



**The Birth to Three
RESOURCE GUIDE
For
Families in Cuyahoga County**

Developed by:

Help Me Grow at Rainbow Babies & Children's Hospital
& Cuyahoga County Help Me Grow

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August 2008

Dear Families,

On behalf of the University Hospitals - Help Me Grow Resource Guide Committee, we are happy to present to you *The Cuyahoga County Help Me Grow Resource Guide* for you and your family. The resource guide focuses on resources for families who have a child from ages birth to three. This is also a wonderful resource to utilize if you have **concerns about your child**. As professionals and parents, it is our hope that this guide will help you to find community resources easily. **Please note that this is not a comprehensive list of resources**. The guide will be updated on an annual basis and please feel free to contact us with additions. Thank you for your support and ENJOY!

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"Challenges can be stepping stones or stumbling blocks. It's just a matter of how you look at them."



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What is Help Me Grow?

Help Me Grow is a **FREE program** designed to help children (Birth to Three) and families achieve their greatest potential. **Help Me Grow** can assist with meeting the needs of the child and family, evaluating the child's development, providing family support during a hospital stay and/or medical appointment, and linking families to appropriate resources.

Help Me Grow- Ongoing Services (Prenatal to Three)- These services can begin as early as the prenatal period to help families begin receiving the support and resources they need. This program provides families with linkage to community resources, in home support, information on child growth/development and the ability to help families reach family goals. ***If you and your family could benefit from ongoing supportive services before/after your child comes***, this program is for you.

Help Me Grow- Early Intervention (Birth to Three)- Any child with a physical (including vision, hearing and nutrition), cognitive, communication, social and/or emotional delay is eligible for specialized services. Also, any child with a diagnosed medical condition that will most likely result in a developmental delay will qualify for specialized services as well. Help Me Grow provides children and families with transition from hospital to home services, ongoing developmental assessments, in home parent support and linkage to resources. When the child is 3 yrs. of age, Help Me Grow will assist families in the transition from Help Me Grow to the Public Schools and/or appropriate programs/services (if needed). ***If you are concerned about your child's development***, Help Me Grow-Early Intervention is the program for you.

Help Me Grow- Newborn Home Visits - Any *first time* parent and/or *parent under the age of 25* is automatically eligible for a nurse home visit following discharge from the hospital. The Help Me Grow nurse will meet with the family and their newborn in the family's home to provide resources and check on the overall status of the mother and her baby. These referrals are automatically done at all Cuyahoga County hospitals by a Help Me Grow Specialist.

Help Me Grow- Family Support Services- Family Support Specialists are parents who have had children in the Help Me Grow system who specialize in supporting/advocating for families with children who have special needs and/or are looking for additional parenting resources. Family Support Specialists work in conjunction with the Help Me Grow providers to ensure that the family's needs are being met. Through phone calls/e-mails, home/hospital visits and support/play groups the Family Support Specialist will provide this service during the prenatal to three period. ***If you would like a Family Support Specialist, please let us know***. This program is at no cost to the family.

**WOULD YOU LIKE TO BE CONNECTED TO HELP ME GROW?
PLEASE CONTACT (216) 844-5545 or Kristin. Webb@Uhhospitals.org**



Family Resources on Websites

Family Resources/General Development (Birth to Three)	Website/Phone #	Description
Ohio Help Me Grow	www.ohiohelpmegrow.org	Ohio Help Me Grow resources
Cuyahoga County Help Me Grow	www.helpmegrow.org (216-736-4300)	Cuyahoga County Help Me Grow resources
Zero to Three	www.zerotothree.org	Developmental and parenting resources for infants, toddlers and families
American Academy of Pediatrics	www.aap.org	Parenting, Developmental and Safety Resources for families
Healthy Fathering Collaborative of Greater Cleveland	www.neofathering.net (216- 436-2000)	Resources and Support for Fathers
Cuyahoga Regional Perinatal Network	www.crpn.net (216-844-3391)	Comprehensive Cuyahoga County Guide for Moms
Pampers Website	www.pampers.com	Family/Developmental Resources beginning in the Prenatal Period
Kids Health	www.kidshealth.org/parent	Family/Developmental Resources beginning in the Prenatal Period
Baby Center	www.babycenter.com	Family/Developmental Resources beginning in the Prenatal Period

