



First Teacher:

A Parent's Guide to
Growing and Learning

4-Year-
Olds



OFFICE OF
Early Learning

LEARN EARLY. LEARN FOR LIFE

First Teacher: A Parent's Guide to Growing and Learning is a guide to your child's development and has activities for you to support your child's learning during daily routines and play. These activities will help your child's development and provide the building blocks for his future success in school and life.

This booklet addresses eight key areas of your child's development. The information in this booklet will serve as a guide for the knowledge and skills your child is developing at this age. This booklet follows the domains of [Florida's Early Learning and Developmental Standards](#), which are used in early learning programs throughout the state.



PHYSICAL DEVELOPMENT

(general health and development of physical skills involving large and small muscles)



APPROACHES TO LEARNING

(attitudes, behaviors and learning styles)



SOCIAL & EMOTIONAL DEVELOPMENT

(the ability to establish and maintain positive relationships with others)



LANGUAGE & LITERACY

(the ability to understand words, learn to talk and learn about books and reading)



MATHEMATICAL THINKING

(the ability to think about relationships between objects, numbers, shapes, sizes, weights and other concepts)



SCIENTIFIC INQUIRY

(the ability to explore the environment using the five senses, connecting what is observed to science concepts and asking questions)



SOCIAL STUDIES

(the ability to learn about people and the community)



CREATIVE EXPRESSION THROUGH THE ARTS

(the ability to engage in dance, song, music, dramatic play and art to express ideas and feelings)

The information in this booklet will help you make the most of the time you spend with your child. The positive relationship you have with your child and the time you spend together will help your child's development in every way.

Family Matters

4-Year-Olds

Being 4 years old is a new and exciting time for your child, but may be both exciting and challenging for you. During this year, you may notice her trying new things on her own and welcoming new adventures and challenges. Providing ways for her to explore and talk about her experiences can help her continue to develop thinking and problem solving skills.

You will notice your child continuing to add new words into her daily conversations. You may also notice that she will share her experiences with you without you having to ask her. You can encourage her to find new ways to describe her feelings and thoughts about her everyday experiences. When you ask her about her friends or what she did at school, ask for more details or ask what made her happy or sad about her day.

This booklet offers activities and strategies for you to use daily to help your child grow and develop. These easy-to-follow activities will help you build a strong relationship and a foundation for your child's learning and future success. All families are different. Remember to include stories, activities and languages from your own family.

You are your child's first teacher.



Physical Development

It starts with you

Physical development refers to your child's general health and development of physical skills involving large and small muscles. Your 4-year-old now has better developed fine motor and gross motor skills. He will become more skillful in his balance while walking, running or climbing. You will also notice that he is more successful when working on puzzles, lacing small beads or shoes, tying shoes, dressing himself and putting together small parts on toys.



Because he is growing so quickly, he needs [healthy foods](#) and lots of [sleep](#). Ask him to help you plan meals or snacks and let him help you with cooking or preparing food. He can do simple tasks like washing fruits and vegetables, making his own sandwich or helping you measure the ingredients for a recipe.

Routines are important to preschoolers, so make good hygiene a routine. Washing his hands before eating or helping prepare food and after using the bathroom is a good way to start. Teach him to sing the "Happy Birthday" song and scrub his hands for as long as he sings the song. [Brushing his teeth](#) after eating and before bed can be encouraged by giving him a timer or letting him choose a special toothbrush or toothpaste. Make his bedtime routine a ritual of taking a bath, brushing teeth and reading a story together every night. Soon this routine will be so familiar he will tell you if anything is left out.

As your child grows

Your 4-year-old's growth and development will go through many changes. Your child will

- Pick up his own clothes and get dressed and undressed without assistance.
- Lace, zip or button shoes or clothing.
- Begin to learn to tie shoes.
- Show left or right hand dominance.

Playing and learning

Support your child's physical development by trying these activities.

- Play catch with him using various size balls.
- Provide tricycles, scooters or other balancing toys for him to ride.
- Play "Simon Says" (i.e., touch your toes to your nose, balance on your left foot, bounce a ball for a determined length of time).
- Roll play dough snakes and place on design cards with shapes and lines (design cards: zig-zag lines, curved line, straight line, shapes).
- Provide scissors and paper to snip long and short cuts to enhance fine motor skills.
- Provide paper along with crayons, markers, pencils and/or pens to experiment with writing and drawing.

