



# Basic Instruction for Babies

a resource guide for teen parents

a project by Leadership Southside Group XVII

## Resources

Child Safety	4
Childcare Referral and Resources	6
Clothing Assistance	8
Counseling Services	9
Counseling and Group Therapy	
Alcohol and Substance Abuse Resources	
Developmental Guides	11
Development Milestones: Hearing	
Development Milestones: Talking	
Baby Development: First 12 months	
Child Development: 0-5 Years Old	
What Newborns Look Like	
Seven Reasons Why Babies Cry and How to Soothe Them	
Developmental Resources	33
Screening/Special Needs	
Educational Resources (for self)	34
Employment and Transportation Resources	37
Financial Services	39
Food Assistance and Nutrition	40
Health and Medical Resources	44
Health Insurance	
Immunizations Recommendations	
Recommended Well-Baby Visits	
When to Call a Doctor: How Will We Know if Our Newborn Baby is Ill?	
We're Worried that We Won't be Able to Tell.	
Housing Resources	47
Legal Services	48
Placement & Adoption Services	50
Recreational Activities	51

## **Welcome!**

Becoming a parent is one of the toughest things you will ever do. But you are not alone. Maybe you've heard that it "takes a village to raise a child". Well, you live in a village ready and willing to help you with caring for your child. There are organizations ready to help you with everything from food assistance, to clothing, to medical care, to continuing your education and finding a job. This resource guide will tell you who these organizations are and what they do. It will offer guidance on some subjects and information about others. Sometimes, when you need help you might not know who to ask or even if help is out there. This book aims to help find the information you need. There are a lot of things to consider when you're having a baby and no one knows all the answers. We hope this book will help you in your journey to parenthood. And remember: you're not alone, help is out there.

## **Child Safety**

It's important to keep your baby safe. Car seats can be complicated but they don't have to be. The Danville Fire Department, the Danville Police Department, and the Pittsylvania County Sheriff's Department offer assistance with their installation. In this section you'll find some safety resources and tips for child passenger safety.



Danville Fire Department	(434) 799-5226
Danville Police Department	(434) 799-6510
Pittsylvania County Sheriff's Department	(434) 432-7800
Little Life Pregnancy Medical Center	(434) 836-5433
Free Clinic of Danville	(434) 799-1223
Blue Ridge Poison Center	(800) 222-1222 Cell Users: (800) 451-1428

NOTE: The Danville Fire Department, the Danville Police Department, and the Pittsylvania County Sheriff's Department offer assistance with the installation of car seats.

### **Child Passenger Safety Tips**

**Infants until at least 1 year old and at least 20 pounds should be in rear-facing safety seats.**

- Virginia law requires all rear-facing safety seats to be in the back seat. If there is not a back seat in the vehicle, the safety seat may be in the passenger seat only if an airbag is not present or if the passenger seat airbag is deactivated.
- Recline a rear-facing safety seat to the proper angles; never more than 45 degrees. A firmly rolled up towel under the safety seat may help
- Route harness straps in appropriate slots at or below shoulder level. Keep harness straps snug and fasten harness clip at armpit level.
- Most safety seat carrying handles should be down

**Kids over 1 year old and weighing more than 20 pounds can be in forward-facing safety seats.**

- Place safety seat in upright position.
- Route harness straps in upper slots at or above shoulder level. Keep harness straps snug.

- Fasten harness clip at armpit level.

**Kids about age four to at least age eight, and under 4-feet 9-inches tall, should be in booster seats.**

- These seats must be used with both lap and shoulder belts. Kids this size are too small to fit correctly in adult safety belts alone. If your vehicle has a low back seat and your child's ears are above it, you need a high back booster seat to protect his/her head.
- A booster seat makes lap and shoulder belts fit correctly: lower over hips and upper thighs and snug over the shoulders.

**Usually kids at least eight years old or over 4-feet 9-inches tall can correctly fit in lap/shoulder belts.**

- To fit correctly in a safety belt, kids must be tall enough to sit with knees bent at the edge of the seat without scooting forward and feet should touch the floor.
- Never put shoulder belts under kids' arms or behind their backs.
- Lap and shoulder belts should fit low over hips and upper thighs and across the center of the chest and shoulder.

For more information, please visit: [www.safetyseatva.org](http://www.safetyseatva.org)

## Child Care Referral and Resources

### Education for Your Child

A to Z Early Childhood Learning Center (6 weeks-12 years)	8136 Fairystone Park Highway Bassett, VA 24055	(276) 627-0203	
Abundant Life World Outreach Church (1 month – 12 years 11 months)	Abundant Life Child Care, 955 Mt. Cross Road Danville, VA 24540	(434) 799-8213	<a href="http://childcarecenter.us/provider_detail/abundant_life_world_outreach_church_danville_va">http://childcarecenter.us/provider_detail/abundant_life_world_outreach_church_danville_va</a>
Apple Tree Children's Center, Inc. (2 years – 12 years)	1218 West Main Street, Danville, VA 24541	(434) 792-7753	<a href="http://childcarecenter.us/provider_detail/apple_tree_childrens_center_inc_danville_va">http://childcarecenter.us/provider_detail/apple_tree_childrens_center_inc_danville_va</a>
Children First Learning Center and Day Care (14 months – 11 years)	5000 US HWY 29 Blairs, VA 24527	(434) 836-9156	
Danville Regional Child Care Center (6 weeks – 12 years)	245 Gray Street Danville, VA 24541	(434) 799-4593	<a href="http://childcarecenter.us/provider_detail/danville_regional_child_care_center_danville_va">http://childcarecenter.us/provider_detail/danville_regional_child_care_center_danville_va</a>
Danville YMCA School Age Care (5 years – 12 years)	810 Main Street Danville, VA 24541	(434) 792-0621	<a href="http://childcarecenter.us/provider_detail/danville_ymca_school_age_care_danville_va">http://childcarecenter.us/provider_detail/danville_ymca_school_age_care_danville_va</a>
Fairview United Methodist Church (2 years – 5 years)	Becky's Kiddie Kollege 1013 Westover Drive" Danville, VA 24541	(434) 792-3391	<a href="http://childcarecenter.us/provider_detail/fairview_united_methodist_church_danville_va">http://childcarecenter.us/provider_detail/fairview_united_methodist_church_danville_va</a>
Faith Assembly Christian Child Development (6 months – 12 years)	3777 Wards Road Altavista, VA 24517	(434) 369-4910	
Families First Children's Center, Inc. (16 months – 12 years)	1004 South Main Street Danville, VA 24541	(434) 793-9531	<a href="http://childcarecenter.us/provider_detail/families_first_childrens_center_inc_danville_va">http://childcarecenter.us/provider_detail/families_first_childrens_center_inc_danville_va</a>
Imagination Station 6 weeks-12 years	449 Chalk Level Road Chatham, VA 24531	(434) 432-8830	
Just Kids Child Development (16 months – 12 years)	120 Shaver-Johnson Street, Danville, VA 24540	(434) 793-2404	<a href="http://childcarecenter.us/provider_detail/just_kids_child_development_danville_va">http://childcarecenter.us/provider_detail/just_kids_child_development_danville_va</a>
Kid-Konnection Child Development Center (Birth – 12 years)	2825 Stony Mill School Road, Danville, VA 24541	(434) 685-7663	<a href="http://childcarecenter.us/provider_detail/kid_konnection_children_development_center_danville_va">http://childcarecenter.us/provider_detail/kid_konnection_children_development_center_danville_va</a>
Little Blessings Learning Center (6 weeks – 12 years)	1133 Locust Drive Cascade, VA	(434) 685-2458	
Linda Gilbert Family Day Home (1 month – 12 years 11 months)	210 Northside Drive Gretna, VA	(434) 656-6179	

Mt. Calvary Pentecostal Holiness Church Daycare and Academy (1 month – 12 years 11 months)	350 AL Philpott Highway Axton, VA 24054	(276) 650-1516	
N the Beginning Child Care Center and Development Center (2 months – 12 years)	502 Southampton Ave Danville, VA 24541	(434) 792-4135	
Play-N-Pretend Child Care Center (6 weeks – 12 years)	2276 Franklin Turnpike, #125 Danville, VA 24540	(434) 836-8953	<a href="http://childcare.us/provider_detail/play_n_pretend_child_care_center_danville_va">http://childcare.us/provider_detail/play_n_pretend_child_care_center_danville_va</a>
Small World Child Care Center (6 weeks – 12 years)	166 New Street, Danville, VA 24540	(434) 792-2724	<a href="http://childcare.us/provider_detail/small_world_child_care_center_danville_va">http://childcare.us/provider_detail/small_world_child_care_center_danville_va</a>
Tot Spot # 2 (1 year – 12 years)	712 N. Main Street, Danville, VA 24540	(434) 797-5806	<a href="http://childcare.us/provider_detail/tot_spot_2_danville_va">http://childcare.us/provider_detail/tot_spot_2_danville_va</a>
Tot Spot #1 (12 months – 12 years)	130 Camden Street, Danville, VA 24541	(434) 797-4586	<a href="http://childcare.us/provider_detail/tot_spot_1_danville_va">http://childcare.us/provider_detail/tot_spot_1_danville_va</a>
Tot Spot Child Care & Kindergarten, Inc. (1 year – 12 years)	130 Clarkson Street, Danville, VA 24540	(434) 836-1771	<a href="http://childcare.us/provider_detail/tot_spot_child_care_kindergarten_inc_danville_va">http://childcare.us/provider_detail/tot_spot_child_care_kindergarten_inc_danville_va</a>
Trinity United Methodist Church (2 ½ years – 9 years)	409 Arnett Boulevard Danville, VA 24540	(434) 792-7149	<a href="http://childcare.us/provider_detail/trinity_united_methodist_church_danville_va">http://childcare.us/provider_detail/trinity_united_methodist_church_danville_va</a>
YMCA Discovery Place (16 months – 12 years)	1000 Franklin Place Altavista, VA 24517	(434) 369-6842	
YMCA (4 years – 12 years)	1500 Axton Middle School Axton, VA 24054	(276) 647-3089	
YMCA (5 years – 12 years)	302 N. Franklin Boulevard Gretna, VA 24557	(434)369-9622	

This listing of day care providers is not a complete list of all services available and those included are not endorsed by Leadership Southside XVII or any other partners.

## **Clothing Assistance**

One thing babies do is grow, and that means new clothes from time to time. The following organizations will assist those who need help with clothing or can provide inexpensive clothing.



Goodwill Industries of Danville Area	(434) 792-2511
God's Store House	(434) 793-3663
Little Life Pregnancy Medical Center	(434) 836-5433
Salvation Army	(434) 799-7833

## **Counseling Services**

### **Counseling and Group Therapy**

It has been proven that teen pregnancy can have a huge emotional impact on the life of you, your baby, your baby's father and your parents. There are many factors to consider when it comes to the choices a pregnant teen must make. There are people specially trained to assist you in helping you make the best possible decision as well as helping with your ongoing emotional care during pregnancy and after the baby is born. Listed below are several different counselors, therapists, and organizations that can assist you in your needs:



Children & Family Services	(434) 792-7437
Associates in Mental Health Services	(434) 791-2059
Suzanne Sanford	(434) 432-8602
Danville Pittsylvania Community Services	(434) 799-0456 or (434) 793-4922
Linda Giles	(434) 799-2022
Sue Bindewald	(434) 793-0700
Dr. Lucy Moore	(434) 836-0732
Anderson Counseling Services	(434) 836-0732
Crisis Line Danville Pittsylvania County Services	(434) 792-4357
Cross Roads Christian Counseling	(434) 791-2767
Little Life Pregnancy Medical Center	(434) 836-5433

All five of the counseling agencies below provide in-home counseling:

Madeline Centre	(434) 239-0003
Family Preservation	(434) 517-1997 or (434) 572-8598
All Care Family Services	(804) 274-0995
DePaul Family Services	(434) 793-5358

## Alcohol and Substance Abuse Resources

When you are pregnant, you are not just "eating for two." You also breathe and drink for two, so it is important to carefully consider what you give to your baby. If you smoke, use alcohol or take illegal drugs, so does your unborn baby.

Teens who become pregnant often engage in other risky behaviors, such as substance abuse. If you are using Substances during your pregnancy it may result in premature birth, miscarriage, low birth weight in newborns, and a variety of behavioral and cognitive problems in infancy. If you are choosing to use substances such as alcohol, marijuana, prescription drugs, heroin, cocaine, and methamphetamine you may have babies that exhibit signs of addiction at birth and could result in the removal of your child. If you would like to speak with someone about your past or current substance abuse please contact:

Danville Regional Medical Center	(434) 799-2222
Danville Pittsylvania Community Services	(434) 799-0456 or (434) 799-4922
Al-Anon	(434) 822-7336
Alcoholics Anonymous	(434) 799-4111
Little Life Pregnancy Medical Center	(434) 836-5433
Life in Focus Education	(434) 836-9434
Regional Alliance for Substance Abuse Prevention	(434) 797-3981 ext. 16



## **Developmental Guidelines**

Babies go through a lot of changes their first year. It's amazing! They go from being unable to even lift their heads to walking. Below you'll find loads of information about the developmental changes your baby will experience in their first year and beyond.

### **Developmental Milestones: Hearing**

#### **Hearing**

Unless she has a hearing impairment, your baby can hear from birth. As she grows, she'll use her ears to take in massive amounts of information about the world around her, which in turn will stimulate her brain development and lead to physical accomplishments such as sitting, rolling over, crawling, and walking.

