

GRANDPARENTS AS PARENTS

A family roots guide for
grandparents raising
grandchildren



2019



ElderSource
start here for help

Guidebook for Grandparents Raising Grandchildren

Grandparents are the Root People

Tyler Perry, in character as Madea, gave the following analogy of a tree and how it applied to people in his life.

LEAF PEOPLE

Some people come into your life and they are like leaves on a tree. They are only there for a season. You can't depend on them or count on them because they are weak and only there to give you shade ... and as soon as it gets cold or a wind blows in your life, they are gone. You can't be angry at them. It's just who they are.

BRANCH PEOPLE

There are some people who come into your life and they are like branches on a tree. They are stronger than leaves, but you have to be careful with them. They will stick around through most seasons, but if you go through a storm or two in your life, it's possible that you could lose them. Most times they break away when it's tough. ... But again, you can't be mad at them. It's just who they are.

ROOT PEOPLE

If you can find some people in your life who are like the roots of a tree, then you have found something special. Like the roots of a tree, they are hard to find because they are not trying to be seen. Their only job is to hold you up and help you live a strong and healthy life. If you thrive, they are happy. ... And if you go through an awful storm, they will hold you up. Their job ... is to nourish you, feed you and water you. Just as a tree has many limbs and many leaves, there are few roots.

Grandparents that become parents for a second time are the roots to hold, love, support and guide the children. The Grandparents as Parents Program provides "grandroot people" with individual and group support, while nourishing them with education and knowledge.

It is the goal of the program and "grand root people" to grow the grandchildren into strong "root people."



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In the United States, approximately 2.6 million grandparents are primarily responsible for the care of their grandchildren (Ellis & Simons, 2014). These grandparents play key roles in ensuring the safety and stability of 2.5, of 3%, of all U.S. children (Annie E. Casey Foundation Kids County Data Center, 2016). Data from the United States Census reveal that grandparents raising grandchildren are a heterogeneous population, representing diverse racial and ethnic groups, and cutting across all income levels and geographic regions. Parental substance abuse, such as today's opioid epidemic, is cited as one of the most common reasons that grandparents are raising their grandchildren (*Generations United, 2016*).

This guidebook is based on the original guidebook developed by the Knoxville-Knox County Community Action Committee, Tennessee Office on Aging. This guidebook seeks to provide grandparents with information and resources to assist with the responsibilities and challenges of raising grandchildren. This publication is not intended to replace professional counsel.

Disclaimer: Most information provided in this guide pertains to Florida residents.

Getting Started

Raising a grandchild presents a new starting point in life, and it sometimes can seem overwhelming. This guidebook will serve as a tool to identify and access resources while providing general information and tips to help you on this journey.

First, secure documentation and information about your grandchild. Use the checklist below to determine what documents you have and which ones you still need. Keep all records and legal documents together in a safe place.

Child's name: _____ You will need:	Have it ()	Need it ()
Child's birth certificate		
Child's Social Security card		
Name of school (teacher and guidance counselor)		
Pediatrician's name and phone number		
Medications the child may be taking		
Insurance cards		
Immunization records		
Legal or court documents		
Death certificate (if parent is deceased)		
Consent forms signed by parents for medical and school issues		
Citizenship papers for you or your grandchild (if applicable)		
Baptismal or religious documents (if applicable)		

You will be required to show originals and/or provide copies to schools, physicians and childcare organizations. Feel free to make a copy of this checklist for each grandchild.

Obtaining Documents



Birth certificate

To obtain a copy of a birth certificate, contact the Bureau of Vital Statistics in the state and county of your grandchild's birth.

First, attempt to get the birth parents to obtain the document. If this is not an option, a judge must grant permission for you to obtain the birth certificate. This can be done through the guardianship process in civil court. Once permission is granted, you will need to furnish the following information:

- Full name given at birth for whom you are requesting the certificate
- Date of birth
- City or county of birth
- Parents' full names as they appear on the birth certificate, including mother's maiden name
- Application for a certified copy of Certificate of Birth

There is a fee for obtaining a birth certificate. Check with the Bureau of Vital Statistics in the child's birth state about costs and payment.

To order a Florida Birth Certificate:

1. Mail-in or Walk-in to the Bureau of Vital Statistics in Jacksonville.

Vital Records - Jacksonville

1217 North Pearl Street Jacksonville, FL 33220

Phone: 904-359-6900

<http://www.floridahealth.gov/certificates/>

2. Order online or by phone through VitalChek network (contracted vendor).

VitalChek (only contracted vendor)

www.VitalChek.com

To speak with a customer representative call 1-877-550-7330.

If calling from outside the United States, call 877-550-6800.

3. Mail-in or Walk-in to a local health department in Florida for births from 1917 to present. Locations and fees vary by county.