Taking care of your child

Active children need lots of [rest and nourishment](#). Your 4-year-old should get between 10-13 hours of sleep a day, between naps and evening sleep. Encourage him to dress himself and brush his hair and teeth every morning. Praise all efforts – even when not successful (i.e., buttons aren't lined up correctly). Be sure to take your child for his annual doctor visits as planned by your health care provider.

Approaches to Learning

It starts with you

Approaches to learning is a [set of behaviors or characteristics](#) related to how young children interact with their environment, such as curiosity, persistence and creativity. Some of these behaviors occur naturally, but you can encourage the development of others by providing a supportive environment.

During this year of development you will want to provide your child with opportunities to learn by exploring her environment. She is [ready for new experiences](#). She is also curious, creative and ready to tackle new skills. Your child uses her imagination to “pretend play” in a more complex manner, for extended lengths of time. She has a longer attention span and is very curious. At this age, children often begin to plan and learn based on past experiences.

Help your child develop curiosity and eagerness by

- Allowing your child to make [simple choices](#) such as which snack to pack in her lunch or which shirt to wear to school.
- Giving her simple jobs, such as gathering laundry, collecting trash, sorting toys into bins.
- Praising her for a “job well done.”
- Acting out unexpected situations such as getting lost in the grocery store or finding something that doesn’t belong to her. This will help her become aware of her surroundings and be responsible and respectful of others.



As your child grows

Your 4-year-old will show you she is learning by

- Showing interest in learning new skills, such as letter recognition and letter sounds, numbers and shapes.
- Stretching beyond her comfort zone when it comes to tackling new experiences or challenges (e.g. attempting a new puzzle, building a taller tower or playing a new game without asking for help).
- Problem solving and asking for help from adults or friends if necessary.

Playing and learning

Help support your child’s development by

- Using cardboard boxes to create an obstacle course for her to try.
- Hosting a pretend picnic or campout in the backyard.
- Stapling large pieces of craft paper on a privacy fence or rolling out craft paper on a sidewalk for painting.
- Decorating riding toys or push toys for a parade and playing “marching” music.
- Providing a large bin filled with sand, pasta or beans where your child can pour, measure, and fill other containers provided in the bin.
- Giving her “dress up” clothes to use in dramatic play.

Taking care of your child

Provide paint, markers and crayons for her to draw pictures of herself and other family members. Write the names of the people on the paper next to their pictures. Let your child dictate a sentence or two about the picture that you write on the page. Boost your child’s learning with fast and fun tips from vroom.org.

vroom
Brain building moments

Social & Emotional Development



It starts with you

Social and emotional development refers to your child's feelings, behaviors and relationships. You truly are your child's first teacher. Your interactions with friends and family can impact how your child will manage his own emotions. He is watching and learning from you and the adults around him. How these adults respond to both positive and negative situations becomes a model for his responses to situations that make him angry, frustrated, sad, excited or happy.



Your child can handle time away from familiar adults for a longer length of time. He is using words to express frustration or stress. With your help he will be able to understand and deal with his feelings and the

feelings of others. Talk about [problem situations](#) that may occur with friends. He is able to make transitions between home and school and activities with little anxiety. Praise his efforts at “being brave” when he is feeling anxious.

You are a role model for your child's [social development](#). He will watch your interactions with others as you go about your day. Are you pleasant and kind to others? Are you able to maintain a calm manner even when you are angry?

As your child grows

Your 4 year-old will show his development in forming relationships by

- Willingly sharing with others.
- Making suggestions to help solve a problem.
- Responding with [care and compassion](#) to friends who may be hurt or upset.
- Showing a willingness to build and nurture friendships.

Playing and learning

Support your child's development by trying these activities.

- Play fun board games with friends or family and talk about how to handle taking turns, winning and losing. Focus on the “fun” in the game and not the “winning” of the game.
- Provide your child with opportunities to socialize with other children of the same age. Encourage him to share and plan with friends on a project, such as building a tower with [blocks](#).
- Read books about making friends or getting along with friends and discuss the lessons included in the stories (i.e., sharing, being a good friend, helping others, etc.).