Financial/Family Resources	Website/Phone #	Description
Ohio Department of Health	www.odh.ohio.gov	Ohio Benefits and Programs
Cuyahoga County Website	www.cuyahogacounty.us	All programs and services in Cuyahoga County
2-1-1 United Way	www.211cleveland.org (2-1-1)	United Way - community, social, health and government resources
The City Mission	www.thecitymission.org (216-431-3510)	Emergency food, shelter, clothing and support for families in need

Family/Financial Resource (Continued)	Website/Phone#	Description
Providence House	www.provhouse.org (216- 651-5982)	Crisis Nursery for Children (ages birth to five), Case Management and Supportive Services for Families
Angel Food Ministries	www.angelfoodministries.com (888-819-3745)	Food for families in need
Mobile Crisis	www.mhs-inc.org (216-623-6888)	Crisis Intervention Services



Prenatal	Website	Description
Federal Source for Women's Health	www.4women.gov/pregnancy	Extensive information on getting pregnant, pregnancy, delivery and preparing for a newborn.
University Hospital Macdonald Women's Hospital Information	www.uhhospitals.org/macwomen (216-844-1000)	Physician finder, Child birth education classes, breastfeeding support and other UH resources.
La Leche USA	www.llusa.org	Breastfeeding Support
March of Dimes	www.marchofdimes.com	Pregnancy, Child Birth and Beyond
Food & Nutrition Service	www.fns.usda.gov/wic	WIC and Nutrition
Lamaze International	www.lamaze.org	Pregnancy, Child Birth and Beyond
New Dads	www.newdads.com	Resources for Fathers
Birthright	www.birthright.com (866-576-2764)	Supportive Pregnancy Services
Safe Kids at RB&C	www.injurypreventioncenter.com/safekids/	Safety precautions when caring for infants and toddlers



Special Needs & Advocacy	Website	Description
Premature Baby	www.prematurity.org	Resources for families who have a premature baby
National Institute of Child Health & Human Development	www.nichd.nih.gov	Descriptions of medical conditions and resources.
Ohio Coalition for the Education of Children with Disabilities	www.ocecd.org	Education and Advocacy for children with special needs.
Regional Infant Hearing Program	www.RIHP@chsc.org	Resources for families who have a child with a hearing loss
Tools for Today	www.toolsfortoday.org	Local Finance, Advocacy, Legalities and Family Issues - Parenting a Child with Special Needs.
Cuyahoga Special Education Service Center/State Support Team 3	www.csesc.org (216-524-2770)	Lending libraries, resources, training, summer guides and more for children with special needs.
The Upside of Downs	www.theupsideofdowns.org	Resources for families who have a child with Down Syndrome
Autism Society	www.autism-society.org	Resources on Autism



Books for Parents

Some books recommended by the Pediatricians at University Hospitals and Professionals at Help Me Grow include:

Prenatal:

Baby Bargains by Windsor Press

Breastfeeding: Keeping it Simple by Amy Spangler

Dr. Spock's Pregnancy Guide by Dr. Marjorie Greenfield

Hit the Ground Crawling by Greg Bishop

The Expectant Father by Armin A. Brott

The Mother of All Pregnancy Books by Ann Douglas

The Womanly Art of Breastfeeding by La Leche League International

The Working Woman's Pregnancy Book by Marjorie Greenfield

What to Expect When You Are Expecting by Heidi Murkoff, Arlene Eisenberg & Sandee Hathaway

When You're Expecting Twins, Triplets or Quads by Dr. Barbara Luke and Tamara Eberlein

Your Pregnancy Week by Week by Dr. Glade B. Curtis & Judith Schuler

Books about Prematurity:

Caring for Your Premature Baby by Klein and Ganon

Living Miracles-Stories of Hope by Kimberly Powell

Preemies: The Essential Guide for Parents of Premature Babies by Dana Wechsler Linden, Emma Trenti Paroli, and Mia Wechsler Doron M.D.