Baker

Main Health Department

480 West Lowder Street Macclenny, FL 32063

Phone: 904-259-6291

FAX: 904-259-4761

Email: Baker.Web@flhealth.gov

Clay

Health Department-Administrative Building

Physical address: 1305 Idlewild Avenue Green Cove Springs, FL 32043

Mailing address: PO Box 578 Green Cove Springs, FL 32043

Phone: 904-529-2800

FAX: 904-529-802

Email: ClayCHDWeb@flhealth.gov

Duval

Vital Statistics (Birth and Death Certificates)

Address: 900 University Boulevard North Jacksonville, FL 32211

Phone: 904-253-1620

FAX: 904-253-1492

Email: CHD16_DCHD_Contact@flhealth.gov

Flagler

Florida Department of Health in Flagler Country Vital Statistics

Physical Address: 200 Dr. Carter Blvd. Bunnell, FL 32110

Mailing Address: PO Box 847 Bunnell, FL 32110

Phone: 386-586-2164 ext. 7133

FAX: 386-586-2165

Email: chd18webmaster@flhealth.gov

St. Johns

Main Office-Florida Department of Health in St. Johns County

Address: 200 San Sebastain View St.

Augustine, FL 32084

Phone: 904-209-3250

Email: StjohnsFeedback@flhealth.gov

Nassau

Main Office- Florida Department of Health in Nassau County-Fernandina Beach Clinic

Address: 1620 Nactarine Street Fernandina Beach, FL 32034

Phone: 904-875-6100

FAX: 904-428-5632

Email: chd45webmaster@flhealth.gov

Volusia

Florida Department of Health in Volusia County New Smyrna Beach

Address: 717 W. Canal Street New Smyrna Beach, FL 32168

Phone: 386-424-065

FAX: 386-424-2097

Vital Statistics Direct Phone: 386-663-6868

Vital Statistics direct Fax: 386-409-4789

Email: chd64webmaster@flhealth.aov

Social Security Card

If your grandchild does not have a Social Security card, or if it is lost, you can apply for a new or replacement card. You do not have to be the child's legal guardian to obtain this document. U.S. citizens need a copy of their birth certificate or baptismal record to obtain a Social Security card.

<p>Social Security Administration offices Jacksonville Serve Baker, Clay, Duval, & Nassau Counties 7185 Bonneval Road Jacksonville, FL 3256 1-800-772-1213 Or 1685 Dunn Avenue Jacksonville, FL 32218 866-635-0789</p> <p>Social Security Administration 1-800-772-1213</p>	<p>Social Security Administration office St. Augustine Serves Flagler, St. Johns County 2428 Old Moultrie Road St. Augustine, FL 32086 1-877-405-5867</p> <p>Social Security Administration offices Port Orange & DeLand Serve Volusia County 4990 Clyde Morris Blvd Port Orange, FL 32127 1-866-210-8089 Or 1629 S Adelle Avenue DeLand, FL 32720 1-866-964-7396</p>
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Medical records and immunizations

Obtain medical records from the birth parents or ask them to sign a **Power of Attorney for Care of a Minor Child Medical Consent** to release the records. (This form is authorized by F.S. 743.0645 743.0645) Completion of this form, along with the proper signatures, is sufficient to enroll a minor child in school and authorize medical treatment. However, a school district may require additional documentation as permitted by Florida law before enrolling the child in school or extracurricular activities. The pediatrician's office also may be able to help obtain the records. If your grandchild has been enrolled in school, that school should have medical records on file and allow you to obtain a copy.

General Assistance

Temporary Assistance for Needy Families (TANF)

TANF provides financial assistance to help families care for children and helps children who have been deprived of parental support or care. Grandchildren who are eligible for TANF are also eligible for Medicaid assistance. Most grandchildren, under their grandparent's care, are eligible to receive a cash benefit under TANF, and the

grandparent's income and assets are not counted in the child's eligibility.

Contact your local Florida Department of Children and Families for information:

<https://www.myflfamilies.com/service-programs/access/temporary-cash-assistance.shtml>

Florida Department of Children and Families
Baker, Clay, Duval, Flagler, Nassau, St. Johns, & Volusia
5920 Arlington Expressway
Jacksonville, FL 32211
904-723-2000
www.myflfamilies.com

For TANF eligibility, you must:

- Prove relationship to the child through birth certificate or other legal documents
- Prove the child is living with you
- Have proof of grandchild's citizenship
- Provide Social Security number for child applying for assistance
- Have proof of health insurance
- Supply information about the birth parents and cooperate in attempting to obtain child support from the parents as required by law
- Provide proof of any income or assets belonging to the grandchild

Questions to ask when applying for TANF, food benefits or other assistance:

- What documents are needed?
- What information do I have to provide?
- What forms must be completed?
- How will I know when we have been approved?
- When will I receive the payment or medical card?
- How often do I have to update records, and what is the process?
- Do I have the right to appeal the decision?
- If we move or the child returns home, when do I need to notify you and how?
- How do I reach you with additional questions?
- Can you provide a copy of the policy for my understanding and records?

