

Sunday, March 11, 2018

Read
to her.
Every day.

TRIPLE HER CHANCES
OF GRADUATING
FROM HIGH SCHOOL

Look
inside
to find
out how to
win a
\$100 Gift
Certificate to
Publix®

United Way
SUCCESS BY 6
Parent
resource guide

An Advertising Product of

 Ledger
Media Group

What is Success By 6?

Helping all children succeed for life—Success By 6 is dedicated to creating a community where all children, by the age of 6, have the mental, physical, social, and emotional foundation needed to grow into healthy, productive members of the community. Success By 6 is a community-wide children's initiative, founded in 1995 by Carol Jenkins Barnett of Publix Super Markets Charities and spearheaded by United Way of Central Florida, which brings together resources from a partnership of private businesses, government, religious groups, educators, and health and human service organizations. Success By 6 is an initiative to make early childhood development a top priority in Polk, Hardee and Highlands counties.

How can you help?

Everyday life is a learning experience for children! Born Learning is a public engagement campaign that helps parents, grandparents and caregivers explore ways to turn everyday moments into fun learning opportunities. Share materials with parents; post information on your website or newsletters.

Imagination Library provides at risk children with a free new book every month through their fifth birthday for less than \$2.50 a book! Join our local sponsors, the GiveWell Community Foundation, Lakeland Chamber of Commerce, Friends of the Bartow Library, Bartow Rotary and Florida's Natural Growers Foundation and help clear our waiting list.

Master Teachers

Four master teachers provide supervised internships in childcare centers and family childcare homes. Sponsor a curriculum!

Parent Lending Libraries

Through the generosity of grants and sponsorships, libraries are being placed at childcare centers to allow parents to conveniently borrow books to read with their child every day. We have a waiting list of centers eager to join in the program.

Parent Resource Guide

This PRG you are holding appears in The Ledger in March, July and November, reaching over 195,000 homes. Success By 6 is given space for space based on advertisements sold. Call 863-802-7412 to advertise.

Family Fundamentals is a collaboration of organizations committed to strengthening families and our community by increasing access and awareness to resources and services. This parent resource center is a warm, welcoming place where anyone can come to access information, children's classes and support services. Forty-five agencies offer services on site to provide a one-stop opportunity for parents. The center is located at 1021 Lakeland Hills Blvd. in Lakeland, above Lakeland Volunteers in Medicine.

For more information
please call Jodi at 863-648-1500 ext.265
or jodi.miller@uwcf.org



Communication is the Key to Your Child's Success!



We can help with:

- Full hearing evaluations, diagnosis and customized hearing solutions.
- Comprehensive speech-language assessments, treatment and therapy.
- Support for children and the families who love them!



Conveniently located in Highlands Plaza
3020 Lakeland Highlands Road
Lakeland, FL 33803
863.686.3189 • www.cfshc.org



**family
fun! fundamentals**
a SUCCESS BY 6® resource center

1021 Lakeland Hills Blvd.,
Lakeland, FL 33805

863-686-1221 ext. 221

FREE DAILY CHILDREN ACTIVITIES

No fees or registration required for Daily Activities, but limited to the first 20 children arriving. Adult must be present.

Monday

My Play and Learn Time

Ages 3-5
9:30-11:30 am

Tuesday

Terrific Tuesdays

Ages 3-5
9:30-11:30 am

Wednesday

Read, Sing & Play

Age 2
9:00-10:00 am

Wonderful Wednesdays

Ages 3-5
9:30-11:30 a

Leaps & Bounds

Age 1
10:15-11:00am

Great Beginnings

Age under 12 mo.
11:15am-noon

Thursday

Growing Beyond Books

Ages 3-5
9:30-11:30 am

Friday

Let's Move Together

Ages 3-5
9:30-11:00 am

Let's Move Together

Age 2
11:15-noon

OTHER ACTIVITIES

Please call for dates, times and possible fees.