The Premie Parent's Companion by Madden

The Premature Baby Book: Everything You Need to Know About Your Premature Baby from Birth to Age One by William Sears

What To Do When Your Baby Is Premature- Garcia - Prats, MD & Hornfischer, RN

Books for Parents (continued)

Children with Special Needs:

After the Tears: Parents Talk about Raising a Child With a Disability by Robin Simons

Babies with Down Syndrome by Karen Stray-Gunderson

Children with Cerebral Palsy by Elaine Gerlais

Special Kids Need Special Parents: A Resource for Parents of Children with Special Needs

by Judith Loseff Lavin

The Out of Sync Child by Carol Stock Kranowitz

You Will Dream New Dreams by Stanley P. Klein and Kim Schive

General Development & Parenting:

1-2-3 Magic: Effective Discipline for Children 2-12 by Thomas W. Phelan, Ph.D

Emotionally Healthy Twins by Joan Friedman

Siblings Without Rivalry by Adele Faber

Solve Your Child's Sleep Problems by Richard Ferber

The Blessing of a Skinned Knee by Wendy Mogel

The Difficult Child by Stanley Turecki

The Happiest Baby on the Block by Harvey Karp, MD

Touchpoints Birth to 3 by T. Berry Brazelton

What to Expect the First Year by Eisenberg, Murkoff & Hathaway

Magazines:

Cleveland Family - NEOhioFamily.com - FREE

TWINS - Visit: twinsmagazine.com or Contact: 1-888-55TWINS to order





Places to Take Your Child Birth to Three in Cuyahoga County

Children's Museum of Cleveland

10730 Euclid Avenue Cleveland, OH 44106

(216) 791-KIDS

www.clevelandchildrensmuseum.org

Fee & children with special needs welcome

City of Cleveland Recreation/Neighborhood Centers

(216) 664-2000

www.city.cleveland.oh.us

Recreation, family events/programs and outdoor educations

Cleveland Area Metroparks

(216) 635-3200

www.clemetparks.com

Recreation, family events/programs and outdoor education

Cleveland Botanical Gardens

11030 East Blvd. Cleveland, OH 44106

(216) 721-1600

www.cb garden.org

Fee & children with special needs welcome

Cleveland Metroparks Zoo

3900 Wildlife Way Cleveland, OH 44109

(216) 661-6500

www.clemetparks.com

Fee except on Mondays and children with special needs are FREE everyday

Cleveland Museum of Art

11150 East Blvd. Cleveland, OH 44106

(877) 262-4748

www.clemusart.com/planyourvisit/preschoolers

FREE and children with special needs are welcome

Heights Parent Center

14780 Superior Road Cleveland Heights, OH 44118

(216) 321-0079

www.heightsparentcenter.org

FREE programs or minimal fees & children with special needs welcome

Joseph Beth Booksellers- Story Time

24519 Cedar Road Lyndhurst, OH 44124

(216) 691-7000

www.josephbeth.com

FREE story times & children with special needs welcome

Lake Erie Nature & Science Center

28728 Wolf Road, Bay Village, Ohio 44140

(440) 871-2900

www.lensc.org

FREE programs or minimal fees & children with special needs welcome

Lake Metroparks Farmpark

8800 Chardon Road, Kirtland, OH 44094

(440) 256-2122

www.lakemetroparks.com

Lakewood Family Room

17400 Northwood Avenue Lakewood, Ohio 44107

www.ci.lakewood.oh.us

(216) 529-5018

FREE programs or minimal fees & children with special needs welcome

Local Help Me Grow Support/Playgroups

Playgroups are FREE for families that are currently receiving or have received Help Me Grow Services and are held at the following locations. Contact Kayann Zentarski at Help Me Grow for ongoing dates and times (216)391-5131.