Child support payments

Children are entitled to the support of both parents. Child support based on the parents' income is designed to partially offset the costs associated with raising children. Even if you are caring for your grandchildren at home, the birth parents may be held financially responsible. Certain programs, such as TANF, require cooperation in attempting to collect payment.

When a TANF case is opened, even a child-only case, the Florida Department of Children

and Families automatically will initiate a child support case.

The Florida Department of Revenue

Child Support Office-**Duval & Nassau Counties**

921 North Davis Street

Jacksonville, FL 32209

Phone: (850) 288-5437

<http://floridarevenue.com/childsupport/Pages/default.aspx>

The Florida Department of Revenue

Child Support Office-**Clay County**

921 North Davis Street

Jacksonville, FL 32209

Phone: (850) 288-5437

<http://floridarevenue.com/childsupport/Pages/default.aspx>

The Florida Department of Revenue

Child Support Office-**Flagler & Volusia Counties**

1160 N. Williamson Blvd, Suite 130

Daytona Beach, FL 32114

Phone: (850) 288-5437

<http://floridarevenue.com/childsupport/Pages/default.aspx>

The Florida Department of Revenue

Child Support Office-**Baker County**

1415 US Highway 90 W, Suite 110

Lake City, FL 32055

Phone: (850) 288-5437

<http://floridarevenue.com/childsupport/Pages/default.aspx>

The Florida Department of Revenue

Child Support Office-**St. Johns County**

75 King Street, Suite 241

St. Augustine, FL 32084

Phone: (850) 288-5437

<http://floridarevenue.com/childsupport/Pages/default.aspx>

Supplemental Security Income (SSI)

Supplemental Security Income provides monthly financial assistance to low-income elderly, blind or disabled individuals, including children. Disabled individuals have a physical or mental issue that prevents working and is expected to last at least a year or will result in death. In the case of a child, SSI determines how the disability affects everyday life.

Grandparents applying for benefits for blind or disabled minor children will need:

- Child's Social Security card or records of Social Security number
- Child's birth certificate
- Names, addresses and telephone numbers of doctors, hospitals and clinics that have treated the child
- Child's proof of citizenship or eligible non-citizen status

For more information or to apply for Supplemental Security Income, call 1-800-772-1213 or visit the Jacksonville office:

<p>Social Security Office (Jacksonville) Serving Baker, Clay, Duval, & Nassau Counties 7185 Bonneval Road Jacksonville, FL 3256 1-800-772-1213</p> <p>Social Security Administration office St. Augustine Serving Flagler & St. Johns County 2428 Old Moultrie Road St. Augustine, FL 32086 1-877-405-5867</p>	<p>Social Security Office (Port Orange & DeLand) Serving Volusia County 4990 Clyde Morris Blvd Port Orange, FL 32127 1-866-210-8089</p> <p>Or 1629 S Adelle Avenue DeLand, FL 32720 1-866-964-7396</p>
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Earned Income Tax Credit

Earned Income Tax Credit (EITC) benefits low- and moderate-income working people who are raising children. EITC, which is administered by the Internal Revenue Service (IRS), provides assistance to working grandparents by reducing taxes owed or refunding money.

In addition, Advance Earned Income Tax Credit payments allow those who qualify to get part of the credit in advance instead of waiting to file taxes.

To obtain EITC qualifying information, contact the IRS at 1-800-829-1040.

Grandparent's Notes:



Custody and Legal Issues

Caring for grandchildren on a permanent basis can mean significant financial and lifestyle changes. You need to consider:

- How will this impact my Social Security benefits?
- Will I need to return to work?
- Do I have enough money to care for myself and grandchildren long-term?
- Are children allowed where I live?
- Will my employer allow adjustments to my work schedule?
- Is my grandchild insured? If not, where can I get help?
- Do I have the documentation needed? (See "Getting Started" p. 4)
- Am I able to get counseling for my grandchild, if needed?
- Can other family members or friends serve as a support group?



Your first step must be to seek a Power of Attorney for Care of a Minor Child, which allows you to make decisions regarding the welfare of the child. After this step, you can pursue temporary or permanent custody.

Power of Attorney

A Power of Attorney is a legal arrangement in which birth parents grant authority to grandparents to perform certain custodial tasks for the child, such as school enrollment and immunization shots. Advantage: A court is not involved. Disadvantage: It may be revoked by the birth parent at any time.

A Florida law called the Power of Attorney for Care of a Minor Child Act will allow you to receive information from agencies that interact with the grandchild and gives you the right to seek medical treatment.

A Power of Attorney for the Care of a Minor Child form can be obtained at:
<https://powerofattorneyforms.com/wp-content/uploads/2016/04/Florida-Minor-Child-Power-of-Attorney-Form.pdf>

Physical Custody

Physical custody is an informal agreement in which the grandparents care for grandchildren in their home without official or legal authority. Grandparents have no formal rights or authority to make decisions regarding the child. The birth parents retain all the rights and responsibilities.