Taking care of your child

Your child's social and emotional skills and the relationships he forms with others play a key role in his overall development. Take time to ask how he feels about school, his friends and his family. Your child should be able to express his emotions in words to you and other family members, his teachers and his friends. If you have concerns about his social and emotional development, talk with his preschool teacher or pediatrician.

Language & Literacy

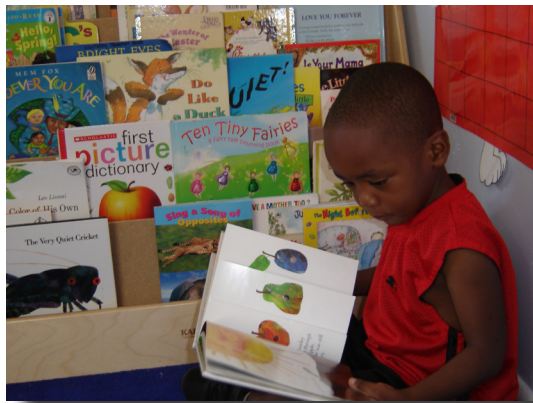


It starts with you

Language and literacy refers to your child's ability to understand words and learn to listen, talk and read. Your 4-year-old is able to have conversations with you, other adults and her friends. She is using longer sentences and rarely mispronounces words. She can follow multi-step directions and understand directions given by others. [Talk to her](#) as you go about daily routines and ask her questions about her friends, teachers and activities she enjoys.

[Respond to her questions](#) and expand her sentences when she talks to you. If she tells you she liked the book her teacher read today, ask her to tell you about the story or ask what she liked about the book. Go for a walk with her and talk about what you see. "Look there's a bird. What kind of bird do you think it is?" If she says it is a red bird, expand on her words, "Yes it is red and it is called a cardinal because cardinal is another word for a shade of red."

Make books, poetry and songs a part of your interactions with your child. It is important to talk, read and sing with your child daily. She will enjoy the time you spend together and will learn new words at the same time.



Write notes to your child and leave them around the house. You can put them in her lunch box or leave them on the table for her to find when she eats breakfast or dinner. Read the notes to her and encourage her to write notes to you. She will enjoy your notes and will learn that she can communicate with others through writing.

As your child grows

You will see many new changes in your child's language and literacy skills.

- You will notice that your child is asking more specific questions.
- She will begin to play with the sounds of language, identify rhymes and recognize the beginning sounds in some words.
- She is able to listen to others in a group discussion for a short period of time.
- She understands and uses information presented in books and on signs.

Playing and learning

Help your child [develop skills](#) in the areas of language and literacy by

- Asking her to speak at the appropriate level using an "inside voice" or "outside voice."
- Providing materials for her to use in creative play that encourage her to use new words and write notes or stories (e.g. pencil, crayons, paper, toy phones, voice recorders and story props).
- Using fingerplays, nursery rhymes, songs and poetry to help her learn new words.
- Using facial expressions, gestures and descriptive words when speaking and reading with her.
- Reading signs and billboards as you travel, pointing out numbers and letters.

Taking care of your child

Have daily conversations with your child. Listen carefully and respond to her thoughts and questions. Ask open-ended questions. Don't forget to read to her daily. Reading aloud to your child helps prepare her for future reading and learning success. If you have concerns about your child's language development, contact your local early learning coalition or talk to your child's preschool teacher or pediatrician.

Mathematical Thinking



It starts with you

Mathematical thinking refers to your child's ability to think about relationships between objects, numbers, shapes and other concepts. Providing your 4-year-old with opportunities to [expand his math skills](#) can be fun and easy at home. Baking cookies, washing dishes, emptying the dishwasher and sorting laundry are ways to introduce new math concepts. Use math terms during these activities to expand your child's [math vocabulary and skills](#). While sorting laundry, put like colors together or fold a towel in half and quarters. When emptying the dishwasher, count and sort silverware into like piles. While washing dishes talk about concepts such as empty and full or more and less.



