Preservation Foundation	Free housing counseling for homeowners	1-888-995-4673	www.995hope.org
Social Security Administration	Information on Social Security and Supplemental Security Income (SSI)	1-800-772-1213	www.ssa.gov
Safety and Emergencies			
Child Safety Seat Information	How to properly secure your child in a safety seat	1-800-835-5247 <i>(No disponible en español)</i>	www.chp.ca.gov/programs-services/programs/child-safety-seats
Federal Emergency Management Agency (FEMA)	How to prepare for and deal with disasters	1-800-525-0321	www.fema.gov
Lead Hotline	Help to prevent lead poisoning	1-800-424-5323	www.epa.gov/lead
National Center for Missing & Exploited Children	Information and resources for missing and exploited children	1-800-843-5678	www.missingkids.com
Poison Control	Emergency help for victims of poisoning	1-800-222-1222	www.calpoison.org
Safe Kids California	How to prevent childhood injuries		www.safekidscalifornia.org
Safer Car	Where to get your child car seat checked locally	1-866-732-8243	www.safercar.gov/parents <i>(No disponible en español)</i>
Vehicle Safety Hotline (National Highway Safety Administration—NHTSA)	Information on car and highway safety	1-888-327-4236	www.nhtsa.gov <i>(No disponible en español)</i>
Substance Abuse			
Al-Anon	Free support groups for family and friends of people who abuse alcohol or drugs	1-888-425-2666	www.al-anon.org
Alcohol and Drug Services Adult System of Care	Listing of alcohol and drug treatment programs by county	1-877-685-8333 <i>(No disponible en español)</i>	www.dhcs.ca.gov/individuals/Pages/DMC-CountyNumbersDirectory.aspx
California Smokers' Helpline	Free help in multiple languages to stop smoking	1-800-NO-BUTTS (1-800-662-8887)	www.nobutts.org
National Alcohol & Drug Information	Information and referrals for substance abuse and mental health treatment	1-800-662-4357	www.findtreatment.samhsa.gov <i>(No disponible en español)</i>