#### **When it develops**

Your baby's hearing will be fully mature by the end of her first month, though really understanding and appreciating all the things she's listening to will take a little longer.

#### **How it develops**

From the beginning your baby will pay close attention to voices, especially high-pitched ones, and will respond to familiar sounds (you talking, a frequently read story, etc.). She may also startle at loud or unexpected noises.

By three months your baby's temporal lobe - which assists with hearing, language, and smell - will have become more receptive and active, so when your baby hears your voice, she may look directly at you and start gurgling or trying to talk back. But talking and listening can be hard work for her. At this age, if she looks the other way or loses concentration while you talk or read to her don't worry about her hearing. She may just be over stimulated.

At five months your baby will realize where sounds come from, and she'll turn quickly toward new ones. Five-month-olds can also recognize their own name - notice how your little one looks at you when you call her or talk about her with others.

#### **What's next**

Your baby's hearing is fully developed when she's still very young, but it's important to get it checked early so you can nip any possible problems in the bud.

#### **Your role**

You can do many things to help your baby get used to and learn new sounds. Try singing nursery rhymes or playing music. Babies are so open to all things that you don't have to restrict them to kids' songs. Offer your little one anything from Bach to the Beatles. The sound of wind chimes or a ticking clock is also likely to amuse your baby -- the more varied the offerings, the richer the impact. Inevitably, you'll see your child react more pleasurably to one selection over another as she begins to develop preferences.

Reading to a child, no matter how young, will pay off, too. It helps your baby develop an ear for the cadence of language - in fact, varying the pitch of your voice, using accents and singing make the aural connection between you and your baby that much more stimulating. Plus, the more you talk and read to her, the more sounds and words she learns as she gets ready to talk.

As she gets older and begins to realize where sounds come from, your baby will turn quickly toward new ones. Older infants (about four or five months) may start watching your mouth intently when you speak and try to imitate inflections and utter consonant sounds such as "m" and "b."

**When to be concerned**

Babies are amazing: they can sleep right through the telephone ringing and the dog barking. This is normal - they need their sleep. But while the vast majority of babies have excellent hearing, a certain percentage of children will have problems, especially if they were born extremely prematurely or were deprived of oxygen or had a severe infection at birth. Babies with a family history of hearing loss are also more likely to have impaired hearing.

When your baby is awake and alert - and not suffering from a cold or ear infection, which may temporarily affect her hearing - she should startle at loud, sudden noises, calm and turn to you when she hears your voice, and otherwise seem to react normally to sounds around her.

All newborns are offered a hearing test shortly after birth, either in hospital, a community clinic or at home. Later on you can ask your doctor or health visitor to check her hearing if you have any concerns. You can make your own assessment of your baby's hearing or trying these quick tests at home:

- Under three months: Clap your hands behind your baby's head. If she startles, she's fine. If she doesn't, repeat a few times.
- Between four and six months: Call her name to see whether she turns toward or reacts to your voice. See if she turns her eyes or head to look for an interesting sound.
- Between six and ten months: See whether your child responds to her name and familiar environmental sounds, such as the ringing of the phone or the roar of the vacuum cleaner.
- Between ten and 15 months: Ask your child to point to a familiar object in a picture book. If she can't, she may not be hearing you.

Even if your child passes all of these tests with flying colors, if you're concerned, trust your instinct and ask your baby's doctor or your health visitor. The earlier babies are checked for hearing problems, the better. According to the most recent research, identifying children who need hearing aids and fitting them with the devices before they're six months old significantly helps their speech and language development.

Reviewed June 2006

For more information, please visit: <http://www.babycenter.com.au/baby/development/hearing/>

**Developmental Milestones: Talking****Talking**

Your baby will learn to talk during his first two years of life. Long before he utters his first word, he's learning the rules of language and how adults use it to communicate.

He'll begin by using his tongue, lips, palate, and any emerging teeth to make sounds ("ooh"s and "ahh"s in the first month or two, babbling shortly thereafter). Soon those sounds will become real words ("mama" and "dada" may slip out and bring tears to your eyes as early as 4 to 5 months).

From then on, your baby will pick up more words from you and everyone else around him. And sometime between 18 months and 2 years, he'll begin to form two- to three-word sentences. As your baby makes mental, emotional, and behavioral leaps, he'll increasingly be able to use words to describe what he sees, hears, feels, thinks, and wants.

### **When and how it develops**

Here's how you can expect your baby's talking to progress. If he's being raised in a bilingual environment, the number of words he can speak will be split between the two languages he's learning.

**In utero:**

Many researchers believe the work of understanding language begins while a baby is still in utero. Just as your unborn baby gets used to the steady beat of your heart, he tunes into the sound of your voice. Days after birth, he's able to discern your voice among others.

**Birth to 3 months:**

Crying is your baby's first form of communication. And one cry doesn't fit all: A piercing scream may mean he's hungry, while a whimpering, staccato cry may signal that he needs a diaper change. As he gets older, he'll develop a delightful repertoire of gurgles, sighs, and coos.

As for his ability to understand language, he's starting to pick up what words sound like and how sentences are structured as he listens to those around him. Linguists say babies as young as 4 weeks can distinguish between similar syllables, such as "ma" and "na."

**4 to 6 months:**

At this stage, your child will start to babble, combining consonants and vowels (such as "baba" or "yaya"). The first "mama" or "dada" may slip out now and then. Though it's sure to melt your heart, your baby doesn't equate those words with you quite yet. That comes later, when he's almost a year old.

Your baby's attempts at talking will sound like stream-of-consciousness monologues in another language, with endless words strung together. Vocalization is a game to your baby, who's experimenting with using his tongue, teeth, palate, and vocal cords to make all sorts of funny noises. At this stage, babbling sounds the same, whether you speak English, French, or Japanese in your home. You may notice your child favoring certain sounds ("ka" or "da," for example), repeating them over and over because he likes the way they sound and how his mouth feels when he says them.

**7 to 12 months:**

When he babbles and vocalizes now, your baby will sound as if he's making sense. That's because he's trying out tones and patterns similar to the ones you use. Foster his babbling by talking to him and reading to him.

**13 to 18 months:**

Now your child is using one or more words, and he knows what they mean. He'll even practice inflection, raising his tone when asking a question, saying "Up-py?" when he wants to be carried, for example. He's realizing the importance of language as he taps into the power of communicating his needs.

**19 to 24 months:**

Though he probably says about 50 to 70 words now, your child may understand as many as 200 words, many of which are nouns. Between 18 and 20 months, he'll learn words at the rate of 10 or more a day (so watch your language!). He'll even string two words together, making basic sentences such as "Carry me."

By the time he's 2, your child will use three-word sentences and sing simple tunes. His sense of self will mature, and he'll start talking about what he likes and doesn't like, what he thinks and feels. Pronouns may confuse him, which is why he might say "Baby throw" instead of "I throw."

25 to 36 months:

Your toddler may struggle for a while to find the appropriate volume to use when talking, but he'll learn soon enough. He's also starting to get the hang of pronouns, such as "I," "me," and "you." Between ages 2 and 3, your child's vocabulary will grow to up to 300 words. He'll string nouns and verbs together to form complete, simple sentences, such as "I go now."

By the time he turns 3, your child will be a pretty sophisticated talker. He'll be able to carry on a sustained conversation and adjust his tone, speech patterns, and vocabulary to his conversation partner. For instance, he'll use simpler words with a peer, but be more verbal with you. By now he may be almost completely intelligible. He'll even be a pro at saying his name and age, and will proudly oblige when asked.

### **Your role**

You can help your child's language skills along by providing a rich and nurturing communication environment. The most important things to do:

- **Talk.** Research shows that children whose parents spoke to them extensively when they were babies have significantly higher IQs and richer vocabularies than other children. You don't need to chatter nonstop, but speak to your baby whenever you're together. Describe what you're doing, point things out, ask questions, sing songs. (Although some baby talk is okay, resist the temptation to coo and babble. Your child will learn to speak well by listening to you speak well.)
- **Read.** Reading to your child is a great way to expose him to new vocabulary, the way sentences are put together, and how stories flow. As a baby he'll delight in the sound of your voice, as a toddler he'll enjoy the stories and pictures, and by the time he's a preschooler he may even jump in to tell you what's going on in a book.
- **Listen.** When your child talks to you, be a good listener — look at him and be responsive. He's more likely to speak up when he knows you're interested in what he's saying.

### **When to be concerned**

You're the best person to gauge your child's speech development. If he's showing any of the signs listed below and you feel concerned, it's a good idea to discuss the possibility of a language delay or hearing problem with your child's doctor.

If it seems necessary, your doctor will refer your child to a pediatric speech-language pathologist for an evaluation. (A searchable directory of certified therapists can be found on the American Speech-Language-Hearing Association's Web site.) Alternatively, your doctor's office, daycare provider, or local school might be able to direct you to an early intervention program in your area — usually coordinated through the county or public school system — that will provide free screening for language problems.

### **Some signs to look out for:**

6 to 12 months:

Your baby isn't making (or even attempting to make) any sounds or eye contact with you, or stops babbling at around 6 months.

13 to 18 months:

Your child isn't saying any words by 15 months (including "mama" or "dada"), didn't babble before his first birthday, is unable to point to any body parts, or you still can't understand a word he's saying by 18 months.

19 to 24 months:

Your child rarely attempts to speak or imitate others, drops consonants from words (saying "ea-ut" for "peanut," for example), doesn't seem to get frustrated when you can't understand what he wants, or only uses single words — no combinations.

25 to 36 months:

Your child continues to drop consonants, has difficulty naming most everyday objects, hasn't started to use two- or three-word phrases, or by age 3 cannot be well understood by someone who doesn't know him.

If your child stutters, it doesn't necessarily signal a problem. Stuttering is a normal phase, especially when his ability to communicate is expanding so rapidly. Sometimes he'll be so excited to tell you what's on his mind that he can't get the words out fast enough. But if his stuttering continues for more than six months, or if it's bad enough that he tenses his jaw or grimaces in an effort to get the words out, talk with his doctor about it.

#### **What comes next**

As your child grows, he'll become more of a chatterbox. There might be moments when you long for those peaceful days of speechlessness, but for the most part, you'll delight in his play-by-plays of what happened at preschool, what he thinks about dinosaurs, and his descriptions of what his best friend likes to eat.

By age 4, your child will use about 800 words. He'll begin to understand and use correct tenses, along with the words "won't" and "can't." Oh, and get ready for every why, what, and who question under the sun.

For more information, please visit: [http://www.babycenter.com/0\\_developmental-milestone-talking\\_6573.bc](http://www.babycenter.com/0_developmental-milestone-talking_6573.bc)

## **Baby Development: First 12 Months**

During the first 12 months of baby development, your baby responds best to a warm, loving environment.

Holding your baby and responding to baby cries are essential in building a strong, healthy relationship by bonding with your baby.

Use the following guidelines to offer age-appropriate activities for your baby.

These are just guidelines, and a healthy baby may achieve a milestone later than average. If your baby is lagging in several areas, contact your pediatrician.

#### **Baby development: End of month one:**

- Lifts head for short periods of time
- Moves head from side to side
- Prefers the human face to other shapes
- Makes jerky, arm movements
- Brings hands to face
- Has strong reflex movements
- Can focus on items 8 to 12 inches away
- May turn towards familiar sounds or voices
- Responds to loud sounds
- Blinks at bright lights

Baby keeps the hands clenched and arms and legs curled in. This is a familiar, comforting fetal position to baby who has never known anything but this closeness. Baby will relax the muscles during the next several weeks.

The baby's first few days are guided primarily by instinct. Already at birth baby is able to recognize mother's voice and, you will likely notice baby turn the head toward that single sound even when visitors crowd the room. Soon baby will identify other familiar voices that the baby heard from the womb.

Baby is born with a strong urge to suck. While it seems natural that baby would also be born with the innate ability to breastfeed, you may notice it takes a few days for the two of you to learn the technique effectively. Don't be afraid to ask for help.

Don't expect baby to observe too many objects around the room though as her immature eyes can only focus about 8 to 10 inches from her face.

Most babies drift off to sleep an hour or so after birth. It is normal for this sleepiness to last for a few days. Enjoy watching baby snooze this week and, take advantage of this sleepy period to rest yourself.

Expect baby to remain on her own "schedule" and allow baby to dictate when baby needs to eat and sleep.

Baby will enjoy all skin-to-skin cuddling, especially when baby is nursing. Dads are also skilled in this skin to skin contact. The quick removal of a shirt and a cozy blanket may be all that's needed to lull baby off to sleep.

Baby is also learning to trust. Each time you appear to feed, diaper or comfort him you're helping to reinforce the idea that you will be there to meet his needs. Continue to follow his schedule, whatever it may be. He will soon learn that he can depend on you whenever he needs assistance or just a quick little hug.

**Baby development: End of month two:**

- Smiles
- Tracks objects with his eyes
- Makes noises other than crying
- May repeat vowel noises, such as "ah" or "ooh"

Baby will start to relax her muscles and straighten her body. Expect her hands to remain clenched except during periods of sleep or quiet alertness.

Witness displays of strength as your seemingly helpless baby lifts her head approximately 45 degrees when placed on the floor on her tummy.

Improved eye sight now allows her to glance around the room and take in her surroundings. Baby will now begin to cry to elicit a specific response from you. Feed her at the first sign of hunger rather than the first cry. At this young age, you will not spoil her by offering too much attention, cuddling or feeding on demand. Conversely, baby will learn that baby is secure and that her needs will be met promptly without the need to cry for attention. You may also notice her cry when you attempt to put her down. Your baby has realized how comforting it is to be in her parents' arms and close to your breast.