Help him find patterns around the house or on clothes. Have him count napkins as he helps you set the table. He can measure ingredients when you have him cook with you.

Give him toys that encourage him to think about measurement and spatial relationships (e.g. blocks, puzzles, measuring cups). Use cardboard boxes and help him build a city or a tower.

Ask your child to look for numbers around the house (e.g. clock faces, digital clocks, sizes in shoes or on clothes, addresses, labels on food containers, scales, calendars, thermometers). Use playing cards to have him match and compare numbers.

As your child grows

Your child may demonstrate his thinking and reasoning skills by

- Making decisions based on size or quantity when given choices.
- Using words representing order or positions (i.e., over, under, next to, above, below, etc.)
- Discovering hidden objects in photos or drawings.
- Completing increasingly more challenging puzzles.
- Building three-dimensional objects using a variety of items and sizes.
- Using terms such as *certain*, *maybe*, *unsure*, *possible*, and *impossible*.

Playing and learning

Here are some exciting things you can do with your child.

- Play matching games.
- Play games where he is looking for what's missing.
- Provide lots of everyday counting and sorting objects. (i.e., buttons, blocks, coins, small plastic animals, any item that is safe and you have multiples of).
- Create a game with small paper plates with the numbers 1-10 written on them. Your child can count small items on to the proper plate. (i.e., three blocks on the number 3 plate)
- Make cookies in the shape of numbers, putting the corresponding number of chocolate chips on the cookies for decoration.

Taking care of your child

Provide a variety of [hands-on experiences](#) that are related to the way you use math in your daily life (telling time, cooking, buying gas for your car). Let him use timers, calendars, rulers and scales to measure things at home. Keep a chart with his height and weight measured monthly and discuss his growth.

Scientific Inquiry



It starts with you

Scientific inquiry refers to your child's ability to explore the environment using the five senses, connecting what is observed to science concepts and asking questions. Your 4-year-old is beginning to have a deeper understanding of the world around her. She is becoming more aware of the needs within the environment such as providing care to plants and animals. Your child may develop an interest in bugs, insects or dinosaurs. She may want to experiment with objects to determine which ones will sink or float. She wants to know how objects change form when frozen versus a liquid. This is a fun and [exciting time for your little scientist](#).

Your child may be interested in measuring and recording the length or height of objects using connecting cubes, connecting links, blocks, beads, yarn or string. She may enjoy planting seeds, watching them grow and measuring their height.

You can encourage your child's scientific explorations by having [simple tools and toys](#) that she can use to learn more about the world. Some of the tools that ignite scientific curiosity in preschoolers are bubbles and bubble wands, eye droppers, magnifying glasses, small mirrors, different types of balls and magnets.



As your child grows

Your child may show interest in solving problems and observing nature as she

- Describes and shares observations made about living things (i.e., worms live in the dirt).
- Shows interest in gardening.
- Participates in simple experiments to discover information.
- Uses tools to explore the environment (i.e., binoculars, magnifying glasses, magnets, etc).

Playing and learning

Use these activities to [encourage your child's scientific thinking](#).

- Give your child a 30-day page from a calendar so she can draw the phases of the moon each evening throughout the month. At the end of the month, talk about how the moon changed and why.
- Have her help plant a garden and discuss the seeds and other parts of a plant.
- Help your child record her observations or the results of experiments using drawings or photographs.

Taking care of your child

Your child's body is constantly changing and growing. Take this time to chart her height, weight and even the kinds of foods she eats. Just like her garden plants need sunlight and water, her body needs healthy foods and water too. Ask her to help you plan healthy meals and snacks.

Social Studies

It starts with you



Social studies refers to your child's ability to learn about the people around you and in your community. 4-year-old children are able to apply many social studies skills both at home and in their pre-school settings. Your child is now able to identify [differences and similarities between himself and his peers](#) as well as identifying changes in routines and sequences of events. You may routinely walk the dog every day after you arrive home and when this doesn't occur your 4-year-old will begin to notice and ask questions about the change in routines.

Your child is also becoming more aware of holidays and important family events such as birthdays. Provide props such as clothing and toys which allow children to create and reenact family roles, relationships, routines and rituals (i.e., pretending to be the babysitter, waitress or chef). Use a large calendar to note special and routine events involving your family such as birthdays and holidays.

