



Resources

Recursos
de Español

Jefferson Parish Children & Youth Planning Board

May, 2018

The Mission of the Jefferson Parish Children & Youth Planning Board is to collaboratively promote and administer effective prevention and treatment programs to children and youth in a timely and appropriate manner with dignity and respect for the welfare of all children and their families resulting in healthier children and youth for a strong, vibrant community.

Request Copies of this Document:

Internet Download: Children & Youth Planning Board website, <http://cypb.jpjc.org/Publications.aspx>

E-Mail: Department of Juvenile Services at JPJuvenileServices@JeffParish.net



CHILD GROWTH

The following guides help parents with their child or children's growth. Below are things your young child may be doing at these ages. 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

9 months

- ⇒ Sits alone
- ⇒ Passes a toy from one hand to the other
- ⇒ Plays peek-a-boo
- ⇒ Bangs two objects together
- ⇒ Waves goodbye
- ⇒ 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 goodbye and plays pat-a-cake



(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 & 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

30 months

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



In other words, teach young children how to handle emotions without hurting anyone, teach them how to behave correctly, and give them room to explore without being in danger.

From Terrible Twos to School Success: Building Self-Regulation Skills

"First, children must be emotionally secure enough to make the movement from external control to self-management. Second, they must be behaviorally skilled enough to know how to act when they're on their own. And, third, children must be self-assured enough to seek and take responsibility for their own behavior." - Lawrence Steinberg, *Age of Opportunity*

To develop self-regulation in children, parents need to be warm, firm, and supportive of their children's growth toward self-reliance.



Teens

This period of growth for girls usually begin at age 10 and boys at age 12. The following are typical 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

Interests and Thought Changes

- ⇒ Think mainly about the present and limited thought about the future.
- ⇒ Their interests change and vary depending upon their importance.
- ⇒ Often act without thinking and focus more on immediate rewards than consequences

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** – Recognize when you need help and support. Have family, friends, and neighbors that may be able to provide support when times get tough. Often times, religious or spiritual support is helpful.

☉ **Learn Your Resources** – 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.

STOP

...AND MAKE SURE YOU
KNOW WHO YOUR
CHILD IS HANGING OUT
WITH WHEN THEY ARE
NOT WITH YOU. MAKE
SURE THEY ARE SAFE.



Parenting Tips

The following tips will help you develop as parents and assist in strengthening the relationship between you and your children. Remember, happy and healthy children depend on you.

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 knowledgeable friend, relative, counselor, health care provider, or church leader within your religious faith.

Take a Time-Out

When you need time to get things done, you can ask other trustworthy parents. You can also rely on parent support groups. Getting a babysitter is another form of help.

Understanding 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.



How to Make \$100,000 in 18 Years!

Investing in your child's future will save thousands of dollars years from now.

Here are a few investment tips:

- ◇ Reading or counting with your child can save the cost of tutoring, repeating school grades, or taking off work to talk with teachers.
- ◇ Feeding your child healthy foods can save costs of future injuries, illnesses, or doctor visits.
- ◇ Talking with your child about their thoughts, feelings, and dreams can save costs of therapy, legal problems, or court involvement.





Parent Resources

Parenting Center at Children's Hospital
938 Calhoun St., New Orleans, LA. 70118
parenting@chnola.org
(504) 896-9591

KIDLINE 1-800-CHILDREN

Statewide parent support/crisis intervention services. Call 1-800-244-5373 or Text 225-424-1533

ViaLink 2-1-1 Call Center

Dial 211. Crisis Counseling: 1-800-273-8255
Referrals & Information: 504-269-2673
-24 hour crisis counseling and referral service to programs that help to provide basic needs.
www.vialink.org

Boys Town National Hotline (see below)

Partnership for Drug-Free Kids

Information & Referrals: 1-855-378-4373



JEFFERSON PARISH
Early Childhood
COLLABORATIVE

Educational Resources

Early Head Start & Head Start Centers

Jefferson Community Action Programs 504-736-6850

Beechgrove Head Start (Birth to Five)
721 Tricia Court, Westwego, LA 70094
504-437-4852

Causeway Head Start (Three to Five)
3420 N. Causeway, Metairie, LA 70002
504-838-1000

Clay Street Head Start (Three to Five)
Washington Elementary
606 Clay Street, Kenner, LA 70062
504-736-8770

Jutland Head Start (Three to Five)
1821 Jutland Drive, Harvey, LA 70058
504-349-5500

Kenner Head Start (Three to Five)
200 Decatur Street, Kenner, LA 70062
504-736-8770

Lapalco Head Start (Birth to Five)
2001 Lincolnshire Drive, Marrero, LA 70072
504-349-5185