ALPI

844-356-8138
Self-sufficiency Training Program

Big Brothers Big Sisters

863-682-5191

Citizen CPR

863-680-1277
CPR/First Aid

FDLRS/Child Find-Developmental

863-647-4258
Screenings, Birth to Five

Infant Massage

863-686-1221 ext221

Kids Need Both

888 310-6630
Court Ordered Parenting/
Co-Parenting Classes
Anger Management Classes
Parenting Plans

The Toby Center

855-862-9236
Supervised Visitations
Family Court Mediations

Healthy Families Polk

Parenting Classes
863-534-5344

Girl Scouts of West Central Florida

863-688-7648

Rath Senior ConNexions

863 686-1221 ext. 256
Age and Enlightenment
Calligraphy
Computer Classes
Memory Screening
Spanish
Teaching Balance

Prepare your child for a bright future by singing, talking and reading with them every day. These three simple activities can jump start your child's brain development and get them ready to learn when they enter kindergarten.

Play is a child's work

A child's play has benefits that extend far beyond the obvious one: fun! Play stimulates your child's curiosity, creativity, and intellect, which helps them discover and make sense of their world. Research shows that the most important factor in a child's early learning is a loving, nurturing relationship with an adult in their life. Playing together is a great way to nurture that bond.



Screen time for Kids?

The AAC recommends that children under the age of 2 get no, or very little screen time (aside from video chatting). Parents should limit children ages 2 to 5 to only 1 hour of high quality programming per day.

**FLORIDA'S NATURAL
GROWERS FOUNDATION SUPPORTS LITERACY!**





The new waiting room.



Online check-in for urgent care is now available – so you can choose where you wait.

Being sick is hard enough. So we're making it a little easier to get well, with online check-in for Urgent Care. The next time you experience an illness or injury, visit our website, answer a few quick questions, and pick a time that's convenient for you. We'll save your spot in line, before you arrive. It's that easy. **Check in at CypressWalkin.com**



7375 Cypress Gardens Blvd. • Winter Haven, FL 33884

Because our Urgent Care staff must treat patients based on the severity of illness or injury, your time is not guaranteed. We will see you as close to your designated time as possible. If your symptoms worsen or you believe you are experiencing a life-threatening emergency, please call 911 or go to the nearest Emergency Department as soon as possible. • Heart of Florida Regional Medical Center is owned in part by physicians.

RESOURCES FOR PARENTS

For additional resources and referrals
please dial 2-1-1 or 863-648-1515.

InnerAct Alliance-Substance Abuse
inneractalliance.org
863-802-0777

Lake Wales Family Literacy Academy
863-604-8012

A Safe Haven For Newborns
asafehavenfornewborns.com
877-767-2229

Parent Informational Resource Centers
polk-fl.net
863-534-0500

Wings of Eagles-Outreach Center
wingsofeagles.net
863-665-7700

FINANCIAL EDUCATION

Catholic Charities of Central Florida
cfccc.org
863-686-7153

Church Service Center
churchservicecenter.com
863-533-5822

Exploration V Children's Museum
explorationsv.com
863-687-3869

Florida Prosperity Partnership-Polk
FloridaProsperityPartnership.org
863-797-4212

Hardee Coop Extension Service
hardee.ifas.ufl.edu
863-773-2164

HELP of Fort Meade
863-285-6600

Frostproof Care Center
frostproofcarecenter.com
863-635-5555

Mulberry Community Service Center
mulberrycsc.com
863-425-1523

Salvation Army
uss.salvationarmy.org
863-853-2214

Talbot House Ministries
talbothouse.org 863-687-8475

Women's Care Center of Bartow
863-534-3844

Women's Resource Center
wrcfl.org
863-294-5318

FOOD ASSISTANCE

Agape Food Banks
agapefeeds.com
863-665-7074

Catholic Charities at Saint Joseph
863-229-7983

First Baptist Church at the Mall
863-682-0163

FOSTER PARENTING

Heartland for Children
heartlandforchildren.org
863-519-8900

HEALTH INSURANCE

ACA Marketplace
healthcare.gov
1-800-318-2596

Florida KidCare
floridakidcare.org
1-888-540-5437

Children's Medical Services - Department of Health
cms-kids.com
863-701-1240

Medicaid
myffamilies.com

Polk Health Plan
polk-county.net
863-533-1111

HEALTH SERVICES

Central Florida Health Care
cfhconline.org
Dundee 863-419-3330

Frostproof 863-635-4891
Lake Wales 863-678-4360
Lakeland 863-413-8600
Wauchula 863-773-2111
Winter Haven 863-292-4280