Your child is beginning to become more aware of rules and laws. Talk to him about rules used in games or sports. Discuss the [role of law enforcement officers](#) as people who enforce the rules as they pertain to driving. Ask him about [cultural differences](#) he may notice in people in your neighborhood or in his school.



As your child grows

You may see his growth when he

- Recognizes the differences between a want and a need (i.e., needing a coat on a cold day versus wanting to wear shorts when it is cold outside, or eating healthy snacks versus wanting ice-cream for dinner).
- Begins to see the importance and use of technology in your home and understands the rules for its use.
- Begins to show an awareness of his role in your family, his class at school and the community.
- Recognizes patriotic symbols (i.e., the American flag).

Playing and learning

Help your child's development of social concepts by

- Talking about your surroundings as you are traveling through town. Use words such as far/close, over/under and up/down.
- Using a globe or map to show your child where you live. You live in a house/apartment, in your town, in Florida, in the United States of America.
- Talking about respecting law enforcement officers, doctors, teachers and firefighters. Talk about the ways these people help us.
- Providing your child with opportunities to talk about the rules you have in place at home.

Taking care of your child

Four-year-olds are curious and enjoy learning. This is a great time to instill [values and respect of others](#) as you read books and talk about situations or conflicts that may occur in your home. Model cooperation and negotiation as you involve your child in family discussions and decisions.

Creative Expression Through the Arts



It starts with you

Creative expression refers to your child's ability to engage in dance, song, music, dramatic play and art to express ideas and feelings. Most 4-year-olds love playing musical instruments as well as singing along with others. They are able to hear different parts that make up music such as pitch, tempo and volume. They love [making up silly songs](#) or dancing to fun music. Use music to show your child how to express her feelings. Play happy music and dance with her. Play slow music and ask her to move in a way that shows how the music makes her feel.

Expressing [her creativity](#) through music, painting, dancing and dramatic play help her discover ways to show how she feels. You can encourage your child's creativity by having art supplies like crayons, markers, paint, paper, play dough, pencils, paintbrushes, scissors and glue for her to use. Prepare a space in your home where "messy" activities are allowed. Teach her how to use the art supplies safely and how to put them away so they can be used again.



Have props for creative play that your child can use to become a princess, a firefighter, a teacher, a chef or a dancer. Join her in her creative play. You can be a customer in her restaurant, a student in her class or the friend of the princess or prince. Creative play allows your child to take on the perspective of someone else and imagine herself in different roles.

Have stuffed animals or puppets your child can use in her play. She can dance with them or pretend that they are students in her class. She can use the puppets to reenact stories or songs she likes.

As your child grows

Encourage your child's [creative expression](#) by suggesting she

- Use music to express thoughts and feelings about something going on with a friend or loved one.
- Make her drawings more detailed and personal. She may use art to share her hurts, worries, successes or disappointments.
- Use a variety of materials in her creative play to act out stories and experiences.

Playing and learning

Help your child's [creative development](#) by trying some of the following activities.

- Provide your child with materials in order to express herself through her pretend play with real and imaginary friends or stuffed animals.
- Role-play with your child. Pretend you are the customer at a restaurant and she is the server.
- Put on some fun music and dance around the room. Include opportunities for your child to copy your moves or you copy hers.
- Encourage your child to talk about or share her creative expressions with others.

Taking care of your child

Creative expression is a wonderful way for your child to express her feelings. Discuss different ways she can show that she is sad or scared. Let her know it is okay to feel sad or disappointed, but she will feel better when she tells you how she feels and expresses these feelings in her art, music, dance and creative play.

The Importance of Family

Learning starts at home with you as your child's first teacher. Infants, toddlers and preschoolers learn by observing and listening to family members as they go about their daily routines.

Families are responsible for shaping a child's development of values, learning skills and social skills. Your child is watching everything you do and listening to everything you say.

Learning occurs naturally for children through their play. Children are happiest [when they play](#), and playing is one of the best tools for learning new skills. Join in your child's play by getting down on his level and playing with him. Get down on the floor and pretend to be his favorite animal to encourage his imagination.

