

Sunday, November 4, 2018

Read  
to him.  
Everyday.

TRIPLE HIS 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. Thirty-nine 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](mailto:jodi.miller@uwcf.org)



# 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](http://www.achievementacademy.com)

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

1021 Lakeland Hills Blvd.,  
Lakeland, FL 33805

**863-686-1221 ext. 221**

## FREE DAILY CHILDREN ACTIVITIES

Please check our Facebook or website.

### Monday

**Marvelous Mondays**

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

### Tuesday

**Terrific Tuesdays**

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

### Wednesday

**Great Beginnings**

Age 0-12 mo.  
9:00-9:45 am

**Once Upon a Time**

Age 1  
10:00-10:45 am

**Together Time**

Age 2  
11:00-noon

### Wonderful

**Wednesdays**

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

### Thursday

**Thrilling Thursdays**

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

### Friday

**Move it, Move It Fridays**

Age 3-5  
9:30-10:30 am

**Let's Move Together**

Ages 2  
10:45-11:30 am

## OTHER ACTIVITIES

Please call for dates, times and possible fees.

### ALPI

844-356-8138  
Self-sufficiency Training Program

### Citizen CPR

863-680-1277  
CPR/First Aid

### FDLRS/Child Find

863-647-4258  
Developmental Screenings,  
Birth to Five

### 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

*Researchers say that singing is among the most meaningful activities we share with children.*



Thank you Bartow Rotary and Bartow  
Friends of the Library for your continued  
support of the Imagination Library!



## ABOUT THIS SECTION

Coordinator:  
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Ledger Media Group**

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**Provided by Success By 6**

Advertising:  
**Ledger Media Group**



This section is an advertising product of Ledger Media Group.  
For more information call Ron Moates at 863-802-7400.

# Getting sick is never convenient. Good thing we are.



**Did you know you are contagious one day before  
flu symptoms appear and up to seven days after becoming sick?**

Whether you're suffering from flu symptoms or have a cold you just can't shake, Urgent Care at Cypress and Poinciana make it easy to get the care you need. Visit our website, answer a few questions, pick a time and we'll save your spot in line before you arrive.

**Check in at [HeartofFloridaFluCare.com](http://HeartofFloridaFluCare.com).**

**We're open daily, including holidays.**

*Se habla español.*

 **Urgent Care**  
**Cypress • Poinciana**

7375 Cypress Gardens Blvd. • Winter Haven, FL 33884

3759 Pleasant Hill Road • Kissimmee, FL 34746

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.

# RESOURCES FOR PARENTS

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

## ADDICTIONS

**Florida Council on Compulsive Gambling**  
gamblinghelp.org  
1-888-ADMIT-IT 888-236-4848

**Heartland Intergroup (AI-Anon)**  
heartlandintergroup.org  
863-688-0211

**Narcotics Anonymous**  
Nafheartland.org  
863-683-0630

**Peace River Center**  
peacerivercenter.org  
863-248-3311

**Tri-County Human Services**  
tchsonline.org  
863-701-7373 (Lakeland)  
863-773-2226 (Wauchula)

**Wilson House**  
wilsonhouserecovery.org  
863-859-7503

## ADOPTIONS

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

**Florida Baptist Children's Homes**  
fbchomes.org  
863-688-4981

**Heartland for Children**  
heartlandforchildren.org  
863-519-8900

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

## BEREAVEMENT COUNSELING

**Good Shepherd Hospice**  
goodshepherdhospice.org  
863-682-0027, TOLL FREE: 1-800-464-3994

## BREAST FEEDING SUPPORT

**FL Dept. of Health in Hardee-WIC Program**  
hardee.floridahealth.gov  
863-773-4161

**FL Dept. of Health in Polk-WIC Program**  
polk.floridahealth.gov  
863-519-7542

**Healthy Start Coalition**  
healthystarthhp.org  
Auburndale 863-965-5400  
Bartow 863-519-7900  
Haines City 863-421-3204  
Lake Wales 863-678-4144  
Lakeland 863-413-2620