Good Samaritan Clinic at Talbot House
talbothouse.org
863-687-8475

Florida Dept. of Health in Hardee
hardee.floridahealth.gov
863-773-4161

Florida Dept. of Health in Polk
polk.floridahealth.gov
863-519-7910

Florida Discount Drug Card Program
floridadiscountdrugcard.com
1-866-341-8894

The Haley Center
firstwinterhaven.org
863-299-6562

HELP of Fort Meade
863-285-6600

Lake Wales Free Clinic
863-676-6678

Lakeland Volunteers in Medicine
lvim.net
863-688-5846

Polk Health Plan
polk-county.net
863-533-1111

We Care of Polk County
wecarecentralflorida.org
863-662-4227

HOMELESS SERVICES

Lighthouse Ministries
lighthousemin.org
863-687-4076

New Life Center for Family Preservation, Inc.
nlclakeland.org
863-812-2351

Salvation Army
Lakeland and West Polk
salvationarmyflorida.org
Lakeland

863-682-8179
Winter Haven
863-294-7493

Talbot House Ministries
863-687-8475

Women's Resource Center
wrcfl.org
863-294-5318

HOUSING ASSISTANCE

Bartow
863-533-6311

Haines City
863-421-3680

Lake Wales
863-676-7414

Lakeland
863-687-2911

Hardee County
hardeecounty.net
863-773-6349

LEGAL SERVICES

Heart of Florida Legal Aid Society
hofla.org
863-519-5663

LITERACY ORGANIZATIONS

Lake Wales Family Literacy Academy
863-604-8012

Lake Wales Literacy Council (adult literacy)
863-676-5767

READ Lakeland (adult literacy)
readlakeland.com
863-802-1512

MENTORING

Big Brothers Big Sisters
bbbsfl.org
813-769-3607

Girls Inc.
girlsincl.com
Lakeland 863-682-3002
Winter Haven 863-967-2874

Girl Scouts of West Central Florida
gswcf.org
863-688-7648
800-881-4475

Polk County School Board
polk-fl.net
863-648-3046

NUTRITION

Florida Dept. of Health in Polk WIC Program
(Women, Infants and Children)
polk.floridahealth.gov
863-519-7542

Polk County Extension Office
polk.ifas.ufl.edu
863-519-8677 ext.114

PARENT/CHILD ACTIVITY GROUPS & EDUCATION

Children and Adults with ADD
chadd.org

Explorations V Children's Museum
explorationsv.com
863-687-3869

Family Fundamentals (ages 0-6)
uwcf.org
863-686-1221 x221

Girl Scouts of West Central Florida
gswcf.org
863-688-7648
800-881-4475

Lake Wales Family Literacy Academy
863-604-8012

Learning Resource Center
lrcpolk.com
863-688-9477

Public Libraries
mypclc.org (Polk Co.)
Auburndale 863-965-5548
Bartow 863-534-0131
Bookmobile 863-678-4004
Books by Mail 863-679-4441 TOLL FREE 1-866-679-4441

Dundee 863-439-9424
Eagle Lake 863-293-2914
eLibrary South 863-838-4507
Fort Meade 863-285-8287
Frostproof 863-635-7857
Haines City 863-421-3633

Historical and Genealogical Library 863-534-4380
Lake Alfred 863-291-5378
Lake Wales 863-678-4004
Lakeland 863-834-4280

Larry R. Jackson Branch 863-834-4288
Mulberry 863-425-3246
Polk City 863-984-4340
Polk County Law Library 863-534-4013

Winter Haven 863-291-5880
myhlc.org (Hardee Co.)
Wauchula 863-773-6438

POISON HELP

Florida Poison Information Center-Tampa

poisoncentertampa.org
800-222-1222

RESOURCE & REFERRAL

Aunt Bertha
heartland.auntbertha.com

United Way 2-1-1
navigateresources.net/211CommunityResources
2-1-1 or 888-370-7188
Email: uw211help@gmail.com

Crisis Response Team at Peace River Center
peacrivercenter.org
863-519-3744 TOLL FREE: 800-627-5906

A Safe Haven For Newborns
asafehavenfornewborns.com
877-767-2229

SAFETY

Citizen CPR, Inc.
Child/Infant Preventative Safety Education
citizencprinc.com
863-680-1277