Legal Guardianship

Guardianship is a legal arrangement in which an adult has court-ordered authority and responsibility to care for a child. In most counties, grandparents file for guardianship in district court. In certain circumstances, guardianship may be granted in juvenile court if there has been a deprived action filed regarding the grandchild.

Guardianship may be necessary in cases of death of parent(s), abandonment, inadequate care or abuse. Guardianship is a more permanent arrangement than power of attorney and limits repeated disruption to the child's home environment.

Guardians can:

- Consent to medical treatment
- Enroll child in school
- Obtain documents, such as a birth certificate
- Prevent birth parents from taking the child from the home without court consent

Under guardianship, birth parents retain superior parental rights, which include visitation, determination of child's religious faith, adoption consent and financial support, such as medical expenses. Birth parents, if able, must contribute child support.

Once guardianship is ordered, the child must live with the guardian. Only a court can transfer guardianship back to the birth parents.

Legal Custody

Legal custody is a formal court agreement in which custody is granted to grandparent(s), giving them legal authority to make all decisions regarding the child. Birth parents remain financially responsible for the child even though their rights have been suspended by the court. Birth parents do maintain visitations rights. Custody is granted in Florida only when the child is at risk of serious or irreparable harm.

Informal Kinship Care

An informal agreement does not involve the court. Grandparents have no legal rights, and the birth parents can remove the child at any time. It is advantageous to put agreements in writing regarding physical care, financial support and length of time the grandchild will be in the care of the grandparents.



Formal Kinship Care

Formal legal arrangements are established through the court (and possibly government agencies), spelling out rights and responsibilities. Kinship care arrangements make it easier to get support and medical services or enroll the child in special programs and school. Grandparents may be eligible for funds to assist with care.

Adoption

When grandparents adopt the child, the legal rights of the parents are terminated permanently, and you become the child's legal parent. Typically, the birth parents agree to give up their rights or are declared unfit by the court.

Family Court Services 501 W. Adams St. Jacksonville, FL 32202 Phone: 904-255-1000 www.jud4.org/Family-Court-Services-(Self-Help)	Florida Bar Association 651 E. Jefferson St. Tallahassee, FL 32399 Phone: 850-561-5600 www.floridabar.org	Family Support Services of N. FL 1300 Riverplace Blvd, Ste. 700 Jacksonville, FL 32207 Phone: 904-421-5800
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Glossary of legal terms

Affidavit: Written statement in which facts stated are sworn or affirmed to be true.

Answer: Written response that states whether the respondent admits (agrees with) or denies (disagrees with) allegations in a petition. Any allegations not specifically denied are considered to be admitted.

Appeal: Procedure to seek a district court of appeals to review the decision. There are strict procedural and time requirements for filing an appeal.

Attorney: Person with special education and training in the field of law who is a member in good standing with the Florida Bar Association and licensed to practice in the state of Florida. An attorney is the only person allowed to provide legal advice. An attorney may file your case and represent you in court or advise you of your rights before you file your own case. An attorney also may advise what to expect and help prepare you for court. In family law matters, you are not entitled to a court-appointed lawyer, like a public defender in a criminal case. However, legal assistance often is available for those unable to hire a private attorney. Consult Jacksonville Area Legal Aid (www.jaxlegalaid.org). See *General Resources*, p. 48, for contact information.

CASA: Court Appointed Special Advocate. CASAs are compassionate, objective and self-motivated individuals trained to speak on behalf of abused and neglected children.

Certified copy: Copy of an order or final judgment, certified by the clerk of the circuit court to be an authentic copy.

Certified mail: Mail, which requires receiving party to sign as proof of receipt.

Child support: Money paid from one parent to the other for benefit of dependent or minor child(ren).

Circuit Court clerk: Elected official in whose office papers are filed, case number is assigned, and case files are maintained. The clerk's office usually is located in the county courthouse.

Dependent child(ren): Child(ren) who depend on parent(s) for support because they are under the age of 18; have a mental or physical disability that prevents them from supporting themselves; or are in high school while between the ages of 18 and 19 and performing in good faith with reasonable expectation of graduation before age 19.

Family law intake staff: Court employee(s) who is (are) available to assist you in filing a family law case. The staff are not attorneys and cannot give legal advice. They can assist with filling out form(s). Contact your local clerk's office to determine if assistance is available.

Filing: Delivering a petition, response, motion or other pleading in a court case to the clerk of court's office.

Filing fee: Amount of money, set by law that the petitioner must pay when filing a case.

Guardian ad Litem: Neutral person who may be appointed by the court to evaluate or investigate the child's situation and file a report with the court about what is in the best interests of the child(ren). Guardians do not "work for" either side and may interview the parties, visit their homes, visit the child(ren)'s school(s), speak with teachers or use other resources to make a recommendation.

Hearing: Legal proceeding before a judge or designated officer (general master or hearing officer) on a motion.

Judge: Elected official responsible for deciding cases. A judge is neutral and responsible for ensuring cases are resolved in a fair, equitable and legal manner. A judge is prohibited by law from providing legal advice, recommendations or other assistance, and may not talk to either party unless both parties are present, represented or at a properly scheduled hearing.