You may witness her first social smile. Unlike sleep grins, which are in fact, adorable glimpses of the smiles to come, these first responsive smiles are her true reactions to outside stimuli such as over-exaggerated facial expressions. Baby will probably attempt to mimic your expressions. Motor skill development is prominent at this age. Though baby doesn't yet have the hand-eye coordination, or necessary muscle tone to effectively reach for an object, he will most likely squeal in delight as his arms flail about in the air above him. The discovery of her hands and emerging muscle control will enable her thumb to find its way to her mouth on a regular basis.

### **Baby development: End of month three:**

- Raises head and chest when put on tummy
- Lifts head up 45 degrees
- Kicks and straightens legs when on back
- Open and shuts hands
- Pushes down with legs when placed on a hard surface
- Reaches for dangling objects
- Grasps and shakes hand toys
- Tracks moving objects
- Begins to imitate sounds
- Recognizes familiar objects and parents, even at a distance
- Begins to develop a social smile
- Begins to develop hand-eye coordination
- Brings both hands together
- Interested in circular and spiral patterns
- Kicks legs energetically
- Holds head up with control

Baby is growing every day. He may seem even bigger as baby begins to stretch out his body. He's growing strong enough to roll over and move around. Be careful to supervise him closely, especially when he's laying on a changing table, bed or other piece of furniture.

While baby may not have the hand-eye coordination to aim correctly on the first attempt, you'll quickly discover which items baby wants to touch. Chances are baby will continue to play with her own hands frequently, directly in front of her face. Baby is now able to track an object with her eyes from one side to a midline (directly in front of her face). Baby may even continue following it all the way to the other side -- a full 180 degrees.

Baby is now strong enough to sit in this semi-reclined position, especially when propped with a small pillow or rolled receiving blanket. Be certain these objects are not placed near her head where baby can turn his face into them. While her neck and back have grown significantly stronger in the past few weeks, you may notice her head is still a bit wobbly. Keep her comfortable, by providing support as needed.

Your baby is well on her way to mastering the concept of cause and effect. Baby has already learned that her cries evoke a response from you and other caregivers. Baby will now begin to vary her cry to signal different needs. You'll soon learn the difference between, "I'm hungry," "I'm wet," and "Someone pick me up, please."

Your baby is also learning that he can physically effect her environment. When baby shakes her rattle, it makes noise! Expect her to make noise as well.

Her coos, squeals and throaty sounds will appear more frequently. Baby will begin using these happy sounds as baby plays or socializes. Her smiles will become truly spontaneous.

Somewhere around the age of three months, most babies begin sleeping for extended periods of time each night. These stretches may last six hours or longer.

Baby will be increasingly social. He'll flash that wonderful smile and invite you and other caregivers to play.

**Baby development: End of month four:**

- May sleep about six hours at night before waking (total sleep typically 14 to 17 hours)
- Rolls over (usually stomach to back is first)
- Sits with support
- Lifts head up 90 degrees
- Can follow a moving object for a 180-degree arc
- Babbles and amuses self with new noises
- Responds to all colors and shades
- Explores objects with his mouth
- Recognizes a bottle or breast
- Communicates pain, fear, loneliness and discomfort through crying
- Responds to a rattle or bell

Baby will enjoy experimenting with his voice. He's probably developing quite the "vocabulary" lately. He will say vowel sounds like "ooh" and "aah" and has learned that he can change the sound at will by simply changing the shape of his mouth. In addition to these vowel sounds he will continue gurgling and making throaty sounds. He may also enjoy blowing bubbles.

His legs continue to strengthen as he stands with your support, bearing his own weight. Depending on his strength he may even be able to sit (propped up) very soon though most babies are in their sixth month before they're able to sit without assistance.

His mind is hard at work as well. He's starting to develop mental images of the things that will happen when he "asks" for assistance. He's able to envision certain cause and effect relationships.

Baby is still developing her hand-eye coordination. Baby may also protest when it's time to put her precious items away for a little while.

In addition to favorite toys, baby will continue to occupy herself with her hands. And, baby will surely enjoy cuddling and snuggling as baby nurses or winds down for the evening's rest. He's learning that every object has a label. Though it will be some time before you will hear true words, he will begin to understand that the furry animal he loves to watch is called a dog (or a cat) and that every other object has a specific name.

Keep a close eye on him now as he's probably able to roll over (usually from tummy to side first). Be careful to keep him properly restrained and within arms reach whenever he's lifted off the ground.

Baby is now more able to accurately track objects with his eyes and grasp them with both hands. His eyes are maturing and he will begin to have improved depth perception and generally clearer vision. He will delight in pulling dangling objects. Favorite items are sure to include your hair, jewelry and clothing.

Keep your ears tuned in as he learns to laugh. Great big belly laughs are wonderful to hear. Elicit a few by tickling him and watching him squirm and giggle.

You will notice him turn toward a voice when someone speaks to him. It will be increasingly easy for him to do this as he props himself up on his arms when he's placed on his tummy.

**Baby development: End of month five:**

- Pays attention to small objects
- Experiments with the concept of cause and effect

- Can see across the room
- Begins to use hands in a raking fashion to bring toys near
- Begins teething process

While he is not yet able to sit unassisted, he will love the view offered by being perched in a high chair if he's firmly supported by pillows or rolled towels and receiving blankets. Your lap will be another wonderful place to sit and view the world's happenings. He will continue to enjoy standing with your support.

During playtime you may witness baby taking an interest in his feet.

Baby has learned which cries and sounds will grab your attention and will display her skills often. You may soon be able to tell what baby needs by the tone of her cry. Baby is developing strong leg muscles and will discover that baby can use them to push herself around. Now diaper changes may become a challenge as baby tries to scoot away either in protest or just to move about.

Baby is also mastered the art of rolling over. Chances are baby will begin by rolling from her tummy to her back. This position allows her to push with her hands as baby tries to flip. As before, never leave her unattended. Baby is likely to be very resourceful and use this as a means to move around the area.

Her desire to be in an upright position may leave you looking for an entertaining device that will allow her to stand while providing your arms with a much-needed rest.

You've long understood that baby has definite likes and dislikes. He'll begin making his desires known in a more physical manner. Now, attempts to introduce a new food or administer medications may meet with an outstretched arm just waiting to purposefully push you away.

Baby will now begin to reach for her toys and will soon begin moving them from hand to hand and then right on to her mouth. Watch her carefully and take care to give her safe toys and teething rings baby will be able to suck on without harm.

Baby will enjoy the challenge of squeezing toys to make them squeak. You'll notice her making conscious decisions as baby plays. Baby will begin to play with blocks although baby will not be very accurate in stacking or sorting them quite yet.

Baby will closely observe your mouth movements while you speak and will attempt to imitate your sounds and the inflection in your voice. Baby will babble specific sounds in an attempt to get attention. Watch as baby also mimics your gestures.

Her eyesight has improved dramatically. Now, in addition to her black and white toys, baby will begin taking an interest in the many colors the world has to offer. Offer her toys and objects of many colors and watch how quickly baby makes her preferences known!

**Baby development: End of month six:**

- Keeps head level when pulled to sitting position
- Makes some vowel-consonant sounds
- Sits by self with minimal support
- Opens mouth for spoon
- Reaches for and grabs objects
- Rolls over and back
- Drinks from a cup with help
- Can hold bottle

- Copies some facial expressions
- Makes two-syllable sounds

Now, when baby wants to play with a specific toy he's able to reach for it himself. And, his aim may be accurate enough to grasp it.

He's probably discovered the joy of being somewhat independent and whenever allowed, will push himself around with his hands and feet to move closer to out-of-reach objects. Your baby is probably now strong enough to sit in an upright position.

Baby is not quite able to pull herself into a sitting position, but will be able to support herself if you seat her on a mat on the floor. Baby will begin by supporting herself with her hands and will soon graduate to sitting steadily while toys occupy her hands. Baby will thrust her arms out and will attempt to break her fall with her arms and hands when tipping forward.

In addition to sitting by herself, baby may be able to stand without assistance if you place her next to a piece of furniture.

During playtime baby will begin to make more intentional movements. Baby will study toys for longer periods of time and attempt to make them work together.

Baby has learned how to effectively communicate his needs. Now he'll begin to display his every emotion as well. You'll find that he's like an open book and you can read his moods as they change simply by observing the expression on his face and his body language.

You'll witness smiles and animated movements when he's happy and a quieter, withdrawn demeanor when he's tired, sad or lonely. (Expect him to continue crying as he has in the past to signal the need for attention, food, a diaper change or a nap.)

He'll continue to experiment with his voice. You'll hear loud outbursts, soft babbling and long strings of seemingly unrelated sounds. He's attempting to speak as you do and make the noises he hears around him every day.

Infant swings and bouncing chairs will be favorites at this age. Baby may be quietly lulled to sleep by the gentle motion of a swing or be kept happily playing by himself as he bounces in a stationary entertainer chair.

Your baby will use his whole hand like a little rake to reach for and drag nearby objects closer to him. Baby may become frustrated and cry when he can't reach items that have peaked his interest. Though he may be able to scoot about the floor this movement is somewhat difficult and cumbersome.

Baby may begin to show an interest in the foods you are eating.

**Baby development: End of month seven:**

- Can self-feed some finger foods
- Makes wet razzing sounds
- Turns in the direction of a voice
- Plays peek-a-boo
- Imitates many sounds
- Distinguishes emotions by tone of voice

Displays of frustration at not being able to move around freely should begin to disappear as baby learns to crawl. While on average babies crawl around six months of age, be aware that it may be weeks or even months before baby is fully mobile.

Baby will likely be pulling herself around using hands and feet with her tummy on the floor, or by getting up on her hands and knees and rocking back and forth without going anywhere.

Expect continued babbling as he learns he can use his tongue, as well as the shape of his mouth to create and change sounds. Remember too, that some of his loud outbursts may be nothing more than his attempt to see how far he can make his voice heard.

Help him develop the gross motor skills he'll need for walking, climbing, riding a bike, and playing ball by providing plenty of opportunity.

Expect him to focus on, and try to pick up, small objects. He'll be able to rake in and pick up objects as small as a raisin or pebble. He'll use his whole fist to grasp the tiny object and it'll surely be destined for his mouth.

Baby may become anxious when you are out of sight. This "separation anxiety" is common during the second half of the first year and even into the early part of the second year.

His eyes have matured and he's now able to track objects well from one side of his head all the way to the other. In addition, he can now see across the room and will enjoy looking around at every object he can find.

#### **Baby development: End of month eight:**

- Chews on objects
- Reaches for utensils when being fed
- Turns head away when finished eating
- May sleep between 11 and 13 hours a night; takes 2 to 3 naps (may vary)
- Rolls all the way around
- Sits unsupported
- Gets on arms and knees in crawling position
- Has specific cries for various needs
- Babbles enthusiastically
- Tests gravity by dropping objects over edge of high chair
- Responds to own name
- Has different reactions for different family members
- Shows some anxiety when removed from parent

Baby is now mobile. Baby will enjoy crawling around picking up every exciting object baby finds and they're all destined for her mouth.

While some begin much earlier, the average infant begins teething between six and twelve months of age. Generally, the incisors erupt first (four on top and four on the bottom), then four molars. These are followed by the four canine (eye) teeth and finally by the two year molars somewhere around two years of age. Watch for signs of teething, including drooling (and a related rash, cough or diarrhea caused by the excess of saliva), night waking, biting, loss of appetite and irritability.

Baby has developed his own manner of expressing his needs. Expect his repertoire to grow steadily as he adds gestures to the mix. For example, he may hold his arms above his head in an attempt to ask you to pick him up.

You may find yourself wondering why he seems to "act up" when you're around while other caregivers report that he's a joy to care for. He's already figuring out how to manipulate Mom and Dad.

Around this time, baby may develop a fear of strangers. The once outgoing baby who would allow anyone and everyone to touch him and pick him up may appear anxious when a stranger enters the room. He may decide to hide his head in your shoulder or cling to your legs.

**Baby development: End of month nine:**

- Reaches for toys
- Drops objects and then looks for them
- Becomes interested in grabbing the spoon during feedings
- Goes from tummy to sitting by self
- Picks up tiny objects
- Begins to identify self in a mirror's reflection

Most children this age are able to wave "bye-bye".

The development of the pincer grip, grasping a small object between her thumb and forefinger, allowing her greater freedom in self-feeding. Help her master this skill by introducing small, easy to eat foods like Cheerios, or small pieces of soft, cooked fruits and vegetables.

Baby will be able to say Mama and Dada now and may even be able to say another familiar word. He understands that when you say "cat" you are talking about the furry animal that sits all day on the sunny window ledge safely out of reach. Now he'll begin creating mental images of the cat when you say the name and it's not within sight. He'll soon make these associations about every object even if he can't yet say the words.

Baby has probably mastered the fine art of crawling on her hands and knees. This perfected position affords greater flexibility and faster speeds. Baby will be able to pull herself to a standing position and will lean on furniture for support. Baby may even be able to pivot in a circle to take in new views of her surroundings.

Baby is ready for new advancements in the self-feeding area as well. He's now able to drink from a sippy cup though this may take a few introductions before he's able to easily take a drink.

**Baby development: End of month ten:**

- Understands the concept of object permanence
- Gets upset if toy is removed
- Transfers object from hand to hand
- Stands holding onto someone
- Pulls to standing

Baby will become increasingly mobile. Now he'll have perfected his crawling abilities and will be on the go whenever he's placed on the floor. He'll alternate hand, then knee, first one side, then the other. This new, more mature motion, will allow him to balance on one hand while reaching for an object with the other.

