Jefferson Parish
Children &Youth Planning Board
Community Resource Booklet

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CHILD GROWTH

The following are guides to help parents with their child or children's growth. Please see your child's pediatrician for any questions about their development:

3 months

- Turns head toward bright colors and lights.
- Grasps a rattle
- Wiggles and kicks
- Lifts head while on stomach
- Responds to loud sounds
- Makes cooing sounds
- Smiles

6 months

- Follows moving object with eyes
- Reaches to pick up objects
- Sits up with support
- Rolls from front to back
- Recognizes familiar faces
- Turns to sounds like voices or other noises
- Startles at sudden noise
- Laughs, squeals, and babbles
- Reaches out to mother
- Smiles spontaneously

CHILD GROWTH (continued)

9 months

- Sits alone
- Passes a toy from one hand to the other
- Plays peek-a-boo
- Bangs two objects together
- Waves bye bye
- Eats small foods with fingers

12 months

- Focuses on small objects when picking them up
- Pulls to standing position
- Crawls on hands and knees
- Walks with both hands held
- Says a few words like "mama" or "dada" and copies simple sounds
- Looks at a person who calls his or her name
- Responds to simple commands such as "no"
- Shakes head "yes" and "no"
- Drinks from a cup
- Pushes toys
- Waves bye bye and plays pat-a-cake

CHILD GROWTH
(continued)

18 months

- Walks without help
- Turns when name is called
- Uses 5-6 words that can be understood
- Follows simple directions
- Likes to look at pictures
- Scribbles on paper without help
- Pulls, pushes, and dumps things
- Pulls off shoes and socks
- Expresses wants in some way besides crying
- Cooperates with parent during dressing

24 months

- Kick a large ball
- Puts 2-3 words together when talking
- Uses 6-20 words and knows the meaning of many more
- Points to parts of the body when they are named by someone else
- Copies household activities like wiping or sweeping
- Tries to draw with crayons or pencil
- Feeds self with spoon and fork
- Takes off clothes without any help

CHILD GROWTH
(continued)

30 months

- Jumps short distances
- Takes steps backwards
- Identifies pictures of familiar objects by name.
- Joins in saying nursery rhymes and signing songs.

Teens

This period of growth for girls usually begin this stage at age 10 and boys at age 12. The following are areas of growth during this time and some of what kids are going through:

Movement Towards Independence

- Struggle with a sense of identity
- Worry about how their body looks
- Concerns about self-esteem
- Show less outward affection towards their parents
- Complain about parents interfering with their independence.
- May go back to childish behavior especially when stressed.

Teens
(continued)

Interests and Thought Changes

- Think mainly about the present and limited thought about the future.
- Their interests change and vary depending upon their importance.

Sexuality

- Displays shyness, blushing and modesty
- Girls develop physically sooner than boys
- Increased interest in sex
- Movement towards and concerns about sexual identity.
- Concerns about physical and sexual attraction to others.
- Frequently changing relationships.
- Worries of being normal.

Morals, Values and Self-Direction

- Rule and limit setting.
- Development of ideals and selection of role models.
- Development of a conscience.
- Possible experimentation with sex and drugs.

Helpful Hints for Parents

Nurturing and Attachment – building a close bond with your child helps you better understand, respond to, and communicate with your children.

Learn about parenting and child development – Learn what to look for at each age and how to help your child reach his or her full potential.

Dealing with problems – Your ability to deal with and solve a problem affects your child's ability to handle them effectively and deal with everyday stress. Recognizing the signs of stress and knowing what to do about it can help you build their ability to handle it.

Support and help – You need to have help and support. By doing this, you will have family, friends, and neighbors that may be able to provide support in times of need. You are encouraged to include any religious or spiritual support.

Learn your resources – You need to know what resources are out there to address your family's needs. Once you find the resources such as housing, financial, and other resources, you may be able to better attend to your role as parent.

PARENTS
STOP AND MAKE SURE YOU KNOW WHO YOUR CHILD IS HANGING OUT WITH DURING THEIR PERIOD OF BEING A TEEN AND ALSO PAY ATTENTION TO WHAT THEY LIKE.

Parenting Tips

The following tips will help you develop as parents and assist in strengthening the relationship between you and your children:

Children 0– 5 years
Bond with your baby – It is important that a parent bond with their child. This means holding and touching your child, responding to cries of your child, reading or singing to your child, looking into your child's eyes and smile and talk to them, and as they get older play games, puzzles and interact with them.

Dealing with temper tantrums – When a child throws a temper tantrum, try to direct their attention to something else that may prevent or stop the tantrum. Give them a choice about something they are having a tantrum about such as a choice of food. Try to resist overreacting to tantrums and try to keep a sense of humor.

Finding help when you need it – Talk to someone when having difficulty. That someone can be a friend, relative, counselor, health care provider, or leader within your religious faith. Getting a babysitter is another form of help.

Parenting Tips (continued)

Finding help when you need it(continued) -This option allows you either to have time for yourself or time to get things done that a parent may need to get done. Other parents or a parent support group are other great sources for help.