Notary public: Person authorized to witness signatures on court-related forms.

Child Care, Schools and Educational Needs

Finding child care

Finding childcare is a concern for grandparents. The first step is knowing what types of care are available.

In-home care—care provided in your home

Family child care—care provided in a caregiver's home

Childcare centers—care provided outside of your home at a public, licensed facility



It may be helpful to list your specific needs such as:

- Days and hours needed
- Individualized attention necessary for your child
- Training of person, or persons, providing care
- Planned activities

Other parents, grandparents, friends and coworkers are excellent resources when researching childcare. You also can contact schools, civic clubs, and social organizations, YMCA, YWCA and Boys & Girls Clubs.



Child Care Resource & Referral

Early Learning Coalition of Duval

Phone number: 904-208-2044

Email: ccrr@elcduval.org

www.ecs4kids.org

Early Learning Coalition of Flagler & Volusia

Daytona Beach: 386-323-2400

DeLand: 386-323-2400

Flagler: 386-323-2400 (Open
Tuesdays & Wednesdays-by
appointment only)

Deltona: 386-323-2400 (Open
Wednesdays-by appointment
only)

Early Learning Coalition of North Florida

Serving Baker, Bradford, Clay, Nassau,
Putnam, & St. Johns Counties

Phone number: 800-238-3463

Local Phone Number: 904-342-2267

www.elcnorthflorida.org

Baker County: 904-259-4225

Clay County: 904-213-3939

Nassau County: 904-432-0009 ext. 2626

St. Johns County: 904-770-2565

Childcare checklist

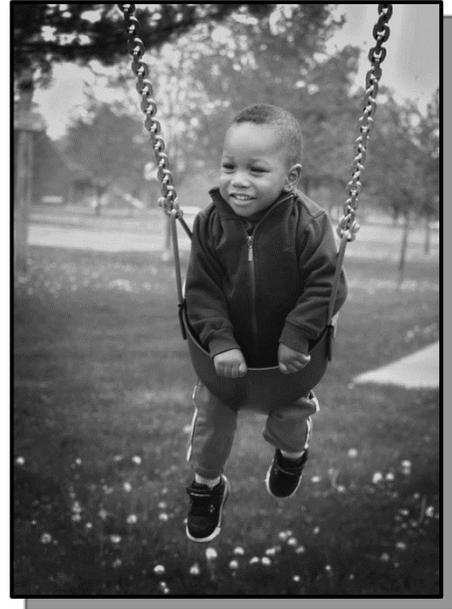
Instructions for selecting a child care agency.

Go online: <http://www.elcduval.org/child-care-provider-database/>

Enter your ZIP code and click. You will see a listing of childcare centers located within your area that shows compliance ratings, location, capacity and contact information. Call and make an appointment and request a tour.

During the visit:

- Do you see any safety hazards?
- Is the staff trained in first aid and CPR?
- What are the safe sleep policies?
- Are the children supervised at all times?
- What is the staff/child ratio or how many children is each person responsible for?
- Do you see staff and children regularly washing their hands?
- Is the playground equipment the right size for children?
- Do the children seem happy and involved?
- Is the staff warm and responsive to the children?
- Are there enough materials and toys for the children in each classroom?
- What types of disciplinary methods are used?
- Are parents encouraged to visit at any time?
- How does the center communicate with parents?
- Ask for a copy of the parent's handbook.



Other subsidized child care alternatives

Childcare assistance programs in Florida each have a different focus. In general, the state will help low-income families, working poor and other qualified parents pay a portion of childcare costs.

The financial assistance program is administered by the **Florida Department of Children and Families**, which provides help with childcare bills and selecting a provider. The state usually only pays for a portion of costs, and a co-payment is required by the beneficiary. However, the exact terms vary based on specifics of the assistance program. Many grandparents will be placed on a waiting list.

If you qualify, any version of the childcare resources can be used by low-income grandparents. The chosen provider must be enrolled with the state of Florida in the payment program. Some of the components include the following programs.

School Readiness Program financial assistance may be available for working-poor grandparents. This is an effort to help them get off the public assistance program. As with most options, there is a work activity requirement for each grandparent enrolled in the program. In addition, grandparents will be required to make a co-pay fee based on a sliding scale that factors in household income and family size.

School Readiness Program has the following eligibility requirements:

- Must be employed or enrolled and attending a post-secondary education program no less than 20 hours per week.
- Must have a child between ages six (6) weeks through five (5) years old

Assistance also may be available for eligible children who do not have access to pre-K in their county or who are on a waiting list.