He's also learned how to move from a crawling position to a sitting position, enabling him to fully inspect and enjoy the toy he's grasped. You'll find that he'll also sit frequently just to rest his tired limbs.

He'll also learn to crawl up stairs and will delight in displaying his newfound abilities, whenever the opportunity presents itself. Unfortunately, he has not yet learned how to go back down the stairs once he's climbed up.

New sounds continue to flow from of baby's mouth each day. Baby will test her ability to make these noises by babbling streams of random vowel sounds. Very soon, these strings of seeming meaningless sounds will take shape as individual "words" with very clear definitions. In addition to these sounds, baby will also begin to imitate non-verbal noises such as coughs and sneezes.

Baby will discover that certain sounds (such as a cough) will cause you to turn and check on her. Baby may delight in making these sounds simply to attract your attention.

Her now well-developed pincer grasp will enable her to pick up very small items.

Watching the baby in the mirror is sure to be one of baby's favorite past times. His memory is steadily evolving now. He's able to form mental images of familiar objects when they're out of sight. Expect him to remember a favorite toy even after it's been carefully put away. He's mastering the concept of object permanence.

When it's time to unwind, you'll notice how baby will enjoy cuddling on your lap while you read a book or two. Baby begins to take an interest in the pages. Colors captivate. Familiar sounds intrigue. Baby may have enjoyed story time in the past, but as the next few weeks and months unfold, baby will take on a new appreciation for this daily ritual.

#### **Baby development: End of month eleven**

- Says "ma-ma" and "da-da" discriminately
- Understands "no"
- Claps hands
- Waves bye-bye

Your baby is now likely to pull herself up to a standing position and will begin to "cruise" from one piece of furniture to another. Baby will begin to alternate feet and "walk" if you offer encouragement and physical support by holding both of her hands.

More advanced exploration is also possible, as baby learns to scale and climb furniture and other obstacles. Expect frequent tumbles and falls as baby learns to balance more effectively.

His cognitive abilities have been growing steadily during recent weeks as well. Expect that he's now able to understand and respond to a one-step command. For instance, when he picks up an object you'd rather he not have, ask him to "Please bring that to Mommy (or Daddy)."

Language skills continue to evolve as he begins to make more and more two syllable sounds. He may even learn another word or two. Don't worry if he doesn't seem to "talk" as much as friends his age.

Baby is now able to pick up small, snack-like foods such as Cheerios and diced, soft fruits and vegetables. You're probably amazed at how baby gets excited to feed herself each time you offer such a snack.

Baby is beginning to understand certain trigger words and their associated cause and effect relationships. Though her comprehension is still limited, baby will now anticipate the departure that is to follow when baby hears you say "bye-bye." When you've stepped out of the room and baby begins to cry, the words "Mommy (or Daddy) is coming right back" may help to calm her as baby forms a mental picture of her beloved parent.

**Baby development: End of month twelve:**

- May take one to two naps daily
- Triples birth weight and is 29 to 32 inches long
- Bangs two cubes together
- Puts objects into containers and then takes them out
- Voluntarily lets objects go
- Shakes head "no"
- Has fun opening and closing cabinet doors
- Crawls well
- "Cruises" furniture
- Walks with adult help
- Says "ma-ma" and "da-da"
- "Dances" to music
- Interested in books and may identify some things
- May understand some simple commands
- Fearful of strangers
- Shares toys but wants them back
- May form attachment to an item
- Pushes away what he doesn't want
- Prefers to push, pull and dump items
- Pulls off hat and socks
- Understands use of certain objects
- Tests parental responses to behavior
- Extends arm or leg when getting dressed
- Identifies self in mirror

Your baby is about to become increasingly independent. He's now able to stand without holding on and, if he's extremely adventurous, he may attempt to take his first unassisted steps. Expect his feet to be spread apart. This wide stance will help increase his ability to balance. You may notice that his feet are primarily flat and that his toes point in a bit as he steps. He'll be quite unsteady on his feet at first and will stumble and fall frequently.

Playing with baby is becoming increasingly interactive. Now, baby will take great joy in participating fully in these games and even initiating them. Baby will enjoy clapping her hands and will continue to learn about social interaction as baby plays.

Allow her to play often with kids near her age. While baby may enjoy being with her friend, expect that although they may sit side by side, each child will continue to play by herself. This "parallel play" is normal behavior for a young toddler.

Baby will probably become upset and possessive if another child takes interest in her toy and attempts to take it away for a time. Early lessons in sharing might begin now, but expect it will take quite some time to master this skill.

Compartments, drawers and cabinets will become favorite places to search now. He'll entertain himself by opening any door or drawer within his reach, pulling the contents out onto the floor. Baby has learned the meaning of the word, "No." Help her to follow your instruction regularly by simply telling "No" without making animated faces or gestures as these can easily be mistaken for play.

If you are both enjoying your nursing relationship, consider continuing for another few weeks or months. The benefits of breastfeeding continue far past the first birthday. The worldwide average age of weaning is between three and four years of age. Not only will baby continue to receive a

very beneficial boost of infection-fighting antibodies each time baby nurses, baby will continue to enjoy a wonderfully nurturing time with Mom.

For more information, please visit: <http://www.family-friendly-fun.com/baby/development.htm>

## **Child Development: 0-5 years old**

### **Infants (0-1 year old)**

#### Developmental Milestones

Cognitive development for your baby means the learning process of memory, language, thinking and reasoning. Your baby is learning to recognize the sound of your voice. She is also learning to focus her vision from the periphery or the corner of her eyes to the center. Language development is more than uttering sounds (“babble”), or mama/dada.

Listening, understanding, and knowing the names of people and things are all components of language development. During this stage, your baby is also developing bonds of love and trust with you. The way you cuddle, hold, and play with your baby will set the basis for how he will interact with you and others.

#### Positive Parenting

- Talk to your baby. It is soothing to hear your voice.
- When your baby makes sounds, answer him by repeating and adding words. This will help him learn to use language.
- Read to your baby. This helps her develop and understand language and sounds.
- Sing to your baby.
- Play music. This helps your baby develop a love for music and math.
- Praise your baby and give him lots of loving attention.
- Spend time cuddling and holding your baby. This helps her feel cared for and secure.
- The best time to play with your baby is when he’s alert and relaxed. Watch your baby closely for signs of being tired or fussy so that you can take a break.
- Parenting can be hard work! Take care of yourself physically, mentally, and emotionally. It is easier to enjoy your new baby and be a positive, loving parent when you are feeling good yourself.

#### Child Safety First

Now that your newborn is at home, it is time to make sure that your home is a safe place. Look around your home for household items that might present a possible danger to your baby. As a parent, it is your responsibility to ensure that you create a safe environment for your baby. It is also important that you take the necessary steps to make sure that you are mentally and emotionally ready for your new baby. Here are a few tips to keep your baby safe during her first year of life.

- It is important that you never shake your newborn baby. Newborn babies have very weak neck muscles that are not yet able to support their heads. If you shake your baby you can damage his brain and delay normal development.
- To prevent SIDS (Sudden Infant Death Syndrome), it is recommended that you always put your baby to sleep on her back. For more information on SIDS, visit National Institute of Child Health and Human Development.
- Place your baby in a car safety seat every time he rides in the car. The safest place for his safety seat is in the back seat of the car. Children who are less than one year OR are less than 20 pounds should be placed in a rear-facing care seat.
- To prevent your baby from choking, cut her food into small bites. Don’t allow your baby to play with anything that may cover her face or is easy for her to swallow.

- Never carry hot liquids or food near your baby or while holding him.
- Immunizations (shots) are important to protect your child's health and safety. Because children are susceptible to many potentially serious diseases, it is important that your child receive the proper immunizations. Please consult your local health care provider to ensure that your child is up-to-date on her childhood immunizations. You may visit the CDC immunization website, to obtain a copy of the recommended immunization schedule for U.S. children

### **Toddlers (1-2 years old)**

#### Development Milestones

During this time, your child is becoming increasingly more mobile, and aware of himself and his surroundings. Her desire to explore new objects and people is also increasing. During this stage, your toddler will show greater independence, begin to show defiant behavior, recognize himself in pictures or a mirror, and imitate the behavior of others, especially adults and older children.

Your toddler will also be able to recognize names of familiar people and objects, form simple phrases and sentences, and follow simple instructions and directions.

#### Positive Parenting

- Keep reading to your toddler daily.
- Ask her to find objects for you or name body parts and objects.
- Play matching games with your toddler.
- Encourage him to explore and try new things.
- Help to develop your toddler's language by talking with her.
- Encourage your toddler's curiosity and ability to recognize common objects by taking field trips together to the park or a bus ride.

#### Child Safety First

As your child is becoming increasingly mobile, his ability to encounter more dangers is increasing as well. Here are a few recommendations to help keep your growing toddler safe.

- Block off stairs with a small gate or fence. Lock doors to dangerous places such as the garage or basement.
- Toddler proof your home by placing plug covers on all unused electrical outlets.
- Keep kitchen appliances, irons, and heaters from the reach of your toddler. Turn pot handles toward the back of the stove.
- Keep sharp objects such as scissors and pens in a safe place.
- Lock up medicines, household cleaners and poisons.
- Never leave her alone in the car, even for a few moments.
- Store any guns in a safe place out of his reach.

### **Toddlers (2-3 years)**

#### Developmental Milestones

Because of your child's growing desire to assert her independence, this stage is often called the "terrible twos." However, this can be an exciting time for you and your toddler. He will experience huge intellectual, social, and emotional changes that will help him to explore his new world, and make sense of it.

During this stage, your toddler will be able to follow two- or three-phrase commands, sort objects by shape and color, imitate the actions of adults and playmates, and express a wide range of emotions.

For more information on developmental milestones and warning signs of possible developmental delays, visit [Learn the Signs. Act Early.](#)

#### Positive Parenting

- Set up a special time to read books with your toddler.
- Encourage your child to engage in pretend play.
- Play parade or follow the leader with your toddler.
- Help your child to explore her surroundings by taking her on a walk or wagon ride.
- Encourage your child to tell you his name and age.
- Teach your child simple songs like *Itsy Bitsy Spider*, or other cultural childhood rhymes.

#### Child Safety First

Encourage your toddler to sit when eating and to chew her food thoroughly.

- Check toys often for loose or broken parts.
- Encourage your toddler not to put pencils or crayons in his mouth when coloring or drawing.
- Never leave your toddler near or around water (that is, bathtubs, pools, ponds, lakes, whirlpools, or the ocean) without someone watching her.
- Never drink hot objects while your child is sitting on your lap. Sudden movements can cause a spill.

### **Preschoolers (3-5 years old)**

#### Developmental Milestones

As your child grows into early childhood, his world will begin to open up. She will become more independent and begin to focus more on adults and children outside of the family. He will want to explore and ask about his surroundings even more.

Her interactions with family and those around her will help to shape her personality and individual ways of thinking and moving. During this stage your child will be able to ride a tricycle, use safety scissors, show awareness of gender identity, help to dress and undress himself, play with other children, recall part of a story, and sing a song.

#### Positive Parenting

- Continue to read to your child. Nurture her love for books by taking her to the library or bookstore.
- Let your child help with simple chores.
- Encourage your child to play with other children. This helps him to learn the value of sharing and friendship.
- Help your child's language by speaking to her in complete sentences and in "adult" language. Help her to use the correct words and phrases.
- Be clear and consistent when disciplining your child. Model the behavior that you expect from him.

#### Child Safety First

As your child becomes more independent and increases her interaction with the outside world, it is important that you and your child are aware of ways to stay safe. Here are a few ways to protect your child.

- Tell your child why it is important to stay out of traffic. Tell him not to play in the street or run after stray balls.
- Be cautious when letting your child ride her tricycle. Keep her on the sidewalk and away from the street.

- Check outdoor playground equipment. Make sure there are no loose parts or sharp edges.
- When your child is playing outside, keep watch over him at all times.
- Practice water safety. Teach your child to swim.
- Teach your child how to interact with strangers and how not to interact.

For more information, please visit:

<http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/infants.html>

## What Newborns Look Like

### What to expect

Newborns have big heads, no necks, short legs and big, distended torsos. In short, they look like ET. Because newborns have spent an average of 12 hours squeezing through the birth canal, their head can often be a little pointy. Babies born by caesarean often have an edge, beauty-wise, because their heads don't have to squeeze through the birth canal.

Don't be alarmed by the soft spots on your baby's skull, known as fontanelles, which allows the head to compress enough to fit through the birth canal. The rear fontanelle takes about four months to close, while a front one takes between nine and 18 months. Also expect your baby's genitals to be somewhat swollen from the extra dose of female hormones he got from you just before birth; the face and the eyes can appear swollen as well. His lips will be pink and his hands and feet blue for the first few hours of life.

### Your baby's skin

Newborn skin varies in appearance according to how many weeks pregnant you were when your baby was born. Premature babies have thin, transparent-looking skin and may be covered with lanugo, a fine, downy hair. Babies born prematurely will also still be covered with vernix, a greasy white substance that protects his skin from the amniotic fluid. Full-term and late babies will have only a few traces of vernix in the folds of their skin. Late babies may also have a slightly wrinkly appearance and very little, if any, lanugo.

Birthmarks -- ranging from temporary off-colored patches to permanent splotches -- are common. About half of all babies are born with milia, white dots on their faces that look like tiny pimples. These disappear in time.