Beachwood Library

25501 Shaker Blvd, Beachwood

Cleveland Heights Activity Center

2nd Floor 2345 Lee Road, Cleveland Heights

Fairview Park Library

21255 Lorain Rd., Fairview Park

Middleburg Heights Library

15600 E. Bagley Road, Middleburg Hts.

Warrensville Heights Library

22035 Clarkwood Parkway, Warrensville Heights

Memphis Kiddie Park

10340 Memphis Ave. Cleveland, OH 44144

(216) 941-5995

www.memphiskiddiepark.com

Fee & children with special needs welcome

Nature Center at Shaker Lakes

2600 South Park Blvd. Cleveland, OH 44120

(216) 321-5935

www.shakerlakes.org

FREE & children with special needs welcome

Patterson Fruit Farm

11414 Caves Rd., Chesterland, OH 44026

(440) 729-1964

www.pattersonfarm.com

Minimal fee & children with special needs welcome

Shaker Family Center

19824 Sussex Road Shaker Heights, OH 44122

(216) 921-2023

www.shakerfamilycenter.org

FREE programs or minimal fees & children with special needs welcome

Shaker Heights Public Library- Play & Learn Station

16500 Van Aken Blvd. Shaker Heights, OH 44120

(216) 991-2030

www.shakerlibrary.org

FREE & children with special needs welcome

Story Hour at the Cuyahoga County Libraries

(216) 398-1800 - Find a Story Hour near You

www.cuyahogalibrary.org

FREE & children with special needs welcome

UH Mom and Baby, Too Program (Mom and Baby Support and Educational Group)

216-595-5354 - Orange / 440-250-2035 - Westlake

www.macdonaldwomenshospital.org

FREE and children with special needs welcome

Western Reserve Historical Society

10825 East Blvd. Cleveland, OH 44106

(216) 721-5722

www.wrhs.org

Fee and children with special needs welcome



Birth to Three Parent/Child Classes (fees vary depending on class)

Chabam

Woodmere - (216) 464-8500

www.chabam.com

Cleveland Music School Settlement

University Circle - (216) 421-5806

www.thecmss.org

Gymboree

Westlake - (440) 617-9526 or South Euclid - (216) 291-9969

www.gymboree.com

Kindermusik

Locations- Shaker Heights, Solon, Bainbridge and Westlake

(216) 991-1063

www.kindermusikofcleveland.com

Little Gym

Shaker Heights- (216) 752-9049

Strongsville - (440) 268-9008

Fairview Park - (440) 331-5151

www.thelittlegym.com

Music Together

(216) 224-5390

www.musictogether.com

My Gym

Solon - (440) 914-9497 or Westlake - (440) 892-9700

www.my-gym.com

Stories & Songs with Debbie Friedman

Beachwood JCC- (216) 831-0700

www.clevejcc.org

Please contact your city's recreation department for Birth to Three classes, seasonal programming and playgrounds/parks available in your community.



A few Local Playgrounds for Children (Birth to Three) to check out:

Bay Village Cahoon Park (corner of Dover Center and Wolf Rd.)

www.bayrec.org

Beachwood Playground (off of Fairmount between Richmond & Green)

www.beachwoodohio.com

Cleveland Heights Community Playgrounds

(Cain Park, Cumberland Park, Coventry Village, Euclid Heights Tot Lot & more)

www.clevelandheights.com

Lakewood Park (intersection of Belle and Lake Ave.)

www.ci.lakewood.oh.us

Rocky River Park (711 Bates Rd.)

www.rrcity.com

Mayfield Village Park (off of Som Center Rd./Across from N. Chagrin Reservation)

www.mayfieldvillage.com

Middleburg Heights Playground (15700 Bagley Rd.)

www.middleburgheights.com

Preston's Hope Playground (on the Mandel JCC's Campus in Beachwood)

www.prestonshope.com

Solon Community Park (6679 SOM Center Rd)

www.solonohio.org

Strongsville Playground (Zverina Lane - off Pearl Rd.)

www.strongsville.org

Sussex Playground & Learning Garden (19824 Sussex Rd. in Shaker Heights)

www.shakeronline.com

The City of Cleveland's Playgrounds - The City of Cleveland Dept. of Parks Recreation and Properties manages over 150 parks, playgrounds and green spaces. Contact: 216-664-2561 to receive a copy of the staffed summer playground guide.