Eligibility is based on program requirements and availability of funding. For information, contact:

Early Learning Coalition of Duval

Southside Office:
6500 Bowden Rd, Ste 290
Jacksonville, FL 32216
Phone: 904-208-2044

Early Learning Coalition of Duval

Northside Office: Pearl Plaza
5216 North Pearl Street
Jacksonville, FL 32208
Phone: 904-208-2044

Early Learning Coalition of Duval

Westside Office:
4251 Lenox Ave, #3 & 4
Jacksonville, FL 32205
Phone: 904-208-2044



**Early Learning Coalition of North
Florida**

Baker, Clay, Nassau, & St. Johns Counties

Local Phone: 904-726-1500

Phone: (800) 238-3463

<https://elcnorthflorida.org/school-readiness-programs/>

**Early Learning Coalition of Flagler
& Volusia Counties**

Phone: 386-323-2400

<https://www.elcfv.org/families/school-readiness/>

School and educational needs

Head Start

Head Start (ages 3-5) and Early Head Start (infants and toddlers) are comprehensive pre- school programs for children and families. Head Start provides children, including those with special needs, with services to encourage and promote social, emotional, intellectual (school readiness skills), physical growth and development. Head Start fosters good health through “well child” checks and dental exams, immunizations and nutrition. Parental involvement is a cornerstone of the program, and parents have various opportunities to participate in their child's education and development. Support is available, including social services, mental health and disability services, and transportation.

Nutritious meals are provided based on the number of hours the child attends.

Head Start and Early Head Start options:

- Center-based part-time: 4 hours each day typically.
- Center-based full day for families with childcare certificates; 6:30 a.m. to 6:00 p.m. Hours based on needs of parent (working or school/job training).

Duval Head Start/ Early Head Start

Lutheran Services Florida

3027 San Diego Ave

Jacksonville, FL 32207

Phone 904-423-8637



Baker County Head Start

Episcopal Children's Services
HS/EHS

ECS Baker EHS

522 S. 6th Street Macclenny, FL
32063

904-259-8982

ECS Baker HS/EHS

402 S. 8th Street Macclenny, FL
32063 904-259-1177

<https://www.ecs4kids.org/>

Duval County Head Start

Episcopal Children's Services
HS/EHS

ECS Northside EHS

1070 W. 18th Street Jacksonville,
FL 32209

904-359-2612

ECS Westside EHS

2648 W. 5th Street Jacksonville, FL
32254

904-693-5042

<https://www.ecs4kids.org/>

Clay County Head Start

Episcopal Children's Services
HS/EHS

ECS Middleburg HS/EHS

2506 Blanding Blvd. Middleburg,
FL 32068

904-291-5473

ECS Orange Park HS

15 Belmont Blvd. Orange Park, FL
32703

904-213-3071

ECS Green Cove Springs HS/EHS

1107 Martin Luther King Blvd.
Green Cove Springs, FL 32043

904-529-1150

<https://www.ecs4kids.org/>

Nassau County Head Start

Episcopal Children's Services
HS/EHS

ECS Callahan HS/EHS

45089 Third Ave.

Callahan, FL 32011

904-879-2811

ECS Fernandina Beach HS

516 S. 10th St.

Fernandina Beach, FL 32034

904-491-3630

<https://www.ecs4kids.org/>

St. Johns County Head Start

St. Johns County School District
 Lincolnville Museum and Cultural
 Center
 102 MLK Jr. Avenue St. Augustine, FL
 32084

Phone: 904-547-8965

Fax: 904-547-8955

www.stjohns.k12.fl.us/headstart/

Head Start/ Early Head Start- Flagler & Volusia

Mid Florida Community Services

1-888-227-0010

Multiple locations are located across both counties. To find the location nearest you visit:

www.midfloridaheadstart.com

/

School registration/enrollment

To enroll your grandchild in school, you will need:

- Birth certificate
- Proof of immunizations
- Copy of custody papers
- School records (if attended another school)



Enrollment procedures

Call the school district office to obtain the name and address of the school your grandchild(ren) will attend.

Baker County Schools

392 South Blvd. East Macclenny, FL
 32063

904-259-6251

Clay County Schools

900 Walnut Street Green Cove Springs,
 FL 32043

904-336-6500

Duval County Schools

1701 Prudential Drive Jacksonville, FL
 32207

904-390-2000

Flagler County Schools

1769 East Moody Blvd. Bldg #2 Bunnell,
 FL 32110

386-437-7526

Flagler County Schools

1769 East Moody Blvd. Bldg #2 Bunnell,
 FL 32110

386-437-7526

St. Johns County Schools

40 Orange Street St. Augustine, FL 32084
 904-547-7500

Nassau County Schools

1201 Atlantic Avenue Fernandina
 Beach, FL 32034

904-491-9900

Volusia County Schools

200 N. Clara Avenue DeLand, FL 32720
 386-734-7290

When you register the children, you will need all the information listed above. If your grandchild has attended another school, the previous school records, including immunization records, will be needed. Schools have request forms and can assist you with acquiring other school records.

Parent Portal

Baker, Clay, Duval, Flagler, St. Johns, Nassau, and Volusia Counties use a parent portal tool for guardians and students. This parent portal provides online access to students' grades, schedules and other information. The first step for guardians to establish a portal account is to complete the account registration, you will need the child's school name, student ID#, and last name. (You must visit your child's school to verify your request.) For help setting up your parent portal account, visit the County's School Board Website.