**Heart of Florida Medical Center**  
heartofflorida.com  
863-419-BABY

**La Leche League of Lakeland**  
lllakeland.org  
863-581-6959

**Winter Haven Women's Hospital**  
**Breast Feeding Helpline**  
863-294-7068

**CHILD ABUSE PREVENTION**

**Florida Abuse Hotline**  
myflfamilies.com  
800-96-ABUSE (962-2873)

**Heartland for Children**  
heartlandforchildren.org  
863-519-8900

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

## CHILDBIRTH EDUCATION

**Heart of Florida Regional Medical Center**  
heartofflorida.com  
863-419-2229

**Lakeland Regional Health**  
mylrh.org  
863-687-1100

**Winter Haven Women's Hospital**  
winterhavenhospital.org  
863-294-7010

## CHILD CARE RESOURCE AND REFERRAL

**Early Learning Coalition of the Heartland**  
Hardee and Highlands counties  
Elcfloriadashheartland.org  
863-314-9213

**Early Learning Coalition of Polk**  
elcpolk.org  
Lakeland 863-577-2450  
Winter Haven 863-508-2037  
800-843-9780

## CHILD RECREATION

**Boy Scouts of America, Gulf Ridge Council**  
scouting.org  
813-872-2691

**Boys and Girls Clubs**  
Citrus Center Boys & Girls Club  
ccbgc.com  
Haines City 863-422-7014  
Lake Wales 863-679-8582  
Winter Haven 863-967-1532