Toys and Products for Children (Birth to Three)

All About Mommy Maternity

(440) 337-9559 - Chagrin Falls or visit www.allaboutmommymaternity.com

Bergs Baby and Teen (Baby Furniture and Equipment)

(440) 585-2374 - Willoughby Hills or visit www.bergsbaby.com

Children's Orchard (Gently Used Toys, Clothes and Furniture)

(440) 543-4443 - Chagrin Falls or visit www.childrensorcharchard.com

Mathew's Lending Library (Toys and Adaptive Therapy Equipment)

(216) 226-3669

Once Upon a Child (Gently Used Toys, Clothes and Furniture)

(440) 951-7222 - Mentor / (440) 899-1100 - Westlake or visit www.ouac.com

One Step Ahead/Leaps and Bounds

(800) 477-2189 or www.leapsandbounds.com

Play Matters (Toys that Teach, Challenge and Inspire)

(216) 752-3595 - Shaker Square / (216) 464-2424- Pepper Pike / (440) 542-7200- Solon and (440) 937-7773- Avon or visit www.playmatterstoys.com

Pottery Barn Kids (Furniture, Clothes, Developmental Toys & Story Hours)

(216) 765-0246 - off Richmond in Beachwood or visit www.potterybarnkids.com

Strollermama

(216) 831-9577 - Off Chagrin in Beachwood or www.strollermama.com

The Neverending Child Resale Shop

(440) 572-3002 - Pearl Rd. in Strongsville or visit www.neverendingchild.com

The Toy Library Collection at the Cuyahoga County Libraries

(216) 749-9525 or cuyahogalibrary.org

Please check out *Babies R Us/Toys R Us, Walmart, Target, Baby Depot* for Birth to Three products for your baby. Also *Consumer Reports* and *Baby Bargains* offers guidance on the various products and safety requirements.



Child Care/Special Needs Referral Resources

Babysitters/Nannies

www.babysitters4hire.com

www.sittercity.com

www.nanny-governess.com

www.aupairUSA.org

www.erinsnannies.com or (216) 514-3600

*Families can also contact local Cuyahoga colleges/universities (ask for the Early Childhood Education Department) if looking for a nanny/babysitter.

Center for Mental Retardation (CMR)

1331 Euclid Avenue, Cleveland, OH 44115

(216) 622-0755

www.cmr-cleveland.org

An agency specializing in advocating for the needs of children and adults with mental retardation and/or developmental disabilities.

Cuyahoga County Board of Health - Division of Nursing

5550 Venture Drive, Parma, OH 44130

(216) 201-2001

A nurse is available at no cost to offer on-site training needed for childcare providers to feel secure in caring for medically fragile children.

Starting Point for Child Care & Early Education (PreSchool)

2000 East 9th Street, 15th Floor, Cleveland, OH 44115

(216) 575-0061 or (800)880-0971

www.starting-point.org

Childcare resource and referral agency for Cuyahoga County.

Technical Assistance Program at the Achievement Centers for Children

4255 Northfield Rd, Highland Hills, OH 44128

(216) 292-9700 ext 246

For all Cuyahoga County children with developmental disabilities, this is a program that will assist with the inclusion of children with disabilities into community child care/preschool programs.

The Positive Education Program Day Care Plus

2357 Tremont Ave. Cleveland, OH 44113

(216) 658-7120 or www.pepclev.org

PEP's Day Care Plus strives to improve social, behavioral and emotional functioning of at-risk children in the childcare setting.