Use objects around your house for pretend play such as an empty paper towel tube that he can use as a horn or a telescope. A plastic spoon and a pot for cooking can become a drum. Play helps improve his imagination, his physical development, his social skills and more. Playing outside is very important. Running, jumping and climbing help build your child's muscles and coordination. Your child will enjoy the time you two spend together, and so will you!



Housework is a never-ending cycle. Let your little one help with the work. Young children love to help and can be successful at simple chores. Letting your child help with housework is a great way to help him learn new skills. Just remember that it's the effort that counts! Below are some easy chores for you to introduce to your young child.

- Help set the table.
- Help fold and put away laundry.
- Make his bed with a little help.
- Pick up toys and put them away.
- Feed and fill the water bowl for pets.
- Help with yard work.

All of these activities encourage your child to learn new skills and to be a contributing member of your family. Feeling secure in his role as a family member helps him to develop self-confidence and a sense of responsibility.

Remember, you are your child's first teacher.



All children develop differently and at different times. If you have questions or concerns about your child's development or behavior, it is important to take action early.

Developmental screenings can help identify areas of your child's development that might need some extra help. Talk to a doctor, your child's teacher or your local early learning coalition about your concerns and request to have your child screened. If the screening indicates any areas that need extra help, your child may qualify for early intervention services. Your child's doctor or your early learning coalition can help connect you to those services.

You are your child's greatest advocate!

Websites That Promote Child Development

Florida Early Learning and Developmental Standards for Birth to Kindergarten: <http://flbt5.floridaearlylearning.com>

Centers for Disease Control and Prevention Parent Information:

<https://www.cdc.gov/ncbddd/actearly/milestones>

<https://www.cdc.gov/parents/essentials/index.html>

Center for Early Literacy Learning Parent Information:

<http://www.earlyliteracylearning.org/parentresource1.php>


Center on the Social and Emotional Foundations for Learning:

<http://csefel.vanderbilt.edu/resources/family.html>

National Association for the Education of Young Children:

<https://www.naeyc.org/our-work/for-families>

PBS Parents: <http://www.pbs.org/parents/>



What is CCR&R?

CCR&R is a free service that helps families

- identify and select quality early learning programs.
- connect to local community agencies and resources.
- engage in their children's education and learning.
- locate financial resource options.

Family Focused

When a family contacts CCR&R, they can receive

 <p>Child Care Listings</p> <p>Based on information from the family, CCR&R can provide a customized list of child care options.</p>	 <p>Financial Assistance Options</p> <p>CCR&R can provide information and help with applying for child care assistance and exploring other financial assistance options.</p>	 <p>Consumer Education</p> <p>CCR&R can provide information on a range of topics including how to locate quality early learning programs and the importance of family engagement.</p>	 <p>Community Resources</p> <p>CCR&R can connect families with local resources that may be able to assist with other needs, such as housing, food or utility assistance.</p>
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CCR&R can also provide information about and help families apply for

 <p>Florida VPK</p> <p>Voluntary Prekindergarten (VPK) - a free educational program available for all of Florida's 4-year-olds that prepares children for kindergarten.</p>	 <p>Florida School Readiness</p> <p>School Readiness - a program that helps income eligible families in Florida pay for child care and helps children to be ready for school.</p>
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Free Apps for Families



CDC's FREE Milestone Tracker App

Track Milestones

Share a Summary

Get Tips & Activities

Learn more at cdc.gov/MilestoneTracker

CDC

The advertisement features a smiling baby crawling on a carpet. On the left, there are three icons: a green checkmark, a purple star, and an orange circle with a white dot. The CDC logo is in the bottom right corner.

Family Resources

OFFICE OF EARLY LEARNING

Provides state-level support and direction for parents, teachers and early learning professionals. OEL administers three statewide programs including: the state child care assistance program, School Readiness, the free Voluntary Prekindergarten (VPK) program for four-year-olds and the Child Care Resource and Referral program for all Florida families.

1-866-357-3239 (Toll-free), (TTY:711)

<http://www.floridaearlylearning.com>



2-1-1

A 24-hour hotline where parents connect with national, state and local information and referral services. 2-1-1 offers parents information to assist families with food, housing, employment, health care and counseling services.