Adolescents - The main goal of adolescence is becoming an adult. Teens practice being adults by challenging parents. Understand teens need room to grow, but still need your guidance and caring to be successful adults.

Parent Resources

Parenting Center at Children's Hospital
200 Henry Clay Ave. New Orleans, LA. 70118
3747 W. Esplanade Ave. Metairie, LA. 70002
parenting@chnola.org
896-9591

KIDLINE 1-800-CHILDREN
Statewide parent support/crisis intervention services.

Parent Resources (continued)

Via Link 2-1-1 Call Center
Dial 211 or 1-800-749-2673
- 24 hour crisis counseling and referral service to programs that help to provide basic needs.
www.vialink.org

Parents. The Anti- Drug
theantidrug.com

National Gang Center
P.O. Box 12729
Tallahassee, Fla. 32317
(850) 385-0600 Ext. 224
www.nationalgangcenter.gov

Educational Resources

Head Start Centers

- Barataria/Lafitte Area
  4977 City Park Rd.
  Lafitte, LA. 70057
  689-3384
- Bridge City Area
  301 Third Emanuel St.
  Bridge City, LA. 70094
  349-5473

Education Resources (continued)

- Causeway Head Start
  3420 N. Causeway Suite B
  Metairie, LA. 70002
  838-1000
- Clay St. Head Start 606 Clay St.
  Kenner, LA. 70062
  736-8770
- Kenner Head Start 200 Decatur St.
  Kenner, LA. 70062
  736-877
- Grand Isle Head Start 149 Ludwig Ln.
  Grand Isle, LA. 70358
  689-3384
- Gretna Head Start 2315 Park Place
  Terrytown, LA. 70056
  392-9898
- Thirty-First St. Head Start 1037 31st St.
  Kenner, LA. 70065
  736-8770
- Westbank Head Start
  1425 Walkertown Way.
  Marrero, LA. 70072
  349-5185

Reading with your child or children is a great way to bond with them.

Educational Resources (continued)

Jefferson Parish Public Library
www.jefferson.lib.la.us
- the library is also a place where you can access the internet for free.

Eastbank

- Eastbank Regional 4747 West Napoleon Ave.
  Metairie, LA. 70001
  838-1190
- Harahan Branch 219 Soniat Ave.
  Harahan, LA. 70123
  736-8745
- Lakeshore Branch 1000 W. Esplanade Ave.
  Metairie, LA. 70005
  838-4375
- Old Metairie Branch 2350 Metairie Rd.
  Metairie, LA. 70001
  838-4353
- Rosedale Branch 4036 Jefferson Hwy
  Jefferson, LA. 70121
  838-4350
- Charles Wagner Branch 6646 Riverside Dr.
  Metairie, LA. 70003
  838-1193

Educational Resources (continued)

Eastbank (continued)

- North Kenner Branch 630 W. Esplanade
  Kenner, LA. 70065
  736-8730
- River Ridge Branch 128 Sauve Rd.
  River Ridge, LA. 70123
  736-6455

Westbank

- Westbank Regional 2751 Manhattan Blvd. Harvey, LA. 70058
  364-2660
- Belle Terre Branch 5550 Belle Terre Rd.
  Marrero, LA. 70072
  349-5010
- Grand Isle Branch Main Rd.
  Grand Isle, LA. 70358
  (985) 787-3450
- Gretna Branch 102 Willow Dr.
  Gretna, LA. 70053
  364-2716
- Lafitte Branch 4917 City Park Dr. Suite B
  Lafitte, LA. 70057
  689-5097
- Live Oak 125 Acadia Dr.
  Waggaman, LA. 70094
  736-8475

Educational Resources (continued)

Westbank (continued)

- Terrytown 680 Heritage Ave.
  Gretna, LA. 70056
  364-2717
- Westwego 635 Fourth St.
  Westwego, LA. 70094
  349-5912

Jefferson Parish Public School System
www.jppss.k12.la.us
349-7600

GED programs
- Fredrick Douglas Adult Education Center
  1400 Huey P. Long Ave. Gretna, LA. 70053

Café Hope
1101 Barataria Blvd.
Marrero, LA. 70072
458-9853
www.cafehope.org

Jefferson Chamber Academy
475 Manhattan Blvd.
Harvey, LA. 70058
410-3121
www.jeffersonchamberfoundationacademy.org

Educational Resources (continued)

Jefferson Community School
3528 Montford St.
Jefferson, LA 70121
832-6021

Louisiana National Guard Youth Challenge Program
1-800-CAMP-KID (1-800-226-7543)

Federal Information Hotline
1-800-FED-INFO (1-800-333-4636)

Louisiana School Attendance Law

- According to Louisiana law (R.S. 17:221), a child is to enroll and attend school by the age of 7 and can not drop out of school until the legal age of 18.