SENIOR SERVICES

Alzheimer's Association
alz.org
800-272-3900

American Assoc. of Retired Persons
aarp.org
866-595-7678

Catholic Charities Lakeland Activity Center for Seniors
cfccc.org
863-687-2988

Elder Helpline
1-800-963-5337

Elder Point
elderpoint.org
863-682-7249

RESOURCES FOR PARENTS

Faith in Action North Lakeland, Inc.
863-686-0009

Neighborhood Service Center
863-294-5860 Winter Haven

NuHope
nuhopeeldercenter.com
863-773-2022 Wauchula

Seniors First
seniorsfirstinc.org
863-534-5320

Rath Center
Therathcenter.org
863-937-8023

Senior Connection Center
seniorconnectioncenter.org
1-800-963-5337

Viste
Lakeland, Bartow, Mulberry & Fort Meade
viste.org
863-284-0828

SMOKING - HELP TO QUIT SMOKING

Lake Wales Free Clinic
lakewalescarecenter.org
863-676-1222

InnerAct Alliance
inneractalliance.org
863-802-0777

Winter Haven Hospital-Behavioral Health Division
winterhavenhospital.org
863-294-7062

Tobacco Free Florida
tobaccofreeflorida.com
863-773-4161 Hardee Co.
SPECIAL NEEDS SERVICES

Achievement Academy (ages 0-3)
achievementacademy.com
Bartow 863-533-0690
Lakeland 863-683-6504
Winter Haven 863-965-7586

All Children's Specialty Care of Lakeland
allkids.org
863-802-6600

Alliance for Independence
afi-fl.org
863-665-3846

Bolesta Center (ages 0-5)
bolesta.cbcs.usf.edu
813-974-5733

Central Florida Autism Institute, Inc.
autismspeaks.org
863-680-1396

Central Florida Speech and Hearing
cfshc.org
863-686-3189 (includes TDD/TTY)

Children's Medical Services (Department of Health)
cms-kids.com
863-413-3484

Early Steps Intervention Program
866-549-1740

Family Network on Disabilities of Florida
fndusa.org
727-523-1130 (Voice & TTD)
800-825-5736

Florida Diagnostic & Learning Resource System (FDLRS)
fdlrs.polk-fl.net
863-647-4258

Florida Epilepsy Services
epilepsyservices.com
863-686-5880

Florida First Start (ages 0-3)
Frostproof Elementary 863-635-8569
Griffin Elementary 863-853-6027
Snively Elementary 863-291-5316

Florida School for the Deaf and Blind
fsdb.k12.fl.us
TOLL FREE: 800-344-3732 TDD/TTY

Lighthouse for the Blind (ages 0-5)
tampalighthouse.org
863-299-3633

Nu-Hope
863-773-2022 Wauchula

Victory Ridge Academy (ages 1-grade 8)
ourchildrensacademy.org
863-679-3338

Parental Ed & Encouragement for Autism in Children Everywhere (PEACE)
863 413-2722 ext.203

Peace River Center
peacrivercenter.org
Behavioral Health (children) 863-519-0575
Rape Recovery Resources
Crisis line (Lakeland) 863-413-2707
Domestic Violence Services
Crisis line (Lakeland) 863-413-2700

Pediatric Health Choice
pediatricchc.com
863-603-0515

Pediatric Therapy Services, Inc.
ptsbeyourbest.com
863-802-3800

Polk County School Board "Child Find"
polk-fl.net
863-647-4258

Spina Bifida Association of Central Florida
sbcentralflorida.org
407-248-9210

The Roberts Academy-Dyslexia
flsouthern.edu/robertsacademy
863-680-3741

TianVica Riding Academy
tianvica.org
888-548-2972

TEEN PARENT SERVICES

Polk County School Board
polk-fl.net
863-534-0930

A Safe Haven for Newborns
asafehavenfornewborns.com
877-767-2229

VETERAN SERVICES

James A. Haley VA
tampa.va.gov
813-972-2000

Lakeland VA Clinic
863-701-2470

Veterans Crisis Line
veteranscrisisline.net
1-800-273-8255

Veteran Service Office
863-534-5200

Birth To Three Program

Do you have questions or concerns about your child's development?
Our program can help!



Any child in Polk County, newborn to three years, is eligible for services at no cost to the family

THE PROGRAM PROVIDES:

- Monthly home visits
- Developmental evaluations
- Individualized activities, techniques and goals
- Developmentally appropriate toys, materials and books
- Parent information and support

Call today for a
FREE evaluation
863-683-6504



www.achievementacademy.com

Congratulations to Macy, Donald and baby Sebastian! These Lakelanders will be enjoying a shopping spree at Publix!