Dial 211

www.211.org



ACCESS FLORIDA

Temporary cash assistance and food stamp information is available through DCF's Access Florida Hotline.

1-866-762-2237 (Toll-free)

www.dcf.state.fl.us/programs/access



BRIGHT FUTURES

A national health promotion and prevention initiative, led by the American Academy of Pediatrics and supported by the Maternal and Child Health Bureau, Health Resources and Services Administration that provides guidance for all preventive care screenings and well-child visits.

<https://brightfutures.aap.org/Pages/default.aspx>



CHILD CARE RESOURCE & REFERRAL NETWORK (CCR&R)

Helps families find local child care programs that fits their unique needs and local resources and provides information on how parents can find, locate and afford quality child care.

1-866-357-3239 (Toll-free), (TTY:711)

www.floridaearlylearning.com/ccrr.aspx



You have what it takes to be a brain builder!

Download the Vroom app to add learning to mealtime, bathtime, bedtime, and anytime with Vroom tips.

See for yourself how Vroom tips are fast and fun!

vroom.org



También disponible en español

vroom

CHILD CARE AWARE® of AMERICA

National network of more than 900 child care resource and referral agencies committed to helping parents find the best information on locating quality programs and resources in their local community; maintains links to resource and referral agencies in every state.

1-800-424-2246 (Toll-free)

<http://childcareaware.org/families/>



CHILD HELP USA® NATIONAL CHILD ABUSE HOTLINE

This hotline is staffed 24 hours daily with professional crisis counselors with access to thousands of resources.

1-800-4-A-Child or 1-800-422-4453 (Toll-free)

www.childhelp.org

<https://www.childhelp.org/states/florida>



DEPARTMENT OF CHILDREN & FAMILIES (DCF) LICENSING WEBSITE

Responsible for the administration of child care program licensing and training throughout Florida and administers programs addressing issues such as adult and child protective services, homelessness, food stamps, refugee services and adoption and foster care.

www.myflorida.com/childcare

Find Child Care Providers

<https://cares.myflfamilies.com/PublicSearch>



DEPARTMENT OF HEALTH/CHILDREN'S MEDICAL SERVICES/EARLY STEPS

Provides information and referrals on disabilities and special health care needs for families, service coordinators and other professionals who work with children with special needs.

1-800-218-0001 (Toll-free)

http://www.floridahealth.gov/AlternateSites/CMS-Kids/early_steps_directory/index.html



FLORIDA CHILD SUPPORT ENFORCEMENT

Child support services that include locating missing parents, establishing legal paternity, and establishing, enforcing and modifying support orders.

1-800-622-KIDS or 1-800-622-5437 (Toll-free)

www.myflorida.com/dor/childsupport/



FLORIDA KIDCARE

Health insurance program for uninsured children younger than age 19. The Florida Kidcare program assesses eligibility based on age and family income.

1-888-540-5437 (Toll-free), (TTY: 1-877-316-8748)

<http://floridakidcare.org/>



FLORIDA HEALTHY START

Ensures that all Florida families have access to a continuum of affordable and quality health and related services.

727-507-6330

www.healthystartflorida.com



HEAD START

Head Start is a national school readiness program that provides comprehensive education, health, nutrition and parent involvement services to children from low-income families. For Head Start programs in your area, visit the listed website.

www.floridaheadstart.org



THE OUNCE OF PREVENTION FUND

Identifies and supports prevention programs to improve outcomes for children, preserve and strengthen families and promote healthy behavior and functioning in society.

<https://www.ounce.org/>



PARENTS WITHOUT PARTNERS

Provides help to single parents through discussions, professional speakers, study groups, publications and social activities for families.

1-800-637-7974 (Toll-free)

<http://www.parentswithoutpartners.org>



VOLUNTARY PREKINDERGARTEN

Florida's free voluntary program designed to prepare 4-year-olds for kindergarten and build the foundation for their educational success.

1-866-357-3239 (Toll-free), (TTY: 711)

<http://www.floridaearlylearning.com/vpk.aspx>



Florida Department of Education
Office of Early Learning
Child Care Resource and Referral Network
Toll-free Family Line: 1-866-357-3239
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