Recreational Resources

Jefferson Parish Recreation Department
www.jprecreation@jeffparish.net

- EastBank 6921 Saints Dr.
  Metairie, LA. 70003
  736-6999
- Westbank 7437 Lapalco Blvd.
  Marrero, LA. 70072
  349-5000

Recreational Resources
(continued)

Children's Museum 420 Julia St.
New Orleans, LA. 70130
523-1357

Aquarium of the Americas
1 Canal St.
New Orleans, LA. 70131
565-3800

Audubon Zoo
6500 Magazine St.
New Orleans, LA. 70118
581-4629

Boys and Girls Club of America

- 1222 N. Dorgenois St.
  New Orleans, LA. 70119
  371-5175

- 900 10th St.
  Gretna, LA. 70053
  368-3434

Lafreniere Park 3000 Downs Blvd.
Metairie, LA. 70003
838-4389
www.lafrenierepark.org

Recreational Resources
(continued)

Jefferson Performing Arts Society
885-2000
www.jpas.org

Bayou Segnette State Park
7777 Westbank Expressway
Westwego, LA. 70072
736-7140 or 1-888-677-2296
www.bayousegnette@crt.la.gov

Kenner Recreational Department
1905 24th St.
Kenner, LA. 70062
468-7211
www.recreation@kenner.la.us

Medical/Health Resources

Jeffferson Parish Human Services Authority
(Mental Health Clinic)
www.jphsa.org

- Eastbank 2400 Edenborne Ave.
  Metairie, LA. 70001
  838-5257

Doing an activity or outing together as a family is a homerun for success

Medical/Health Resources (continued)

Jefferson Parish Human Services Authority (continued)

- Westbank 5001 Westbank Expressway
  Marrero, LA. 70072
  349-8755
- 24 hour/7 days a week Crisis Line
  832-5123

Health Units

- Eastbank 111 N. Causeway Blvd. Metairie, LA. 70001 838-5100

- Westbank 1855 Ames Blvd. Marrero, LA. 70072
  349-8802
- They offer the following services: child health program, immunization, family planning, maternity and other health services.

Office of Family Support

- Eastbank 3229 36th St.
  Metairie, LA. 70001
  838-5111
- Westbank 2150 Westbank Expressway
  Harvey, LA. 70058
  361-6111

Medical/Health Resources (continued)

Urgent Care Facilities

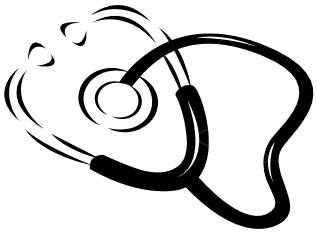
- Eastbank 1937 Veterans Memorial Blvd.
  Metairie, LA. 70005
  837-7817
- Westbank 148 Wall Blvd.
  Gretna, LA. 70056
  393-2273

Hospitals

- East Jefferson General Hospital
  4200 Houma Blvd.
  Metairie, LA. 70006
  454-4000

- West Jefferson General Hospital
  1101 Medical Center Blvd.
  Marrero, LA. 70072
  347-5551

- Ochsner Hospital
  1516 Jefferson Hwy
  Jefferson, LA. 70121
  842-4000



Medical/Health Resources (continued)

Hospitals (continued)

- Ochsner Hospital
  2500 Belle Chase Hwy
  Gretna, LA. 70056
  392-3131

- Ochsner Hospital
  180 W. Esplanade Ave.
  Kenner, LA. 70064

- Children's Hospital
  200 Henry Clay Ave.
  New Orleans, LA. 70118
  899-9511

Louisiana Children's Health Insurance Program (LaChip)
1-877-252-2447
(health insurance for children)

LA MOMS
1-888-342-6207
(health insurance for expecting mothers)

Medical/Health Resources (continued)

WIC Services

- Eastbank 111 N. Causeway Blvd.
  Metairie, LA. 70001
  838-5100

- Westbank 1855 Ames Blvd.
  Marrero, LA. 70072
  349-8802

Nurse Family Partnership program
471-2839
- This is a program is for first time mothers and provide education, support and helps prepare for the pregnancy

Tooth Bus
342-7874 (34-BRUSH)

Vaccination Bus
733-3268

Magellan
1-800-424-4399
www.magellanlouisiana.com
- Provides information on services for youth that are at risk for being placed out of the home.

Types of Child Abuse

Here are some ways children are mistreated and what some of the signs are:

- Neglect: Children are not getting enough food, not taking baths and keeping clean, and they are not going to the doctor when sick or the hospital when they get really hurt.

- Physical abuse: A child has bruises, marks, welts, and/or burns that do not have a reason for being there.

- Sexual abuse: Some signs of this abuse are pain, swelling, redness or bleeding in the genital area Also, unusual sexual play with toys, self or others; unusual knowledge of sex.

- Emotional abuse: Signs of this type of abuse are extremes in behavior ranging from overly aggressive to overly passive. Delay in physical, emotional, or intellectual development.

If you or a child are in immediate danger call 911.

Types of Child Abuse (continued)

If you suspect Child Abuse contact the Department of Children and Family Services (DCFS) hotline:
- (855)452-5437 or (855) 4LA-KIDS
- www.childhelp.org

Children's Advocacy Center
364-3857
www.jeffersoncac@att.net

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