WE WANT TO HEAR FROM YOU TOO!



Enter to Win!

Send this original coupon to Success By 6 and you could win a \$100 Gift Certificate to.....

Publix®

All blanks must be completed to be eligible.

Name _____ Address _____

City _____ Zip Code _____ Phone _____

email _____ Birthdate _____

I found the Parent Resource Guide helpful. YES__ NO__ Ages of Children _____

Where did you get your copy of the Parent Resource Guide? _____

What would you like to see added to the Guide? _____

Mail to Success By 6, P.O. Box 1357, Highland City, FL 33846-1357 or go to www.uwcf.org/EntryForm

PARTNER SPOTLIGHT

Healthy Start Coalition of Hardee, Highlands and Polk Counties-Beds 4 Babies Project

1. Be a resident of Hardee, Highlands or Polk county*
2. Agree to listen to safe sleep education and learn how to properly use a crib
3. Have no crib for the infant and cannot otherwise provide a separate, safe place for baby to sleep
4. Have an infant 6 months and under or be in your last month of pregnancy
5. Sign consent to participate and release of information to include name, race, date of birth, baby's name and age, city and zip code
6. Agree to use crib per manufacturer's guidelines and keep for future pregnancies

*Eligibility requirements may vary based on available funding

For more information or a presentation about "Safe Sleep Practices" and/or the "Beds 4 Babies Project", contact the Coalition office at 863-534-9224.

Spring is here!

What a great opportunity for you and your child to plant your first garden together. It is best to start small, with quick, hardy plants.

You will need: 1. A variety of pots or planters. 2. Seed packets of easy starters like radishes, lettuce, nasturtium, or marigolds. 3. Enough potting soil to fill your planters. 4. A trowel or something else to dig with. A spoon will work! 5. A watering can or pitcher and 5. Flat sticks or stones for labels.

Find a spot with direct sun at least several hours daily. Talk about how plants need light to grow. 1. Empty your potting soil into your planter and smooth the top. Don't pack it down too hard. 2. Follow the direction on the packages. Have your child place the seed on top of the

soil, and then poke it down, and smooth the soil over it. Write on your label to show what seeds are where. 3. Give them a gentle soaking. Talk about how our plants start from seeds of all shapes and sizes. Which seeds are biggest? Roundest? Weirdest? 4. The next several weeks will be full of surprises! Water as needed, and you will soon see shoots! Help your child identify plant parts: roots, stems, leaves, and flowers.

The best thing about this garden is it is almost instant delight. Within days you'll see the first sprouts. Within six weeks, you should harvest your first lettuce and radishes, and within nine weeks you should be able to enjoy colorful marigolds and bright nasturtiums.

family
fundamentals
a SUCCESS BY 6® resource center



FREE
Community Event

Storybook Adventures



Pajama Party with Elephant & Piggie

Thursday, April 5, 2018
5:00pm-7:00pm

- Fun hands-on activities
- Free book for every child
- Wear your pajamas for story time
- Meet the Tooth Fairy and Elephant & Piggie!

Family Fundamentals
1021 Lakeland Hills Blvd.
Lakeland, FL 33805
863.686.1221 x 221



Sponsorship by the Early Learning Coalition of Polk County and the State of Florida, Office of Early Learning

MOTION COMMOTION STUDIOS

Think you're the next Newton?
Book your spring break studio now!

Half Day Sessions
\$25 per Session | Members 20% Off

MARCH 26 - 30

(863) 687.3869

CLICK HERE TO BOOK YOUR SPOT NOW!

NEW! BOOK ONLINE
EXPLORATIONSV.COM

Explorations V
Children's Museum

PROGRAM SUPPORTED BY



Public Supermarket Charities
Walt Disney World



EXPLORATIONS V CHILDREN'S MUSEUM 109 N. KENTUCKY AVE, LAKELAND, FLORIDA 34101 (C) 2018 NONPROFIT



Dentistry for Children Smiles That Really Shine!

HARRY E. BOPP DMD • JORDAN TARVER DMD

1111 North Parkway Frontage Rd., Lakeland, FL

863-644-2408

www.lakelandpediatricdentistry.com



HAND IN HAND, WE CAN HELP THEM SUCCEED.

Publix Super Markets Charities is proud to join hands with United Way and Success By 6 in their campaign to build a brighter future for children everywhere.