**Lakeland and Mulberry**  
bgclakeland.com  
Carl G. Schowe Club/Crystal Lake Elem.  
863-665-3864

**James J. Musso Club/Lakeland**  
863-686-3371

**Wogan S. Badcock Jr. Ctr/Mulberry**  
863-425-0130

**John L. Sanders Club/Rochelle**  
863-686-0721

**Camp Fire USA**  
campfire.org  
863-688-5491

**Girls Inc.**  
girlsinc.org  
Bartow 863-533-5000  
Lakeland 863-682-3002  
Winter Haven 863-967-2874

**Girl Scouts of West Central Florida**  
gswcf.org  
800-881-4475

**Hardee County YMCA**  
sarasotaymca.org/hardee  
863-773-6445

**Kelly Recreation Center**  
863-834-3284

**Lakeland Family YMCA**  
ymcawcf.org  
863-644-3528

**Lake Wales Family YMCA**  
lakewalesymca.org  
863-676-9441

**North Lakeland YMCA**  
ymcawcf.org  
863-859-7769

## COUNSELING & MENTAL HEALTH

**If you feel you are in crisis, call the Peace River 24-hour Crisis Line**  
863-519-3744 or 800-627-5906

**BayCare Behavioral**  
baycare.org  
863-294-7062

**Bethany Center Good Shepherd Hospice**  
chaptershealth.org  
863-968-1707

**Big Bear Behavioral Health**  
psychamerica.org  
800-840-2528

**Children's Home Society**  
chsfl.org  
863-413-3126

**Families First**  
familiesfirstfl.org  
813-290-8560

**Fla Diagnostic and Learning Resource (FDLRS)**  
fdlrs.polk-fl.net  
863-647-4257

**HEADS**  
headsusa.com  
813-754-5555

**The Healing and Empowerment Center**  
Highlands County  
healandempower.org  
Impower  
impowerfl.org  
321-639-1224

**National Alliance for the Mentally Ill**  
nami.org  
863-513-0073

**Peace River Center**  
peacerivercenter.org  
863-248-3311

**Crisis Line 863-519-3744 or 800-627-5906**

**Highlands 863-402-6859**  
**Wauchula 863-773-3228**

**Polk County Veterans Services**  
polk-county.net  
863-534-5200

**Recovery for Life**  
lelandfamilyministries.com  
Bartow – 863-519-0000  
Lake Wales – 863-605-3188

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

**SCARF**  
scarffl.com  
321-236-1540

**Dr. Ed Shoemaker**  
arsponline.org  
863-899-2162

**The Toby Center**  
thetobycenter.org  
855-862-9236

**Tri-County Human Services**  
tchsonline.org  
863-709-9392

**The Wilson House**  
wilsonhouserecovery.org  
863-859-7503

**Winter Haven Hospital**  
winterhavenhospital.org  
863-294-7062

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

**Youth & Family Alternatives**  
yfainc.org  
863-499-2430

**DENTAL**

**Central Florida Health Care**  
cfhconline.org  
Frostproof 863-635-4891  
Lake Wales 863-855-9718  
Mulberry 863-425-6200  
Wauchula 863-773-2111  
Winter Haven Clinic 863-292-4280  
WH Magnolia 863-229-7950

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

**Florida Dept. of Health in Polk**  
polk.floridahealth.gov  
863-519-7900

## DRUG PREVENTION EDUCATION

**InnerAct Alliance**  
inneractalliance.org  
863-802-0777

**Tri-County Human Services**  
tchsonline.org  
863-709-9392

**EDUCATIONAL SUPPORT/TUTORING**

**AmeriCorps**  
americorps.gov  
863-519-8638

**East Area Adult School**  
eastareaadult.com  
863-965-5475

**Hardee County Adult Education**  
863-773-3173

**Lake Wales Family Literacy Academy**  
863-604-8012

**Learning Resource Center**  
lrcpolk.com  
863-688-9477

**New Beginnings High School-Ages 16-21**  
polk-fl.net  
863-298-5666

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

**West Area Adult School**  
westareaadult.com  
863-499-2835

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

**FAMILY SUPPORT**

**Heartland Intergroup (AI-Anon)**  
863-688-0211

**Bikers Against Child Abuse**  
bacaworld.org  
866-71ABUSE

**Healthy Families Hardee**  
healthyfamiliesfla.org  
863-491-9832

*Talk, sing and point. When you point at something, that helps your baby to start to associate words with objects. Some babies will point before they can even talk.*

# RESOURCES FOR PARENTS

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

**Healthy Families Polk**  
healthyfamiliesfla.org  
863-534-5257

**Healthy Start Coalition**  
healthystarthhp.org  
Auburndale 863-965-5400  
Bartow 863-519-7900  
Haines City 863-421-3204  
Lake Wales 863-678-4144  
Lakeland 863-413-2620  
Wauchula 863-773-4161

**Heartland for Children**  
heartlandforchildren.org  
863-519-8900

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

**Lake Wales Family Literacy Academy**  
863-604-8012

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

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

**The Toby Center**  
thetobycenter.org  
855-862-9236

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

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

**Lake Wales Family Literacy Academy**  
863-604-8012

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

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

**The Toby Center**  
thetobycenter.org  
855-862-9236

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

## FINANCIAL EDUCATION

**Church Service Center**  
churchservicecenter.com  
863-533-5822

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

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

**Frostproof Care Center**  
863-635-5555

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

**Salvation Army**  
salvationarmyflorida.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**

**Saint Joseph Catholic Church**  
863-294-3144

**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**  
myflfamilies.com

**Polk HealthCare 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 863-855-9718  
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  
863-519-7900

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

**The Haley Center**  
firstwinterhaven.org  
863-299-6562

**Lake Wales Free Clinic**  
863-676-1222

**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.**  
ncllakeland.org  
863-812-2351

**Salvation Army**  
Lakeland and West Polk  
salvationarmyflorida.org  
Lakeland  
863-940-9696  
Winter Haven  
863-294-7493

**Talbot House Ministries**  
talbothouse.org  
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**  
hoffla.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**  
bbbstampabay.org  
813-769-3600