### What color will his hair be?

Whatever your own and your partner's hair color, be prepared for some surprises: remember, you are both carrying genes from former generations. Dark-haired couples have been thrown when their children are born with bright red or blond hair and vice versa. And then there are the parents who bemoan their baby's baldness. In fact, newborn hair doesn't actually have much bearing on what your child's hair will eventually turn out like. Raven-haired newborns can grow up to be blondes, while blondes often turn into brunettes.

Of course, your baby may be completely bald when he is born, in which case you won't know his hair color till a little later on.

### How about his eyes?

Wondering what color your baby's eyes will be? Most Caucasian babies are born with dark blue eyes and their true eye color -- be it brown, green, hazel or blue -- may not reveal itself for a few months. The color of your baby's eyes in the first minutes after birth won't last -- exposure to light changes a baby's initial eye color. Most African and Asian babies usually have dark grey or brown eyes at birth, their dark eyes becoming a true brown or black after the first six months or year. Mixed race children can have a variety of different eye colors. It's even possible for babies to be born with eyes of two different colors, although this is rare.

Updated March 2006

For more information, please visit:

<http://www.babycenter.com.au/baby/newborn/newbornlookslike/>

## **Seven Reasons Why Babies Cry and How to Soothe Them**

### **Why do babies cry?**

All babies cry sometimes. They have to. Even entirely healthy newborns will cry for somewhere between one and three hours each day. Unable to do anything for themselves, babies rely on someone else to provide them with the food, warmth, and comfort that they need. Crying is a baby's way of communicating one of those needs. As a new parent, it can sometimes be difficult to work out what your baby is telling you - is she hungry, cold, thirsty, bored, looking for a cuddle?

In the early days, when you have not yet learned to work out what your baby needs, this crying can be upsetting. However, you will gradually begin to recognize your baby's different crying patterns and, as you get to know her better, will be able to anticipate her needs.

As babies grow, they gradually learn other ways of communicating with us, too. They get better at eye contact, making noises, and even smiling, all of which reduce the need for crying. The most common reasons babies cry are listed below. If you have a baby who is difficult to soothe, try working your way down the list. That way, you can reassure yourself that you have tried to meet her needs as well as you possibly can.

- I need food

Hunger is the most common reason a new baby will cry. The younger your baby is, the more likely it is that she is crying because she is hungry. The exception to this is in the first day or two after birth, when some babies feed very little. If you are breastfeeding, you may well be aware of this, as the very concentrated early milk, colostrum, is produced in small amounts and you notice when the milk "comes in" around the third day. A baby's small stomach cannot hold very much, so if your baby cries, try offering her some milk, as it may well be that she is hungry. She might not stop crying immediately, but let her keep feeding if she wants to, and she will gradually be soothed as her stomach fills up. If your baby has been fed and is still crying, however, perhaps she is expressing the next need.

- I need to be comfortable

Babies will very sensibly protest if their clothes are too tight or if a soiled diaper is bothering them. Some babies don't seem to mind if their diapers are full - it just feels warm and comfortable to them - while others will call out to be changed immediately, especially if some tender skin is being irritated. Checking your baby's diaper and changing it may meet her needs, so this is always worth trying. It also gives you an opportunity to check that a diaper tab isn't too tight or that there isn't something else about her clothing making her uncomfortable.

- I need to be warm - and not too hot or too cold

Some newborns hate having their diaper changed or being bathed - they are not used to the feel of the air on their skin and much prefer to be bundled up and warm. If your baby is like this, you will soon learn how to perform a diaper change quickly so that you can calm her down again. Take care not to overdress your baby, though, so that she gets too hot. A good rule to follow is that she needs to wear one more layer of clothing than you do to be comfortable.

In the cot or Moses basket, try using a sheet and cellular blankets as bedding, rather than a duvet, so you can add and remove layers as necessary. You can check whether your baby is too hot or too cold by feeling her stomach: if she's too hot, remove a blanket, if she's cold, add one. Don't be guided by her hands or feet, as it is normal for them to feel slightly cold. Keep your

baby's room at a temperature of around 18 degrees C / 64 degrees F, and put her down to sleep on her back with her feet at the end of the cot so that she can't wriggle too far down under the blankets and get too hot that way.

- I need to be held

Some babies need a great deal of cuddling and reassurance. An older child may be soothed by seeing you in the room or hearing your voice, but new babies often need close physical contact for comfort. If you've fed your baby and changed her diaper, you may find that she now simply wants to be held. Some parents worry that they will "spoil" their baby if they hold her too much, but during the first few months of life that's impossible. While some babies don't seem to need that much physical contact, others want to be held almost all the time. If your baby needs a lot of holding, you might like to try a baby sling, which allows you to keep your baby close while leaving your hands free for other tasks; this may be a solution that keeps you both happy.

- I need a rest

It is easy to assume that babies will fall asleep whenever they need to, wherever they are, simply because so many of them do. However, if your baby has been receiving a lot of attention - perhaps you've had a busy day with hordes of visitors round - she may become overstimulated and then find it hard to "switch off" and settle. Newborns can find it difficult to cope with too much stimulation at once - the lights, the noise, being passed from one adoring relative to the next - and can become overwhelmed by it all. Many parents have found that their baby cries more than usual when relatives come to stay, or sometimes just towards the end of each day. If there seems to be no specific reason for your baby's crying, she may just be saying, "I've had enough". If you can take her somewhere calm and quiet, gradually withdrawing the stimulation, she may express her feelings by crying for a while and then eventually settling to sleep.

- I need something to make me feel better

If you've fed your baby and checked that she's comfortable, but she's still continuing to cry, you may wonder if she is ill or in pain. First-time parents often find it difficult to tell whether their baby is crying purely because she's an unhappy baby by nature (and some are, as it takes them a long time to adjust to being in the world) or whether there's something genuinely wrong. A baby who is ill often cries in a different tone to her usual cry - it may be more urgent or high-pitched. Equally, for a baby who normally cries frequently, an unusual quietness may be a sign that she's not well. The most important thing to remember is that nobody knows your baby as well as you do. If you feel that there may be something wrong, give your GP, midwife, or health visitor a call. Health professionals will always take your concerns seriously, and it may be reassuring for you to know that there isn't a physical cause for your baby's crying. Always call your doctor if your baby has difficulty breathing through the crying, or if the crying is accompanied by vomiting, diarrhea, or constipation. See our article on when to call the doctor for more guidance.

- I need something ... but I don't know what

Sometimes you might not be able to figure out what's wrong when your baby cries. Many newborns go through patches of fretfulness and are not easily comforted. The unhappiness can range from a few minutes of hard-to-console crying to several hours at a stretch, an almost constant state of crying that is sometimes called colic. Colic is defined as inconsolable crying for at least three hours a day, for at least three days a week. Many parents find it very difficult to cope with a baby who has colic, and it can put a strain on the whole family. There is no magic cure for colic, but it rarely lasts for more than three months. If you can hold on to the fact that your baby will grow out of it, that may help. See our article on coping with colic for more strategies on how to deal with this distressing condition.

### **My baby's crying - what can I do?**

There are things you can try to comfort a crying baby. Not all of them will work for all babies, so you need to gradually get to know your own baby and her particular personality to find out what works for her and for you.

- Wrap her up and hold her tight

Newborns show a definite preference for feeling snug and secure, just as they were in the womb, so you might like to try swaddling your baby in a blanket to see if she likes that. Many parents also find that holding their baby close, especially when she can hear their heartbeat, or putting her in a baby sling is soothing. Other babies find swaddling too restrictive and respond better to other forms of reassurance such as being rocked or sung to.

- Find a constant rhythm

In the womb, your baby could hear the regular beat of your heart: that's one of the reasons many babies continue to like being held close. However, other regular, repetitive noises can also have a calming effect. You could try playing gentle music or singing a lullaby. Many parents find that if their baby can hear the steady rhythm of a washing machine or the "white noise" of a vacuum cleaner or hairdryer that will soon lull her off to sleep. (Never put your baby on top of a washing machine or clothes dryer - always put her on the floor next to it.)

- Rock-a-bye baby

Most babies love to be gently rocked and you may find that your baby is calmed by this, too, whether you walk around rocking her or sit with her in a rocking chair. Special baby swings can soothe some babies, while others are comforted by being in rather faster motion and drop off almost as soon as they're driven somewhere in a car.

- Try a massage

Giving your baby a massage or gently rubbing her back or tummy can help soothe her. If she seems to have pains with wind (air swallowed while eating or gas generated in the stomach and intestines by digestion\*), try feeding her in a more upright position and winding her after a feed by holding her against your shoulder. Babies who have colic may sometimes be soothed by having their tummies rubbed, and it may make you feel better to know that at least you are trying to do something to help your baby's distress.

- Let her suck on something

In some newborns, the need to suck is very strong and sucking a dummy or (clean) finger or thumb can bring great comfort. "Comfort sucking" can steady a baby's heart rate, relax her stomach, and help her settle.

- Don't demand too much of yourself

A baby who cries almost constantly will do herself no lasting harm, but may cause a great deal of stress and worry for her parents. If your baby seems pretty unhappy to be here and resists every effort that you make to cheer her up or calm her down, it can be hard not to feel rejected as well as frustrated. Parents sometimes blame themselves, feeling that it is their incompetence as parents that is causing the crying, but this is rarely the case. If you know that your baby's needs have been met, that there is nothing physically wrong causing your baby to cry, and if you've tried everything you can think of to calm her but nothing's worked, it's time to take care of yourself so that you don't become overwhelmed. Here are a few suggestions:

- Take deep breaths.

- Put your baby down somewhere and let her cry for a while out of your hearing.

- If it helps, put on some quiet music and let yourself relax for ten minutes.

- Call a friend or relative and get some support. Give yourself a break and let someone else take over for a while.

- Talk to your health visitor about local support groups or mother-and-baby groups where you can share your feelings and discuss ways of coping with the crying with other new parents.

- If it all gets too much, call one of the telephone helplines.
- Remind yourself that nothing is wrong with your baby and that crying in itself won't hurt her. Sometimes simply accepting that you have a baby who cries a great deal can help, in that you don't wear yourself out looking for reasons for the crying, blaming yourself for it, or offering endless new remedies which don't work.
- Remind yourself that this is a phase and it will pass.

Being the parent of a newborn is hard work. Being the parent of a newborn who cries a great deal is even harder work. Get help and support when you need it, rather than letting things build up. And take comfort from the fact that each day, as your baby grows, she learns new ways of being able to communicate her needs to you. Gradually, as she does so, the crying will stop.

For more information, please visit: <http://www.babycenter.com.au/baby/newborn/babycrying/>

\*Definition of "wind": <http://oxforddictionaries.com/definition/wind>

## Developmental Resources

Every child has the right to an education and access to the same resources as other children. Below are resources if your child needs help with developmental issues.



## Screening/Special Needs

Pittsylvania-Danville Health District	Laura T. Gateley, MD Acting Health Director <a href="mailto:laura.gateley@vdh.virginia.gov">laura.gateley@vdh.virginia.gov</a>		(434) 766-9857	
	Jim Midkiff Business Manager <a href="mailto:jim.midkiff@vdh.virginia.gov">jim.midkiff@vdh.virginia.gov</a>	326 Taylor Drive Danville, VA 24541	(434) 766-9821	<a href="http://www.vdh.state.va.us/LHD/pittsylvania/">http://www.vdh.state.va.us/LHD/pittsylvania/</a>
	Kathryn S. Plumb R.N., B.S.N., M.Ed. Nurse Manager, Southside Health District <a href="mailto:kathryn.plumb@vdh.virginia.gov">kathryn.plumb@vdh.virginia.gov</a>		(434) 766-9823	
	Dan Richardson Environmental Health Manager <a href="mailto:Daniel.Richardson@vdh.Virginia.gov">Daniel.Richardson@vdh.Virginia.gov</a>	200 H.G. McGee Drive Chatham, VA 24531	(434) 432-7232 ext. 266	<a href="http://www.vdh.state.va.us/LHD/pittsylvania/">http://www.vdh.state.va.us/LHD/pittsylvania/</a>
Child Development Services Program	Frank Wickers, EdD, LPC, NCP Director Child Development Clinic – Southside <a href="mailto:Frank.Wickers@vdh.virginia.gov">Frank.Wickers@vdh.virginia.gov</a>	Public Health Center, Suite G-41 326 Taylor Drive Danville, VA 24541	(434) 797-1040	
Danville Public Schools	John “Andy” Thacker Director, Office of Exceptional Children <a href="mailto:jthacker@mail.dps.k12.va.us">jthacker@mail.dps.k12.va.us</a>		(434) 799-6400 ext. 233	<a href="http://web.dps.k12.va.us/Departments/Instruction/Office%20of%20Exceptional%20Children/default.html">http://web.dps.k12.va.us/Departments/Instruction/Office%20of%20Exceptional%20Children/default.html</a>
Pittsylvania County Schools		39 Bank Street, SE; P.O. Box 232 Chatham, VA 24531	(434) 432-2761 or (888) 440-6520	

## **Educational Resources**

### **Education for You**

It is important to continue your education. Everyone should have the opportunity to complete high school or your GED:

The GED Tests are a group of five tests that measure skills that correspond to those of recent high school graduates. The skills tested include: understanding and applying information; evaluating, analyzing, and drawing conclusions; and expressing ideas and opinions in writing. After you pass the five tests, you will receive a credential that certifies your 12th grade-level abilities in reading, writing, social studies, science, and mathematics.



Many adults who did not graduate from high school have developed skills through work, community, family, and study experiences. The GED Tests allow those adults to demonstrate academic abilities that are equivalent to those of high school graduates.