Special education needs and services

Raising a grandchild with special needs may require a hands-on approach because of required therapies and dietary guidelines/restrictions. Special needs children include those with physical or intellectual disabilities or both.

Two of the well-known conditions related to intellectual disabilities are:

ADHD (Attention Deficit Hyperactivity Disorder), not being able to focus or control behavior, being overactive or a combination of these. Symptoms often are controlled with diet and medication.

Autism, a developmental disorder that normally appears in the first three years of life and affects the brain's normal development of social and communication skills. A pediatrician can test for these and other disorders and offer treatment options. If you are going to care for a grandchild with special needs, you need to:

- Gather information regarding guidelines for medications, therapies, foods, etc.
- Schedule meetings with your grandchild's teachers, counselors and others involved to learn about the school's plans.
- Schedule additional appointments with therapists or doctors who provide specialized care to learn about therapies or medications that you will need to administer.
- Seek support groups to assist you in the care process.
- Find associations that provide informational materials on your grandchild's condition, as well as support groups and financial assistance.

Available resources:

The Arc Phone: 1-800-226-1155 www.arcflorida.org	Disability Rights Florida Phone: 1-800-342-9071 www.diabilityrightsflorida.org	Florida Lifespan Respite Alliance Phone: 1-850-339-2843 www.flifespanrespite.com
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Angelwood 5600 Spring Park Rd., Suite 200 Jacksonville, FL 32216 Phone: 904-288-7259	Special Olympics Florida Contact the County Director for more information. Baker: Anne Lewis 904-259-7822 Clay: Ronna Smith 904-449-2140 Duval: Michelle Beumer 352-987-1015 Flagler: Denise Breneman 386-631-4405 Nassau: Matt Bellar 904-548-5108 St. Johns: Mary Jo Stansel 904-305-4299 Volusia: Denise Breneman 386-631-4405
Vocational Rehabilitation 800-451-4327 www.rehabworks.org	

Special education services

Some children with an identified disability (physical or mental) may require specially designed instruction, support and services to meet their learning needs.

Special education and related services are available to eligible students, ages three through 21 years of age. To be eligible:

- The child must have an identified disability.
- The disability must adversely (negatively) affect the child's educational performance.
- The child must require a specially designed instructional program.

If your grandchild exhibits difficulties in school and you believe there may be an underlying learning challenge, ask the school for an evaluation.

Contact the school counselor for information about the special education specialist assigned to the school. Make an appointment with the specialist and describe your concerns. At this time, specifically request an evaluation. However, the school is not obligated to perform the evaluation. The school may not think your grandchild has a



disability or needs special education.

If the school declines, you have two options:

- 1) Ask the school system for information about its special education policies, as well as parental rights to disagree with decisions. These materials should describe the steps to appeal.
- 2) Get in touch with your state's **Parent Training and Information (PTI)** center, which is an excellent resource to learn about special education, rights and responsibilities, and the law. PTI provides information about resources available to help your grandchild.

If the school thinks your grandchild may have a disability (physical or mental), the school must evaluate the child at no cost to you. However, the school must have your permission and written consent.

Upon identification of a disability (physical or mental), an **Individual Educational Plan (IEP)** will be created jointly by the school system and grandparent. This is a personalized plan for your grandchild that defines the issue, as well as plans and outcomes for steering students toward success.

Gifted and talented students

Children with exceptional ability to perform at high levels are described as "gifted and talented," which includes general intellectual aptitude, creative thinking and talents in the visual/ performing arts. The Duval County Schools system has resources for these students. Communication among teachers, principals or guidance counselors can help determine if your grandchild fits this classification.

Show support

It is important to attend your grandchild's events and performances at school, church or community centers. This not only shows support for your grandchild, but also signals the school/church/center that you are involved in the child's life.

Learning styles

Three learning styles are: auditory, visual and tactile.

- An **auditory learner** understands best from hearing information and does well listening to lectures and books on tape. For example, an auditory learner can read notes aloud.
- **Visual learners** benefit from seeing what they are learning. A visual learner does well taking notes, drawing pictures and making outlines.

- **Tactile learners** are "hands-on" and learn from doing things. A tactile learner can move about while studying and study in shorter increments.

By discovering how a child learns, study habits and methods can be modified to fit that style. Be proactive in working with the grandchild's teacher to incorporate learning methods at home and in the classroom. A quiet and designated place to study should be set up for the child.

Tutoring

If your grandchild enters the School system from another county or state, he/she may need extra help to catch up academically. After-school programs offer tutoring services. In addition, private companies provide one on-one educational help for a fee. These can be found in the Yellow Pages under tutoring. Area universities may also have a list of students who are willing to tutor in certain subjects.

High School and beyond

Duval County high schools offer a variety of educational options, including college preparatory classes, as well as career-oriented courses. Advanced Placement (AP) courses are rigorous and academically challenging and can provide college credit while in high school.