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

**Girl Scouts of West Central Florida**  
gswcf.org  
800-881-4475

**Polk County School Board**  
polk-fl.net  
863-534-0636

**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  
863-519-1041

**PARENT/CHILD ACTIVITY GROUPS & EDUCATION**

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

**Family Fundamentals (ages 0-5)**  
uwcf.org  
863-686-1221 x221

**Girl Scouts of West Central Florida**  
gswcf.org  
800-881-4475

**Lake Wales Family Literacy Academy**  
863-604-8012

**Learning Resource Center**  
lrcpolk.com  
863-688-9477

**Public Libraries**  
myplc.org (Polk Co.)  
Auburndale 863-965-5548

**Public Libraries (cont'd)**  
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**  
cflcc.org  
863-687-2988

**Elder Helpline**  
1-800-963-5337

**Elder Point**  
elderpoint.org  
863-682-7249

**Faith in Action North Lakeland, Inc.**  
fianl.homestead.com  
863-686-0009

**Neighborhood Service Center**  
863-294-5860 Winter Haven

**NuHope**  
nuhopeeldercare.com  
863-773-2022 Wauchula

**Seniors First**  
seniorsfirstinc.org  
863-534-5320

Turn off the TV and phones during meals and TALK!

# RESOURCES FOR PARENTS

## SENIOR SERVICES

**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  
813-974-2326

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

**Central Florida Speech and Hearing**  
cfs hc.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  
863-647-4257

**Florida Epilepsy Services**  
863-686-5880

**Florida First Start (ages 0-3)**  
Frostproof Elementary 863-635-8569  
Griffin Elementary 863-853-6027  
Winter Haven Community Ctr 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**  
peacerivercenter.org  
Behavioral Health (children) 863-248-3311  
Rape Recovery Resources  
Crisis line (Lakeland) 877-688-5077  
Domestic Violence Services  
Crisis line (Lakeland) 863-413-2700

**Pediatric Health Choice**  
pediatric hc.com  
863-603-0515  
**Pediatric Therapy Services, Inc.**  
ptsbeyourbest.com  
863-802-3800

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

**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

*Maximize love, manage stress. Babies pick up on stress, which means moms and dads have to take care of themselves, too! It is not possible to over-love or be too affectionate with young children. Research shows feeling safe can have a lasting influence on development.*

## Partner Spotlight Heartland for Children

**There is an urgent need for quality foster homes. Currently there are approximately 1360 children in out of home care in Hardee, Highlands and Polk Counties.**

Foster Parents are the key to unlocking children's futures and are the healing agents allowing children to recover from the trauma they have experienced. Every child deserves to live in a traditional family setting where they can participate in normal childhood activities like playing sports and being involved in extracurricular activities.

Heartland for Children is the local non-profit agency charged with the re-design of the foster care system. Help us provide safe and nurturing environments for local children in need. To learn more, visit our website at [www.heartlandforchildren.org](http://www.heartlandforchildren.org). You can also keep up with all the great work being accomplished for our local children by following Heartland for Children on social media. You can find us on Facebook, Twitter, Google Plus and Instagram.

**Interested in becoming a foster parent? Call (863) 519-8900 ext. 289 for more information.**

*From The New York Times: "At least 60 minutes of physical activity a day, nine to 11 hours of sleep a night, and no more than two hours a day of recreational screen time were tied to higher mental test scores."*

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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](http://www.uwcf.org/EntryForm)

Learning responsibility is a vital part of childhood. Developing responsibility early benefits children for years to come. One of the best ways to learn responsibility is by doing chores. Children can help around the house as early as age two. Start small, and as your child grows up, so will their chores. Today they might clear their dinner plate, next year they can load the dishwasher!

**BABIES SLEEP SAFEST:  
ALONE  
IN A CRIB  
ON THEIR BACK**

**Most Polk County parents believe improving the well-being of children is important for strong communities.**



Data collected through the Community Norms Survey  
For more information, visit: [www.acommunitythatcares.org](http://www.acommunitythatcares.org)



## Lighthouse for the Blind

**DO YOU KNOW AN INFANT OR YOUNG CHILD AGE 0-6 WHO CANNOT SEE WELL, EVEN WITH GLASSES?**

We may be able to help. Our teachers work with infants and young children, ages 0-6, who are blind or visually impaired, and their families. The goal is to equip the children with skills needed to develop physically, emotionally, intellectually, and socially. For more information, call Becky at 863-299-3633 in our Winter Haven office.