#### **Danville Public Schools Adult & Career Education Center GED Instruction**

GED Instruction at the Adult & Career Education Center

141 Goode Street Danville, Virginia 24541

Individualized instruction will be provided in the five areas covered in the GED: Reading, Writing, Social Studies, Science, and Mathematics. Time schedules are planned by the individual and the teacher. Register anytime during the year. Call 434-799-6471.

#### **Other GED Options**

GED instruction is offered throughout the community. Find the location that is most convenient for you and call 799-6471 to register.

#### **Educational Assessment (Free)**

- Basic Reading, Math, and Writing Skills
- Adult High School Credit Placement Test
- GED Practice Test

#### **GED Testing Center**

For more information on GED test registration, call the Adult and Career Education Office at (434) 799-6471. Special test adaptations are available for adults with diagnosed learning disabilities. Cost is \$43.50 for first time testers which includes all five parts of the GED Test. You must register in person at the Adult & Career Education Center at 141 Goode Street Danville, Virginia 24541. You must bring proper identification.

#### **Danville Public Schools Adult & Career Education Center Adult High School**

Adult High School Diploma: For adults needing three or fewer classes to earn a diploma. Classes are computerized; teachers are available to provide assistance. To Get Started: Send a copy of your transcript to the Adult & Career Education Office at 141 Goode Street, Danville, VA 24541 and set up a meeting to review your course needs.

#### **Pittsylvania County Schools' Adult Basic Education Program**

Pittsylvania County Schools' Adult Basic Education Program is designed to assist the County residents who are eighteen years of age and no longer enrolled in school and have not received a high school diploma; or need to brush up on academic or work readiness skills. According to the

2000 Census, 33% of the county population (25 years and over) do not have a high school diploma.

Most classes are held from September through May and meet twice a week. Adults may enroll at any time during the year by going to a class site on a scheduled meeting time and enroll. Pre-registration is not necessary. Participants work at their individual pace to acquire the skills needed to meet their individual goals which often include General Educational Development GED® test.

For more information contact:

Michelle Scarce	(434) 432-9416
Barbara Armstrong	(434) 432-7243

Participants will begin studies at their level. Basic reading and math skills are taught, along with GED level and Workplace Essential Skills. After studying in ABE/GED® Program, participants may take a free Official GED® Practice test to determine readiness for the actual GED® Test.

Adult Education Classes are offered at the following locations:

Adult Learning Center, Chatham, VA  
 Gretna Elementary, Gretna, VA  
 John L. Hurt, Jr. Elementary, Hurt, VA  
 Mt. Airy Elementary, Gretna, VA  
 Tunstall Middle, Dry Fork, VA

The External Diploma Program (EDP) is offered by appointment.

After earning your high school diploma or GED, please consider the following options:

Averett University	If you want to learn in a traditional campus setting or if you are a working professional who needs convenience and flexibility, Averett has a degree program to fit your life.	(434) 791-5600	<a href="http://www.averett.edu/">www.averett.edu/</a>
Danville Community College	Danville Community College offers of 60 programs of study ranging from certificates to associate degrees. With flexible class offerings there are programs that range in time from 9 weeks to 2 years. Financial aid and scholarships are available.	(434) 797-2222	<a href="http://www.dcc.vccs.edu/">www.dcc.vccs.edu/</a>
Institute for Advanced Learning and Research	Degree programs offered through the IALR, in partnership with state and private higher education institutions, are designed to address three needs: preparing a core economy workforce for the future, meeting current employer needs, and expanding access to higher education opportunities.	(434) 766-6700	<a href="http://www.ialr.org">www.ialr.org</a>
National College	The programs of study at National College are career-oriented. Students enrolled in a diploma program take a number of entry-level courses which cultivate the skills they need to begin their careers. Students in the associate degree programs take a	(434) 793-6822	<a href="http://www.national-college.edu">www.national-college.edu</a>

	<p>number of program-specific courses that would normally be offered only as upper-level classes at other institutions. These classes ensure that associate degree graduates are highly competitive job candidates, prepared to excel in their chosen fields. The baccalaureate programs in accounting and management build on the associate degree programs through additional, program-specific courses. This provides an in-depth, well-rounded, and rigorous educational experience, enabling our graduates to compete in the global economy.</p>		
<p>University of Richmond – Weekend College at Danville Community College</p>	<p>Weekend College is designed for those who want an interdisciplinary liberal arts degree. Students will be exposed to some of the best thinking from around the world through a broadly-based educational experience. Students will develop their ability to write well, communicate effectively, work with groups, engage in problem solving, and think critically—timeless skills that are applicable to every part of life.</p>		<p><a href="http://scs.richmond.edu/degrees/liberal-arts/undergraduate/weekend-danville.html">http://scs.richmond.edu/degrees/liberal-arts/undergraduate/weekend-danville.html</a></p>
<p>Virginia Technical Institute</p>	<p>VTI provides hands-on training in a variety of fields including electrical, plumbing, heating and air, welding, pipe-fitting, carpentry, masonry, multi-craft industrial maintenance, and project management. With the size of the building, VTI hopes to include other education opportunities that will provide further training and certification. Unique to VTI is the leadership training that will further enhance the student’s opportunities in the marketplace.</p> <p>Students ranging from high school to adults have the opportunity to earn a journeyman’s license in a field of their choosing by attending classes one night a week for four hours over four years (2 hours of class/2 hours of lab). VTI uses curriculum from the National Center for Construction Education and Research (NCCER), which is a standardized training process affiliated with the University of Florida. The Institute is also certified through the State Council of Higher Education for Virginia (SCHEV).</p>	<p>(434) 369-8200</p>	<p><a href="http://www.viriniatechnicalinstitute.org">www.viriniatechnicalinstitute.org</a></p>

## **Employment and Transportation Resources**

If you're looking for work there are organizations out there that can help with job searches, resumes, job training and more. Help is out there. For travel help, The Danville Transit System offers affordable public transport.



### **Employment Resources**

#### **Staffing Agencies**

Adecco	123 Mall Drive Danville, VA	(434) 791-2933
Ameristaff	330 Old Riverside Drive Danville, VA	(434) 792-8367
Debbie's Staffing	251 Nor-Dan Drive Danville, VA	(434) 836-1333
Kelly Services	3232 Riverside Drive Danville, VA	(434) 791-1597

#### **Employment Assistance**

Workforce Centers	211 NorDan Drive, Suite 1055 Danville, VA	(434) 549-8220
Workforce Centers	141 Goode Street Danville, VA	(434) 799-6471
Pittsylvania County Community Action	707 Piney Forest Road Danville, VA	(434) 799-1530
Danville-Pittsylvania County Community Services/Human Resources	245 Hairston Street Danville, VA	(434) 299-0456
Job Readiness Training	101 Franklin Turnpike, Suite D Danville, VA	(434) 835-1313
Job Readiness Training	2321 Riverside Drive Danville, VA	(434) 791-2200

### **Transportation Resources**

#### **Bus Services**

The Danville Transit System provides bus service on 11 different fixed routes. For more information, contact the Mass Transit Administrative Office at (434) 799-5144 from 3:40 am until 7:00 pm or (434) 773-8132 from 8:00 am until 5:00 pm., Monday through Saturday.

### **Service Hours and Holiday Schedule**

The Danville Transit System provides a variety of services to complement the demand for public transportation service in Danville. Service hours are from 4:00 am until 12:45 am, Monday through Saturday. No service is provided on the following holidays: New Years Day, Lee-Jackson King Day, Easter Monday, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day. On Christmas Eve bus service is limited to half a day.

### **Base Fare**

The one-way trip base fare for fixed route bus service is \$1.00. Children under five years old traveling with an adult are free. Only one child per paying adult customer will ride free.

### **Half Fare Discount**

A half fare discount is available all day using the fixed route operation for seniors (60 years or older), disabled individuals and Medicare cardholders. To receive a discount, eligible passengers should present a Medicare card, photo ID, or a certification sticker. To obtain information about the certification process for the half fare fixed route discount, please call the administrative office at (434) 799-5144 or (434) 773-8132.

### **Handivan Service**

Disabled passengers who are functionally unable to use the fixed route operation may complete certification forms to use the Handivan service. Persons with disabilities and health care professionals must complete these forms. The Handivan service is a curb-to-curb operation in which passengers board and alight at the curb. Origin to destination service is also provided when necessary. Drivers do not transport passengers to or through the door. The one-way Handivan fare is \$2.00 per trip. Please contact the administrative office at (434) 799-5144 or (434) 773-8132 for more information.

### **Reserve A Ride Service**

Other service options available to the general public include the Reserve A Ride operation, which transports passengers door to door. This service operates Monday through Saturday. The one-way fare is \$4.00 for all one-way trips within the city limits of Danville, Virginia and the Cane Creek Centre Industrial Park.

### **Service**

Weekday and Saturday service to any location within the City limits of Danville and Cane Creek Centre Industrial Park. Passengers may be required to transfer to or from another bus dependent upon demand, time of day and trip location.

### **Hours of Operation**

- Monday - Friday: 4:00 am - 1:00 am
- Saturdays: 4:00 am - 6:00 am and 5:00 pm - 1:00 am

### **Reservations**

- To reserve or cancel, please call (434) 799-5144 or (434) 773-8132
- Call (434) 799-5144 or (434) 773-8132 to reserve for one or more days
- Next day reservations required by 11:00 am for trips completed between 4:00 am - 5:00 pm
- Same day reservations may be completed by 11:00 am for trips completed between 5:00 pm - 1:00 am

### **Fare**

- Effective August 1, 2011 the one-way fare for all trips is \$4.00

For more information please visit: <http://www.danville-va.gov/index.aspx?nid=508>

## **Financial Services**

Whether you need help affording groceries or just managing your money there are organizations in the community to assist you. Below is a list of organizations along with the many programs they offer.



Pittsylvania County Department of Social Services	220 H.G. McGhee Dr. Chatham, VA 24531	(434) 432-7281	<ul style="list-style-type: none"> <li>• Food Stamps</li> <li>• Medicaid</li> <li>• Fuel Assistance</li> <li>• Cooling Assistance</li> <li>• Emergency assistance for rent and utility bills</li> <li>• TANF (Temporary Assistance for Needy Families)</li> </ul>
Pittsylvania County Community Action	348 N. Main St. Chatham, VA 24531	(434) 432-8250	<ul style="list-style-type: none"> <li>• Summer Food Nutrition Program</li> <li>• Housing</li> <li>• Healthy Marriage and Stable Families Program</li> <li>• Emergency Services</li> </ul>
Danville Pittsylvania Community Services	245 Hairston St. Danville, VA 24541	(434) 799-0456	<ul style="list-style-type: none"> <li>• Prevention and Abuse Services</li> <li>• Behavioral Health Services</li> <li>• Mental Health</li> </ul>
Danville Social Services	510 Patton St. Danville, VA 24541	(434) 799-6543	<ul style="list-style-type: none"> <li>• Energy Assistance</li> <li>• Food Stamps</li> <li>• Medicaid</li> <li>• Fuel Assistance</li> <li>• Cooling Assistance</li> <li>• TANF (Temporary Assistance for Needy Families)</li> </ul>
Salvation Army	123 Henry St. Danville, VA 24541	(434) 792-3963	<ul style="list-style-type: none"> <li>• Christmas Charity</li> <li>• Housing and Food Emergency Services</li> </ul>
Danville Cooperative Extension	128 Third Ave. Danville, VA 24540	(434) 799-6558	<ul style="list-style-type: none"> <li>• Family Financial Management</li> </ul>

## **Food Assistance and Nutrition**

Good nutrition is essential for a healthy baby. Below you'll find information about the nutrition needs of babies and where you can go for food assistance in the area.

### **Nutrition**

Food provides the energy and nutrients that babies need to be healthy. For a baby, breast milk is best. It has all the necessary vitamins and minerals. Infant formulas are available for babies whose mothers are not able or decide not to breastfeed. *USDA. NAL. FNIC. WIC Works Resource System*



### **Breast Milk Is Best for Your Baby**

Breast milk is the perfect food for your baby. It is the only food your baby needs during her first six months. A baby is not ready for other foods, except formula, during the first few months of life. A breastfed baby usually doesn't need water. However, you may give her water if the weather is hot and your home is not air-conditioned. Don't add sugar or honey to the water. Don't give flavored drinks or soda pop to your baby. Don't give fruit juice to a newborn baby. Breast milk is best for your baby's health. Breastfed babies don't get sick as often, and they usually don't have as many allergies. They may even be smarter! Also, breastfeeding seems to protect mothers from certain types of health problems. Mothers often find that breast milk is the easiest way to feed their babies. Also, there is no cost. You don't have to wash and sterilize bottles and nipples when you breastfeed. This leaves more time for other things. Breastfeeding your baby can even help you lose some of the weight you gained when you were pregnant. Breastfeeding can be a pleasing experience for baby and mom.