Terrytown-Gretna Head Start (Birth to Five)
2315 Park Place, Gretna, LA 70056
504-392-9890





www.jefferson.lib.la.us

Eastbank

- Eastbank Regional
4747 West Napoleon Ave. Metairie, 70001
838-1190
- Harahan Branch
219 Soniat Ave. Harahan, 70123
736-8745
- Lakeshore Branch
1000 W. Esplanade Ave. Metairie, 70005
838-4375
- Old Metairie Branch
2350 Metairie Rd. Metairie, 70001
838-4353
- Rosedale Branch
4036 Jefferson Hwy. Jefferson, 70121
838-4350
- Wagner Branch
6646 Riverside Dr. Metairie, 70003
838-1193
- North Kenner Branch
630 W. Esplanade
Kenner, 70065 736-8730
- River Ridge Branch
128 Sauve Rd. River Ridge, 70123 736-6455

Westbank

- Westbank Regional
2751 Manhattan Blvd. Harvey, 70058
364-2660
- Belle Terre Branch
5550 Belle Terre Rd. Marrero, 70072
349-5010
- Grand Isle Branch
Main Rd. Grand Isle, 70358 (985) 787-3450
- Gretna Branch
102 Willow Dr. Gretna, 70053 364-2716
- Lafitte Branch
4917 City Park Dr. Suite B, Lafitte, 70057
689-5097
- Live Oak Branch
125 Acadia Dr. Waggaman, 70094
736-8475
- Terrytown Branch
680 Heritage Ave., Gretna, 70056
364-2717
- Westwego
635 Fourth St., Westwego, 70094
349-5912

FREE INTERNET!! Residents of Jefferson Parish are eligible to access the wide world web at local Jefferson Parish libraries.



Jefferson Parish Public School System
www.jpschoos.org 349-7600



Free Online Tutoring, Job Search Assistance and Academic & Career Resources

Whether you need help with Math Homework, an English Paper, Finding a Job or Preparing for a Test, HomeworkLouisiana can help!

West Bank Adult Center (Day and Night Classes)

1429-B Ames Blvd.

Marrero, LA

(504) 361-5493

Classes: Monday thru Thursday 8:30AM – 11:30 AM
(Day Classes), Monday & Wednesday nights 5:30PM
– 8:00PM (Night Classes)

Adult Learning Center (Day Classes Only)

1108 Shrewsbury Rd.

Jefferson, LA

504-836-3395

Classes: Monday thru Thursday 8:30AM- 11:30AM

MLK Center (Day Classes Only)

1042 31st Street

Kenner, LA 70065

(504) 466-0697

Classes: Monday thru Thursday: 9:00AM – 12:00PM

Bonnabel High School (Night Classes Only)

2801 Bruin Dr. Building 100, 2nd floor

Kenner, 70065

Classes: Tuesday and Thursday: 5:30PM – 8:00PM

Café Hope

1101 Barataria Blvd.

Marrero, 70072 (504) 458-9853

www.cafehope.org



Jefferson Chamber Academy Schools

www.jcfa.co

Westbank Campus

475 Manhattan Blvd., Harvey, 70058

(504) 410-3121

Eastbank Campus

3401 Jefferson Highway, Jefferson, 70121

(504) 410-3280

Algiers Campus

1415 Teche Street, NO, 70114

(504) 518-5834



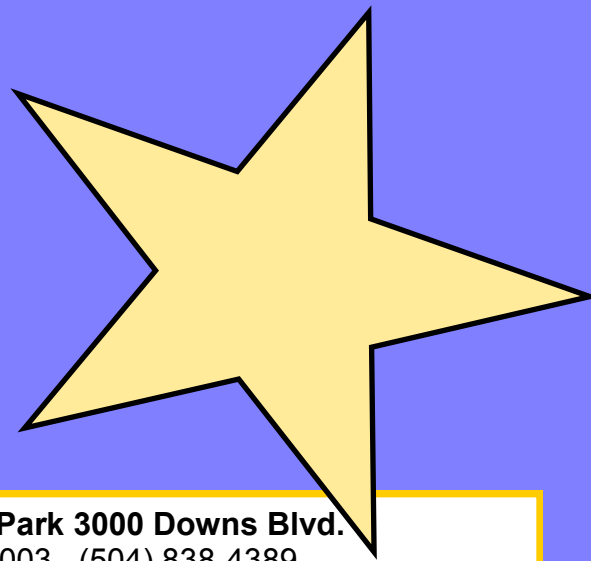
Louisiana National Guard
Youth Challenge Program

1-800-CAMP-KID

(1-800-226-7543)

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

<http://www.jeffparish.net/index.aspx?page=477>



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

Children's Museum 420 Julia St.