Help For Families

First Call For Help

www.211cleveland.org

Dial 2-1-1

Family Helpline (24 hour hotline) & Tot Line

www.bellflowercenter.org

(216) 229-8800

Cuyahoga County Mental Health Services (24 hour hotline for adults and children)

www.cccmhb.org

(216) 623-6888

Cuyahoga County Department of Children & Family Services (Child abuse hotline)

www.cfs.cuyahogacounty.us

(216) 696-5437 (696-KIDS)

Guide for Moms (Extensive Community Resources and Pregnant/New Moms)

www.crpn.net

(216) 844-3391

Mobile Crisis (24 hour crisis line to individuals experiencing a psychiatric crisis)

www.mhs-inc.org

216 623-6888

Poison Control

www.aapcc.org

(216) 231-4455

Post Partum Doula Services and Labor Support

www.birthandbeyond.org

(440)333-4996

Connections: Health, Wellness & Advocacy

www.connections.cleveland.org

(216) 761-2931

Breastfeeding Support (UH Center for Women's Health)

www.uhhospitals.org/macwomen

(216) 595-5355



Supportive Services for the Loss of a Child

Sudden Infant Death (SIDS) Network of Ohio

www.sidsohio.org

(800) 477-7437

PEND (Parents Experiencing Neonatal Death) at Rainbow Babies & Children's Hospital

www.uhhospitals.org

(216) 844-1000

HOPE (Helping Other Parents Emotionally) at MetroHealth Medical Center

www.metrohealth.org

(216) 778-4663

Compassionate Friends

www.compassionatefriends.org

(877) 969-0010



How to Find a UH/RB&C Pediatrician, Specialist and/or UH Health Center in your Neighborhood

www.uhhospitals.org (Click-Physician Finder)

(216) 888-844-8447, (216) 844-8447 and (216) 844-1000

Rainbow Babies & Children's Hospital is a leader in pediatric care and has national recognition for having the #1 NICU in the Midwest and has ranked #4 in the Country.



Looking for a Good Book to Read to your Child?

Baby Faces- DK Family Learning

Black and White - Tana Hoban

Brown Bear - Bill Martin Jr. / Eric Carle

Curious George and the Bunny- H.A. Rey

Dear Zoo- Rod Campbell

Excuse Me- The Little Book of Manners- Karen Katz

Five Little Ducks - Raffi

Five Little Monkeys - Eileen Christelow

Good Night, Gorilla - Peggy Rathmann

Goodnight Moon- Margaret Wise Brown

Hop on Pop by Dr. Seus

I Love You All the Time- Jessica Elin Hirschman & Jennifer Elin Cole

I Love You Good Night- Jon Buller and Susan Schade

I Touch - Helen Oxenbury

Moo, Baa, LaLaLa - Sandra Boynton

Oh My, Oh My Dinosaurs- Sandra Boynton

Peekaboo Kisses- Barney Saltzberg

Quiet LOUD- Leslie Patricelli

Teeth are Not for Biting- Elizabeth Verdick

Time for Bed - Mem Fox

Where's the Babies Belly Button? Karen Katz

Please contact:

Susie Bauer at *Daily Dose of Reading* for additional information on early childhood literacy

www.dailydoseofreading.org

info@dailydoseofreading.org / 216-291-9424 ext. 151

Help Me Grow works in collaboration with the following provider agencies:

*Achievement Center for Children
Beech Brook
Bellefaire JCB
Bellflower Center
Berea Children's Home and Family Services
Catholic Charities- St. Martin De Porres
Cleveland Clinic Children's Hospital for Rehabilitation
Cleveland Municipal Schools- Family Life Education
Connections Cleveland
Cuyahoga County Board of Health
Family Life Education
Friendly Inn Settlement
Harvard Community Service Center
Lexington Bell Community Center
Options for Families and Youth
Pathway Caring for Children
Positive Education Program
Spanish American Committee
United Cerebral Palsy
University Hospitals Health Care Enterprises
University Settlement
Fairview Hospital
Health Design Plus
Hillcrest Hospital
Huron Hospital
Lakewood Hospital
Marymount Hospital
Merrick House
MetroHealth Medical Center
Parma Community General Hospital
Southwest General Health Center
St. John Westshore Hospital
University MacDonald Women's Hospital
Cuyahoga County Board of Mental Retardation and Developmental Disabilities*



The resources and programs included in this manual are for information purposes. You will need to determine if the resource is appropriate for you and your family. PLEASE NOTE THAT THIS IS NOT A COMPREHENSIVE LIST OF RESOURCES.