### **Breastfeeding Is Natural**

Babies need to eat often — every 90 minutes to two hours. Feed your baby when she begins to show signs of hunger, such as rooting or sucking on her lips, fingers or fist. Try to feed her before she cries. Feeding your baby often won't spoil her. It will help you learn to become more aware of your baby's needs. Don't limit feeding times. Babies need different amounts of food at different times of the day, just as grown people do. Relax! Take your time. The more you nurse your baby, the more milk you will have. Do not give your baby formula or water. If you do, you will make less milk. If you think you do not have enough milk, nurse more often and nurse longer. To learn more about breastfeeding, you may want to contact your local health department, WIC clinic, hospital, La Leche league or doctor. You can call La Leche league at 1-800-LALECHE, or visit their Web site at [www.la lecheleague.org/](http://www.la lecheleague.org/). Breastfeeding is natural, but it takes a little time for babies and mothers to learn what works best for them. You may have sore nipples when you first start breastfeeding. The pain can be reduced if your baby is held properly when attached to the breast. Here are some useful tips:

- Hold your baby's tummy to your tummy, baby's chin to your breast. You can do this sitting or lying down. Hold your breast in a "C-hold," with your thumb on top and fingers underneath. Tickle your baby's lips with your nipple until her mouth opens wide. Quickly bring her onto the breast. Allow the tip of your baby's nose and chin to touch the breast.
- Make sure your baby's mouth covers your entire nipple and much of the darker part around the nipple. Your baby's upper and lower lips should be rolled out. If the lips are not rolled out, break the suction by slipping your finger between the baby's gums and your breast. Then latch the baby on again.
- Offer your baby both breasts at each feeding. Your baby will tell you when she is finished by "falling off" the breast.

- After feeding, rub a few drops of breast milk onto your nipples. Let them air dry. Then cover the nipple with nursing pads, a bra or clothing. This will help keep them from getting too dry.

Your nipples may be tender in the first few days of breastfeeding. This is common. By and large, tenderness goes away once the milk begins to flow. If you have a lot of pain, call a breastfeeding counselor or your doctor. Your doctor or counselor can also help if you have cracked or bleeding nipples. If it doesn't feel right, then it probably isn't right. If you are out with your baby, you can still breastfeed. You may want to take along a receiving blanket or shawl with which to cover up. If you have to be away from your baby, you can still give her breast milk. You can withdraw or "express" breast milk by hand or with a breast pump into a sterile container. Then someone else can give it to her in a bottle. It is important for you to have adequate, high-quality nutrition and drink enough water. You should avoid drugs while breastfeeding unless the doctor specifically tells you to take a certain medication even though you are breastfeeding.

### **Tips on Bottle Feeding**

If you bottle feed your baby, ask your doctor what kind of formula is best for her. There are three ways formula is sold:

- Powdered formula is the cheapest. You have to mix the powder with sterilized water.
- Concentrated formula is a liquid, but it is thick and must be mixed with sterilized water. It costs more than powdered formula.
- Ready-to-feed formula comes already mixed with water. It costs the most but is the easiest to use.

Follow formula mixing instructions carefully. There is a date on the formula. Don't use the formula after this date. The formula will not be safe to give to your baby after this date. Wash reusable bottles made of plastic or glass. Also wash all equipment used to prepare formula. Use hot soapy water. Rinse the bottles in clean tap water. Then boil them five minutes in a covered pot or sterilizer. To prepare formula, boil water for five minutes and cool it before mixing it with powdered or concentrated formula. If you are using bottles with disposable liners, throw away the liner after use. Store prepared formula in the refrigerator and use it within 48 hours. Heat a bottle of formula by running hot water over it. Never heat formula in the microwave. It can get too hot. Check the temperature by shaking a few drops on your wrist. When it feels warm (not hot) on your wrist, it is cool enough to give to your baby. When feeding your baby, hold her head a little higher than her tummy. Hold the bottom of the bottle up so that the nipple stays full of formula. This way, your baby doesn't swallow air and spit up. Never prop the bottle, because your baby could choke. Always hold your baby while you feed her. Throw out any formula left in the bottle after a feeding. Feeding time is more than just satisfying your baby's hunger. It is also a time to bond with and get to know your infant. Dad, grandparents and other family members can bond too by feeding and cuddling the baby. *U.S. Department of Agriculture, U.S. Department of Education and U.S. Department of Health and Human Services, Healthy Start, Grow Smart, Your Newborn, Washington, D.C., 2002.*

### **Feeding your baby in the first year**

Birth to 4 months:

Breastfeed whenever your baby desires, or every 2-3 hours.

- If formula feeding, provide iron-fortified infant formula. Your child's health care provider can help you determine how much infant formula to feed your baby.
- Never feed sweetened beverages, cow's milk, juice, cereal, sweetened gelatin or other foods to your baby in a bottle. Sweetened beverages include: water sweetened with sugar or honey, soda, sweetened iced tea, fruit drinks, punches, or ades, or other sweetened drinks.

4 - 6 month old baby:

- Continue providing breast milk whenever your baby desires, or 5 feedings per day.
- If formula feeding, continue to provide iron-fortified infant formula. Your child's health care provider can help you determine how much infant formula to feed your baby.
- At this age, your child's health care provider is able to tell you if your baby is developmentally ready to try infant foods. It is important to only introduce one new, single ingredient food to your baby every 5 days. Be sure to watch your baby for signs of a reaction, such as rash, wheezing, or diarrhea after feeding a new food.
- If your child's health care provider recommends introducing solid foods, small amounts of infant foods, (1-2 Tb of each food per day), is all your baby needs. Introduce iron-fortified infant cereals, plain strained or pureed cooked vegetables, fruits, and protein-rich foods such as meats, egg yolk, and legumes.
- Your child's health care provider may recommend feeding your baby a small amount of sterile water (4 to 8 ounces per day) in a cup when foods rich in protein are introduced.
- Check with your child's health care provider concerning your baby's water needs.

#### 6 - 8 month old baby:

- Continue providing breast milk whenever your baby desires, or 3-5 feedings per day.
- If formula feeding, continue to provide iron-fortified infant formula. Your child's health care provider can help you determine how much infant formula to feed your baby.
- At this age, most infants are developmentally ready to try infant foods.
- It is important to only introduce one new, single ingredient food to your baby every 5 days. Be sure to watch your baby for signs of a reaction, such as rash, wheezing, or diarrhea after feeding a new food.
- Introduce iron-fortified infant cereals (4-6 Tb per day), plain strained or pureed cooked vegetables (3-4 Tb per day), fruits (3-4 Tb per day), and protein-rich foods such as meats, egg yolk, and legumes (1-2 Tb per day).
- Your child's health care provider may recommend feeding your baby a small amount of sterile water (4 to 8 ounces per day) in a cup when foods rich in protein are introduced. Check with your child's health care provider concerning your baby's water needs.

#### 8 - 12 month old baby

- Continue providing breast milk whenever your baby desires, approximately 3-4 feedings per day.
- If formula feeding, continue to provide iron-fortified infant formula. Your child's health care provider can help you determine how much infant formula to feed your baby.
- Provide your baby with iron-fortified infant cereals or hot cereals (4-6 Tb per day), plain pureed, mashed or chopped cooked vegetables (3-4 Tb per day) and fruits (3-4 Tb per day), and pureed or chopped lean meat, poultry, fish, egg yolk, cheese, yogurt, or mashed legumes (1-3 Tb per day).
- Your child's health care provider may recommend feeding your baby a small amount of sterile water (4 to 8 ounces per day) in a cup when foods rich in protein are introduced. Check with your child's health care provider concerning your baby's water needs. *USDA. Food and Nutrition Service*

## Food Assistance

### The Virginia WIC Program

WIC stands for the Special Supplemental Nutrition Program for Women, Infants and Children. The Program provides nutrition education, breast feeding promotion and support, supplemental nutritious foods, counseling at WIC clinics, and screening and referrals to other health, welfare,

and social services. The goal of the Program is to improve the health of pregnant women, infants and children (under 5 years) through better nutrition and access to health care. To be eligible for the WIC Program, applicants must meet categorical, residential, income and nutrition risk requirements.

To apply for WIC or ask questions:

Phone: 1-888-942-3663

Email: [WICinfo@vdh.virginia.gov](mailto:WICinfo@vdh.virginia.gov)

For suggestions, comments or concerns:

Phone: 1-877-TELL-WIC (1-877-835-5942)

Email: [TellWIC@vdh.virginia.gov](mailto:TellWIC@vdh.virginia.gov)

Danville City Health Department (Headquarters Office)	326 Taylor Drive Danville, VA 24541	(434) 799-5190
Pittsylvania County Health Department	200 H.G. McGhee Drive; P.O. Box 10 1159 Chatham, VA 24531	(434) 432-4232
Pittsylvania County Health Department, Environmental Health Section	200 H.G. McGhee Drive; P.O. Drawer 369 Chatham, VA 24531	(434) 432-7232

#### **Supplemental Nutrition Assistance Program (SNAP) (formerly known as Food Stamps)**

SNAP can be used like cash to buy eligible food items from authorized retailers. Authorized retailers will display either the Quest logo or a picture of a Virginia EBT card. A SNAP account is established for eligible households and automatic deposits are made into the account each month. To access the account, they will also receive an EBT Card which will debit the account each time eligible food items are purchased. A secret Personal Identification Number (PIN) is required to use the card.

Danville Division of Social Services	John Moody Director	510 Patton Street; P.O. Box 3300 Danville, VA 24543	(434)799-6543	<a href="http://www.danville-va.gov/index.aspx?nid=304">http://www.danville-va.gov/index.aspx?nid=304</a>
Pittsylvania County Department of Social Services	Sherry R. Flanagan Director	220 H.G. McGhee Drive; P.O. Box E Chatham, VA 24531	(434) 432-7281	
God's Store House		750 Memorial Drive Danville, VA 24540	(434) 793-3663	<a href="http://www.godsstorehouse.org">http://www.godsstorehouse.org</a>
The Salvation Army		123 Henry Street Danville, VA 24540	(434) 792-3963	

## Health and Medical Resources

In this section you'll find information about health insurance, immunizations, well baby visits and when you should call a doctor as well as some organizations that can help you financially with health care.

### Health Insurance

Health insurance is a vital part of pre and post natal care. A pregnant teen is usually **not** covered under her parent's healthcare plan. There are options for a pregnant teen that has no health insurance. There could be some restrictions to the programs which are discussed during an intake meeting.



Medicaid is designed to give medical aid to those in need. The program is administered via the local Social Services Department in your area. Applications may be submitted in person or on-line.

FAMIS is a government program to insure all children have healthcare coverage is an option after a child is born. Again, the program is administered through the local Social Services department. Applications may be done via telephone, on-line or in person at the local social services office.

- **FAMIS MOMS** is a VA Medicaid program for women who are pregnant and for two months after giving birth (1-866-873-2647). If a woman is not eligible for FAMIS MOMS, she may inquire about other Medicaid programs.
- **FAMIS** – Virginia's health insurance for children who do not have insurance (1-866-873-2647).
- **FAMIS Plus** – Virginia's Medicaid for children (1-866-873-2647).
- **FAMIS and FAMIS plus** covers well-baby and well-child check-ups, doctor visits, tests, x-rays, hospital and emergency care, vision and dental care, shots, prescriptions. Other things may be covered, check with your local Social Services office.

Both programs listed will cover (for children) well-baby visits, preventive care, emergency care. There are no co-pays, no deductibles to be met and free prescription plans. Re-certifications are required.

Danville Social Services	(434) 799-6548
Medicaid	(434) 799-6546
Pittsylvania County Social Services	(434) 432-728
Caswell County Social Services	(336) 694-4141

### Immunizations Recommendations

Please consult with your child's pediatrician for immunization intervals.

- HepB: protects against hepatitis
- DTaP: a combined vaccine that protects against diphtheria, tetanus, and pertussis (whooping cough)
- Hib: protects against Haemophilus influenza type b
- PCV: protects against pneumococcal disease
- Polio: protects against polio, the vaccine is also known as IPV
- RV: protects against infections caused by rotavirus
- Influenza: protects against influenza (flu)

- MMR: protects against measles, mumps, and rubella (German measles)
- Varicella: protects against varicella, also known as chickenpox
- HepA: protects against hepatitis A

**Note: If your child misses a shot, consult with your child's pediatrician.**

## **Recommended Well-Baby Visits**

Weight check – check with pediatrician within one week of birth

- 1 week or 2 week visit (dependent upon whether child is breast fed or bottle fed, check with pediatrician)
- 4 weeks visit
- 8 weeks visit
- 4 months visit
- 6 months visit
- 9 months visit
- 1 year visit
- 15 months visit
- 18 months visit
- 2 year visit
- 3 year visit
- 4 year visit

Check with your child's pediatrician beyond the 4 year old visit and any up to that point.

\*\*\*Medical insurance information published by FAMIS. Information pertaining to immunizations are recommendations as recommended by the CDC, 2011. Well-baby visits are recommendations from Danville-Pittsylvania County area pediatricians.

## **When to Call a Doctor: How will we know if our newborn baby is ill? We're worried that we won't be able to tell.**

### **How can we tell if our newborn baby is ill?**

All new parents worry about their newborn baby's health, so you're not alone.

But by taking a few simple precautions you can keep your baby healthy and you reassured:

- If you're breastfeeding, continue nursing for as long as you can (ideally throughout her first year).
- Place her on her back when she's sleeping to prevent Sudden Infant Death Syndrome (SIDS).
- Don't let anyone smoke around your baby.
- Avoid contact with people who are unwell.
- Wash your hands well after each diaper change.
- Make sure your baby is properly immunized.

Of course, even if you follow this advice, your daughter may still get ill. But you'll know when something is really wrong. Your knowledge of her usual patterns of feeding, sleeping, fussing and responding is invaluable when judging her overall state of health.

What signs should I look out for?