New Orleans, 70130 (504) 523-1357

www.lcm.org

<https://audubonnatureinstitute.org/>



Aquarium of the Americas

1 Canal St.

New Orleans, 70113 (504) 565-3800

Audubon Zoo

6500 Magazine St.

New Orleans, 70118 (504) 581-4629

Boys and Girls Club of America - New Orleans

1222 N. Dorgenois St.

New Orleans, 70119

(504) 371-5175

Boys and Girls Club of America- Westbank

900 10th St., Gretna, 70053 (504) 368-3434



Lafreniere Park 3000 Downs Blvd.

Metairie, 70003 (504) 838-4389

www.lafrenierepark.org

Jefferson Performing Arts Society

(504) 885-2000 www.jpas.org

Bayou Segnette State Park

7777 Westbank Expressway

Westwego, 70072

(504) 736-7140 or 1-888-677-2296

<https://www.crt.state.la.us/louisiana-state-parks/parks/bayou-segnette-state-park/>

Kenner Recreational Department

1905 24th St., Kenner, 70062 (504) 468-7211

<https://kenner.recdesk.com/Community/Page?pagelid=9957>

East Jefferson YMCA

6691 Riverside Drive

Metairie, 70003 (504) 888-9622



Belle Chasse YMCA

8101 Highway 23

Belle Chasse, 70037

(504) 392-9622

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

Castle Kids Child Development Center YMCA

7400 Leake Ave.

New Orleans, 70118

(504) 862-2103



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



Jefferson Parish
Human Services Authority

After hours, nights, and weekends, you can reach a behavioral health Mobile Crisis Line at 504-832-5123. If you are experiencing an emergency, please go to the nearest hospital or dial 911.

Medical/Health Resources

Jefferson Parish Human Services Authority

www.jphsa.org

- Eastbank 2400 Edenborne Ave.
Metairie, 70001 (504) 838-5257
- Westbank 5001 Westbank Expressway
Marrero, 70072 (504) 349-8755

(24 hour/7 days a week Crisis Line 832-5123)

Metropolitan Human Services District

www.mhsdla.org/

3100 General De Gaulle Drive
New Orleans, 70114 (504) 568-3130

Crisis Line: (504) 826-2675

Health Units

- Eastbank 111 N. Causeway Blvd. Metairie,
70001 (504) 838-5100 ext. 139
- Westbank 1855 Ames Blvd. Marrero, 70072
(504) 349-8802

Department of Child & Family Services

- 800 West Commerce Road, Suite 500, Harahan,
70123 (504) 736-7151

JeffCare (Medical Clinics)

- Eastbank: 3616 S. I-10 Service
Road W., Suite 100, Metairie,
70001 (504) 838-5257
- Westbank: 5001 Westbank
Expressway, Suite 100,
Marrero, 70072 (504) 349-
8708



Urgent Care Facilities

- Ochsner Urgent Care-River Ridge 9605
Jefferson Highway, Suite G, River Ridge
(504) 739-9494
- West Jefferson Medical Center Emergency
1101 Medical Center Boulevard, Marrero,
70072 (504) 349-1533
- In & Out Urgent Care—Metairie 100 N.
Labarre Rd., Suite C, Metairie 70001
(504) 608-3261
- The Urgent Care-Westbank
148 Wall Boulevard, Gretna 70056
(504) 393-2273

Hospitals

- East Jefferson General Hospital
4200 Houma Blvd.
Metairie, 70006 (504) 454-4000
- West Jefferson General Hospital
1101 Medical Center Blvd.
Marrero, 70072 (504) 347-5551
- Ochsner Hospital—Main Facility
1516 Jefferson Hwy
Jefferson, 70121 (504) 842-4000
- Ochsner Hospital - Westbank
2500 Belle Chase Hwy
Gretna, 70056 (504) 392-3131
- Children's Hospital
200 Henry Clay Ave.
New Orleans, 70118 (504) 899-9511



Louisiana Children's Health Insurance Program (LaCHIP)

To apply:

- Online: <http://ldh.la.gov/index.cfm/page/237>
- By phone: 1-888-342-6207

LaMOMS—pays for pregnancy-related services for up to 60 days following the end of pregnancy

To apply:

- Online: <http://ldh.la.gov/index.cfm/page/237>
- By phone: 1-888-342-6207

Women, Infants, & Children Program (WIC)

www.louisianawic.org

- Ultimate Health WIC Clinic—Gretna
91 Westbank Expressway, Suite 405, Gretna 70056 (504) 363-4899
- Ultimate Health WIC Clinic-Westwego
1347 Westbank Expressway, Marrero 70072 (504) 613-0921
- Jefferson Parish Health Unit WIC Clinic
1855 Ames Boulevard, Marrero, 70072 (504)
- Jefferson Parish Health Unit WIC Clinic
111 North Causeway Blvd., Metairie, 70002 (504) 838-5100