**The Books Kids Love are Here!**

~Perfect for holiday gifts & stocking stuffers~

See the books at the Lakeland Downtown Market on Saturdays and online at [www.peacelovelliteracy.com](http://www.peacelovelliteracy.com).



# Crispy banana snacks!



- 1 cup crushed cereal
- 2 peeled bananas
- 1/4 cup peanut butter

Spread the peanut butter all over the outside of each banana. Roll each in the crushed cereal. Slice them up. Yum!

You can freeze them for a chilly treat.

## Build a world with books!

Here are a few **simple things you can do** to start building a world with books for your child.

Keep age-appropriate books around your home where your child can reach them.

Create special reading routines around your child's naptime, bedtime and other daily activities.

Visit the library or bookstore often with your child.

Bring books along for your child to look at while you are out and about.

The more often you read with your child, the more successful he will be in reading, in school and in life.

For additional ideas and **free downloadable materials** to help you enhance your child's early learning, visit us online at [www.bornlearning.org](http://www.bornlearning.org).

[bornlearning.org](http://bornlearning.org)<sup>SM</sup>

Children are born learning.  
Together, we shape their learning.<sup>TM</sup>



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Born Learning<sup>SM</sup> is a public engagement campaign helping parents, caregivers and communities create early learning opportunities for young children. Designed to support you in your critical role as a child's first teacher, Born Learning educational materials are made available through the efforts of United Way, United Way Success By 6 and Civitas. For more information, visit us online at [www.bornlearning.org](http://www.bornlearning.org). Civitas thanks **Parents as Teachers**, an international early childhood parent education and family support program, for their ongoing support.



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## CREATE A DAILY SCHEDULE

When kids know what they need to do at different times every day during the school week, it helps take worry out of the day and builds healthy habits.



## I spy something green.

Everyday moments can be learning moments with your kids.



[bornlearning.org](http://bornlearning.org)



**Heartland**  
for Children

**IT'S TIME**  
BECOME A FOSTER  
CAREGIVER TODAY

HEARTLAND FOR CHILDREN IN BARTOW HAS FREE FOSTER CARE INFO NIGHTS EVERY 1<sup>ST</sup> THURSDAY

CALL 863-519-8900 x289 OR VISIT  
[HEARTLANDFORCHILDREN.ORG](http://HEARTLANDFORCHILDREN.ORG)



# This page is *blue*.

Do you like the color blue? Lots of things in the world are blue. The sky. This page. Your sister's eyes. Here's a fun game. Let's see how many blue things we can count around us!

When you talk to your child, you build vocabulary, so everyday moments become learning moments. For more tips, visit [bornlearning.org](http://bornlearning.org)



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**Explorations V Children's Museum**

inspiring little explorers since 1991  
[explorationsv.com](http://explorationsv.com)

Explorations V is a 501(c)3 nonprofit funded in part by Publix Charities, Visit Central Florida, and the State of Florida Division of Cultural Affairs.

## Milk Art

Here are the supplies you need:  
food coloring, milk, dish soap  
and toothpicks

Because you are working with food coloring it is a good idea to protect your table and clothing just in case! Just be sure an adult is in charge of the food coloring and little fingers are in charge of the tooth picks and dish soap. Start by adding milk to a dish like a pie plate, anything with a side to hold the milk but also a wide surface area for painting.

Add a thin layer of milk. Add a few drops of food coloring in the colors of your choice. Close together or far apart.

Let your child take the tooth pick and start swirling the colors around. Talk about using the primary colors to create more colors.

For variety, you can dip the tooth pick in the dish soap first or you can squeeze one drop on top of the food coloring directly into the dish with milk. It looks like fireworks!



Attending school regularly is important for students to gain the academic and social skills they need to succeed. Reducing absenteeism is a simple, cost-effective, but often ignored way for parents to help their child improve their academic performance. Start as early as preschool and kindergarten! Absence from school can leave third graders unable to read skillfully, sixth graders struggling with their studies and high school students off track for graduation.

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**Need Help? Call us at 1-863-802-7323**



# 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.