Unusual behavior:

- Temperament: If your baby is her usual self and feeding well, it's unlikely that she's seriously ill. This doesn't mean you shouldn't see your doctor if she has a fever or the sniffles. But a smiling baby with a runny nose is probably not as sick as a lethargic baby with a runny nose.
- Changes in crying: If your baby cries more than usual and can't be comforted, or if her cry is weak or high-pitched, she may be seriously ill.
- Lack of crying: If she seems unhappy but doesn't cry and is unusually inactive, call your doctor.
- Appetite: This will vary, but she should feed vigorously when hungry. A baby that tires easily from sucking, or loses interest in feeding, is probably sick. The same applies if she regurgitates food more than usual, and with more effort, or if the stool is green.
- Difficulty with breathing: If your baby's breathing is labored in any way, get help immediately.

Tummy upsets:

- Abnormal bowel movements: Young babies, especially when breastfed, may have very soft or liquid bowel movements. But if your baby has diarrhea (watery poo), her tummy may be upset. Monitor this to see if the diarrhea continues. If her poo is streaked with blood or mucus, or has the consistency of jelly, call your doctor.
- Dehydration: Make sure she's drinking fluids or breastfeeding as often as usual. She should wet a minimum of six diapers a day. If she's sleepy and has small, hard or dry bowel movements, call the doctor.

High temperature:

- Fever: A baby can have a high fever and only be mildly ill, or a slight fever and be seriously ill, but it is a sign of sickness.
- If a baby under three months has a fever of above 37.7 degrees C (100 degrees F), she should be examined. If an older baby has a fever but otherwise appears well, observe her for a day to see if she develops other symptoms.

If you're still in doubt, make an appointment with your doctor anyway. Your peace of mind is important, and doctors expect to see tiny babies often. They know that babies can become ill quite quickly, but they also know they get better quickly, too.

For more information, please visit:

<http://www.babycenter.com.au/baby/newborn/babyillnessexpert/>

## Housing Resources

If you need help with housing there are programs out there. Some of the organizations listed under Financial Services also help with issues such as rent, fuel assistance and temporary shelter.



Cardinal Village	Public Housing	(434) 793-1224
Cedar Terrace	Public Housing	(434) 792-0981
Clear Pond	Subsidized – No Minors	(434) 797-3653
Danville Redevelopment and Housing Authority		(434)793-1222
Ingram Heights	Public Housing	(434) 792-0303
Pleasant View	Public Housing	(434) 792-0328
Purdum Woods	Subsidized	(434) 799-5742
Southwyck	Subsidized	(434) 799-6202
Woodside Village		(434) 836-4134

NOTE: If you are under the age of 18, you will have to be either married or emancipated before any landlord would be able to sign a lease with you. Contracts with minors are not enforceable and therefore landlords will not lease to you without emancipation. There are some who will not rent to you even with emancipation.

## **Legal Services**

There is legal assistance out there for those who are eligible. If you have a situation that requires a lawyer the Virginia Legal Aid Society might be able to help. In this section you'll find some information about their services.

### **Virginia Legal Aid Society**

VLAS is a nonprofit law firm that provides legal advice, information, and representation in civil cases to low income person in Central, Southside, and Western Tidewater Virginia. Virginia Legal Aid Society is located in Danville at 519 Main Street.



#### **How do I contact VLAS?**

Call LawLine, our toll-free intake and advice system, at 866-LegalAid (534-5243) on Monday, Tuesday, Thursday or Friday between 9:00 a.m. and 3:30 p.m. If you cannot call during those time, ask someone to call for you to give your phone number and a time we can call you. We use Language Line to provide interpreters in over 170 languages.

#### **Am I eligible for help from VLAS?**

VLAS provides free civil legal services to persons with low household income.

When you call LawLine, you will speak with a paralegal who will determine if you are financially eligible. Eligibility is based on the number of people in your household, the income and assets of your household members, and other information.

#### **Will my case be accepted?**

Because Virginia Legal Aid Society is a nonprofit organization with limited funding, VLAS may not be able to provide full representation in every case.

If you are found eligible for help, a paralegal will ask you questions about your legal problem. If your problem is within the areas of law we handle, we will give you advice and/or information during your first phone call. If you need more extensive help, and we are taking new cases, you will be called back within the next business day to arrange an appointment with a VLAS attorney or paralegal.

If your problem is not within the areas of law we handle, we may give you general legal information, or refer you to another organization that can help.

#### **When should I contact VLAS?**

Contact VLAS as soon as a problem arises. Time is very important in most situations. If you put in off, you may lose your rights or make it hard for an attorney or paralegal to do the best job. Do not delay.

#### **Virginia Legal Aid Society can handle the following legal problems:**

##### **PUBLIC BENEFITS**

- Social Security Disability and SSI
- Unemployment Compensation
- Food Stamps

- Temporary Assistance for Needy Families (TANF)

#### HEALTH CARE BENEFITS

- Medicaid
- Medicare
- FAMIS
- Health Insurance

#### HOUSING

- Landlord Disputes and Evictions
- Subsidized and Public Housing
- Mortgage Foreclosures
- Hazardous Conditions

#### FAMILY

- Divorce
- Child Custody and Visitation
- Child Support
- Domestic Violence Appeals

#### CONSUMER

- Collections and Repossessions
- Garnishments and Exemptions
- Illegal or Unfair Sales Practices
- Consumer Credit Violations
- Utilities
- Payday and Car Title Lending
- Car Warranties

#### EDUCATION

- Special Education Rights
- Student Discipline

#### ADVANCE DIRECTIVES

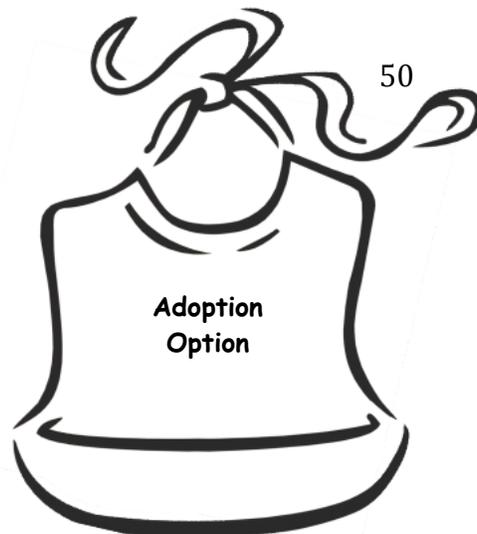
- Simple Wills and Living Wills
- General Powers of Attorney
- Medical Powers of Attorney

LawLine intake and Advice: 866-LegalAid (866) 534-5243)

[www.vlas.org](http://www.vlas.org)

## **Placement and Adoption Services**

If you're unsure about raising a child at this point in your life, it has probably crossed your mind to consider placing your baby up for adoption. Adoption can mean a lot of different things and if it is something you are considering it is worth talking to some experts. In this section you will find organizations who can help you better understand what adoption means.



### **Examining the Adoption Option**

Public Options			
Danville Social Services	510 Patton Street Danville, VA 24541	(434) 799-6540	<a href="http://www.danville-va.gov/index.aspx?nid=304">http://www.danville-va.gov/index.aspx?nid=304</a>
Pittsylvania County Social Services	220 H.G. McGhee Drive; P.O. Box E Chatham, VA 24531	(434) 432-7281	

Private Options			
Liberty Godparent Home	Lynchburg Christian P.O. Box 4199 Lynchburg, VA 24502	(800) 542-4453	<a href="http://www.godparent.org/">http://www.godparent.org/</a>
Family Life Services	P.O. Box 4199 Lynchburg, VA 24502	(888) 760-5433	<a href="mailto:FLS@liberty.edu">FLS@liberty.edu</a>
Attorney of Choice			



## Recreational Opportunities

Don't ever let anyone tell you that there is nothing to do in our area. Opportunities for recreation are everywhere and lots of them are free. It's important to get out and have some fun, get some exercise and spend leisure time with your children.

### Area Information

Check out these websites for general area information and links to what's going on and what to do in the surrounding community.

Danville/Pittsylvania Chamber of Commerce	<a href="http://www.dpchamber.org/">http://www.dpchamber.org/</a>
Danville City Area Attractions	<a href="http://www.danville-va.gov/index.aspx?NID=1176">http://www.danville-va.gov/index.aspx?NID=1176</a>
Digital Audio Visitors' Center for Danville and Southern Virginia	<a href="http://visitdanville.ialr.org/">http://visitdanville.ialr.org/</a>

## Museums

AAF Tank Museum	3401 U.S. Highway 29B Danville, VA 24540	(434) 836-5323	<a href="http://www.aaftankmuseum.com/">http://www.aaftankmuseum.com/</a>
Danville Museum of Fine Arts and History	975 Main Street Danville, Virginia 24541	(434) 793-5644	<a href="http://www.danvillemuseum.org/">http://www.danvillemuseum.org/</a>
Danville Science Center	677 Craghead Street Danville, VA 24541	(434) 791-5160	<a href="http://www.dsc.smv.org">www.dsc.smv.org</a>

## Parks

Danville Parks and Recreation	125 N. Floyd Street Danville, VA 24541			
Abreu-Grogan Park	2020 Memorial Drive Danville, VA 24541	(434) 799-5200	<a href="http://va-danville.civicplus.com/index.aspx?nid=515">http://va-danville.civicplus.com/index.aspx?nid=515</a>	3 acres, river access, boat ramp, bank fishing, parking, paddling classes
Anglers Park	Northside Drive Danville, VA 24540			44 acres, river access, boat ramp, paved Riverwalk Trail, mountain bike trails, 5 multi-use fields

Ballou Park	760 West Main Street Danville, VA 24541			107 acres, disc golf course, picnic shelters, tennis courts, playground, nature trail, athletic fields, and much more
Camilla Williams Park	700 Memorial Drive Danville, VA 24541			6.5 acres, riverfront, parking, picnic shelters, tables, and playgrounds
Dan Daniel Memorial Park	302 River Park Drive Danville, VA 24540			170 acres, riverfront, picnic shelters, wooded and paved trails, soccer fields, softball fields, little league fields, playground, American Legion Stadium, skate park, and much more
Doyle Thomas Park	827 Green Street Danville, VA 24541			4 acres, basketball court, playground, and picnic tables
Grove Park	100 Southland Drive Danville, VA 24541			15 acres, playground, shelter, open play, passive areas, athletic fields
Pumpkin Creek Park	315 Taylor Drive Danville, VA 24541			34 acres (7 acres developed), athletic fields, basketball courts, shelter, playground
Pittsylvania County Parks and Recreation	18 Depot Street Chatham, VA 24531	(434) 432-7736	<a href="http://www.pittgov.org/recreation/index.htm">http://www.pittgov.org/recreation/index.htm</a>	

## Sports to Watch

Danville Braves	American Legion Post 325 Stadium – Dan Daniel Memorial Park 302 River Park Drive Danville, VA 24540	(434) 797-3792	<a href="http://web.minorleaguebaseball.com/index.jsp?sid=t429">http://web.minorleaguebaseball.com/index.jsp?sid=t429</a>
South Boston Speedway	Located on US 58/360 East in South Boston, Virginia	(434) 572-4947	<a href="http://www.southbostonspeedway.com">www.southbostonspeedway.com</a>
Virginia International Raceway		(434) 822-7700	<a href="http://www.virnow.com">http://www.virnow.com</a>

## To Play

Riverside Lanes	3215 Riverside Drive Danville, VA 24541	(434) 791-2695	<a href="http://www.bowlriverside.com">www.bowlriverside.com</a>
Skatetown of Danville	1049 Piney Forest Road Danville, VA 24540	(434) 835-0011	
Tiny Town Golf	643 Arnett Blvd. Danville, VA 24540	(434) 799-0142	
Dan River Grand Prix	2855 Riverside Drive Danville, VA 24541	(434) 791-3747	<a href="http://www.danrivergp.com">www.danrivergp.com</a>
Phillip Wyatt Skate Park * Unsupervised skate park open from dawn to dusk. Helmets required.	Dan Daniel Memorial Park 302 River Park Drive Danville, VA 24540	(434) 799-5215	

## Other Possibilities

Big Brothers Big Sisters of Danville Area	308 Craghead Street, Suite 104 Danville, VA 24541	(434) 792-3700	<a href="http://www.biglittledanville.org/site/">http://www.biglittledanville.org/site/</a>	
Boys and Girls Club	Danville: 123 Foster Street Danville, VA 24541  Chatham: 115 S. Main Street Chatham, VA 24531	Danville: (434) 792-6617  Chatham: (434) 432-3115 ext. 2	<a href="http://www.bgcdanville.org">http://www.bgcdanville.org</a>	“The Boys and Girls Clubs of the Danville Area provides a safe, positive environment where the youth of our community are given tools to help them fulfill their potential: educationally, socially and societally.”

YMCA	810 Main St. Danville, VA 24541	(434) 792-0621	<a href="http://www.ymcadanville.org/">http://www.ymcadanville.org/</a>	YMCA offers a variety of programs and services and even offers scholarships for those who qualify.
Danville Public Library	Main Library: 511 Patton Street Danville, VA 24541  Westover Branch: 94 Clifton Street Danville, VA 24540	Main Library: (434) 799-5195  Westover Branch: (434) 799-5152	<a href="http://www.danvillelibrary.org">www.danvillelibrary.org</a>	
Pittsylvania County Public Library	Main Library: 24 Military Drive Chatham, VA 24531  Brosville: 11948 Martinsville Highway Danville, VA 24541  Gretna: 207 A Coffey Street Gretna, VA 24557  Mount Hermon: 2725 Franklin Turnpike, Suite J Danville, VA 24540	Main Library:  (434) 432-3271  Brosville: (434) 685-1285  Gretna: (434) 656-2579  Mount Hermon: (434) 835-0326	<a href="http://www.pcp-lib.org/index.php">http://www.pcp-lib.org/index.php</a>	