- Access Health Louisiana WIC Clinic
Esplanade Mall, 1404 W. Esplanade, Kenner, 70065 (504) 712-7800
- See website for additional locations



NURSE-FAMILY PARTNERSHIP LA REGION 1 SELAHEC A

1450 Poydras Avenue, 12th Floor, New Orleans LA 70112

Parishes served: Orleans, Jefferson, St. Bernard, Plaquemines

Phone: 504-568-5926

Nurse-Family Partnership

For first-time moms who are pregnant 28 weeks or less, meet income requirements, live in a service area are eligible for free help from a personal nurse who will come to a home to offer advice, support and a good laugh when needed the most through pregnancy and until the baby is 2 years old!



Parenting is hard. We can help.
anonymous • safe • confidential • information
resources • parenting • family concerns

Reporting Child Abuse or Neglect

✉ E-MAIL | 🖨 PRINT | ➦ SHARE

HOW CAN I REPORT CHILD ABUSE OR NEGLECT?

**Call 1-855-4LA-KIDS (1-855-452-5437) toll free 24 hours a day,
365 days a year.**

Medicaid Managed Care Organizations (MCOs)

- Aetna Better Health
(504) 667-4682
- AmeriHealth Caritas Louisiana
(225) 218-5244
- Community Care Health Plan of Louisiana (a.k.a., Healthy Blue)
(225) 315-9686
- Louisiana Healthcare Connections
(225) 201-8588
- United Healthcare of Louisiana
(225) 237-2044

Medicaid Enrollment Center
1-855-229-6848

**Ronald McDonald
Care Mobile®**

- ☺ Free Childhood Immunizations
 - ☺ 6 wks – 18 yrs of age
 - ☺ Immunization Record Required
- (504) 733-3268 Fax (504) 733-7341
www.GNOshots4kids.com



200 Henry Clay Avenue
New Orleans, LA 70118
(504) 899-9511
www.chnola.org

**IF YOU SUSPECT CHILD SEXUAL ABUSE,
CONTACT CHILDREN'S HOSPITAL AT
896-9237 OR 9-1-1**

**If you suspect Child Abuse contact the
Department of Children and Family
Services (DCFS) hotline:
1-855-452-5437**



CONTACT PHONE
(504) 364-3857

Children's Advocacy Center
www.jeffersoncac.com

Preventing Child Abuse

Here are a few of the signs to look for:

- ♦ Children not getting enough food, not taking baths and keeping clean, and not going to the doctor when sick or the hospital when they get really hurt.
- ♦ Appearance of bruises, marks, welts, and/or burns that do not have a reason for being there.
- ♦ Pain, swelling, redness or bleeding in the genital area, unusual sexual play with toys, self or others; unusual knowledge of sex.
- ♦ Extremes in behavior ranging from too much aggression to being too passive. Delay in physical, emotional, or intellectual development.

Effects of Child Sexual Abuse on Victims

- ⇒ Difficulty sleeping,
- ⇒ Eating problems,
- ⇒ School performance problems,
- ⇒ Fear, anxiety, and inability to trust adults,
- ⇒ Anger toward abuser or adult who failed to protect them,
- ⇒ Feeling powerless or looked down upon by peers,
- ⇒ Low self-esteem, feeling of worthlessness, and an abnormal or distorted view of sex.

Recursos de Español

Hispanic Resource Center (Day Classes)

4312 Florida Ave., Kenner, 70065

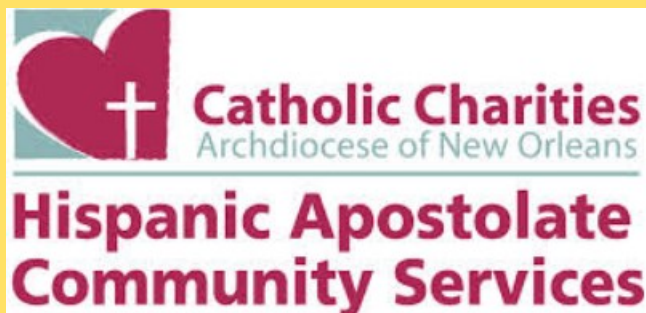
(504) 469-2570

Classes: Monday thru Thursday: 9:00 AM–2:00PM

Caridades Católicas—Servicios de Inmigración

Llame: (504) 310-6860 o 1-866-891-2210

Llame a nuestra línea de información a (504) 227-3333 para obtener los detalles grabados sobre nuestros próximos eventos comunitarios.



Phone: (504) 814-4480

1500 Lafayette St. Suite 154

Gretna, 70053

E-Mail: nomicllc@gmail.com

Disclaimer Notice

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