Several Duval County School systems offer the Dual Enrollment program, which provides high school students the opportunity to earn college credit while simultaneously earning high school credits.

Early Intervention Services

The state of Florida offers 15 Local Early Steps (LES) throughout the state receive referrals from various primary referral sources. Each child receives an Individualized Family Support Plan (IFSP) that meets his or her unique needs. Families also receive support to develop the skills and confidence needed in helping their child learn and develop.



Early Steps

The state of Florida offers services to eligible infants and toddlers, age birth to 36 months, who are at risk for developmental disabilities or delays.

Florida Early Steps

Phone: 800-218-0001

Website: <http://www.floridahealth.gov/programs-and-services/childrens-health/early->

Eligibility: Resident of Florida. Infants to children ages three years with an eligible diagnosis. Through our screening processes, we will be able to find out if your child has significant delays or an established medical condition that will likely result in a delay. To determine if your child is eligible, he or she will be evaluated in the following areas:

- Physical: *health, hearing, vision*
- Communication: *babbling, languages, speech, conversation*
- Cognitive: *thinking, learning, solving problems*
- Social: *playing and interacting and others*
- Adaptive Development: *self-help skills (i.e. feeding, toileting, dressing)*
- Gross & Fine Motor Skills: *moving, walking, grasping, and coordination*

Interactions with schools, teachers, therapists, counselors and staff

Get to know your grandchildren's teachers.

Inform them of your role. Teachers will want to send things home to a grandparent instead of the parent. Let the teacher know that you want to be informed of your grandchild's progress.

Keep open lines of communication among you, your grandchildren and the school.

Attend open houses and meetings.

Try to attend parent-teacher conferences. Schedule personal meetings with teachers and counselors to talk about your grandchild. If you cannot attend in person, arrange for a telephone conference.

Get help with homework if needed. Teachers may be able to provide extra help with homework and tutoring at the school or in the community. Let them know if you have trouble finding time or do not understand the topic well enough to help your grandchild. (Do not hesitate to ask for help.)

Talk with school counselors, nurses, and school social workers. Counselors often have advice and resources for grandparents about social service program to address behavioral and learning issues or other special needs. School counselors can refer you to a school social worker. If you have questions about your grandchild's health and nutrition needs, the school nurse is an excellent resource.

Inquire about other school programs. Schools may have programs that offer before- and after-school childcare. In addition, public schools have free and reduced lunch plans for children who qualify. Ask about eligibility and guide- lines.



Child Development, Health and Safety Needs

Physicals

A physical is a head-to-toe wellness exam that allows your child's doctor to establish a baseline for the child's health. Physicals also play a key role in preventing and detecting medical, behavioral and developmental issues. Newborns up to 30 months old have more physicals due to rapid growth and development. At the age of three, physicals are done yearly. Physicals should be a priority.

Below is a timeline of child development, including infant body functions, activity, rest and sleep, and speech patterns from 1 month through 4 years. If you have any questions or concerns, contact your pediatrician or the County Health Department.

Detailed timelines regarding child development by category and age are available at:

Florida Department of Health

Baker: 904-259-6291 baker.floridahealth.gov

Clay: 904-529-2800 or 904-272-3177 clay.floridahealth.gov

Duval: 904-253-1000 duval.floridahealth.gov

Flagler: 386-437-7350 flagler.floridahealth.gov

Nassau: 904-875-6100 nassau.floridahealth.gov

St. Johns: 904-209-3250 stjohns.florida.health.gov

Volusia: 386-274-0500 <http://volusia.floridahealth.gov/>

Fun for First Coast Kids

<http://fun4firstcoastkids.com/Health-Resources/Walk-in-Clinics/>

American Academy of Pediatrics

www.healthychildren.org

Child development – body and mind

Infant body functions

- | | |
|------------------|--|
| 1 Month | Cannot process cow's milk. Formula fed or nursed. |
| 2 Months | Bladder capacity increases. |
| 12 Months | Shows signs of knowing when having a bowel movement. |

- 18 Months** May show signs of early readiness for toilet training. Talk with pediatrician regarding training methods.
- 2 Years** Toilet training continues.
- 3 Years** Toilet trained during the day; nighttime training varies; accidents are common.
- 4 Years** Manages toileting without help; remains dry at night with occasional accidents.

Signs that children are ready for potty training:

- Stays dry for at least 2 hours at a time or after naps
- Recognizes he/she is urinating or having a bowel movement
- Developing necessary physical skills critical to potty training – ability to walk, pull pants up and down and get onto/off the potty with some help
- Follows simple instructions
- Wants to use the potty



Parenting Resource for Potty Training: "Guide to Toilet Training", Academy of Pediatrics, can be purchased at <https://www.aap.org>. This resource is also available at County Public Libraries.

Motor skills

Gross motor skills are movements related to large muscles, such as legs and arms. Fine motor skills are movements related to smaller muscles, such as hands and wrists.

- 1 Month** Will make fist and lifts head slightly when lying down; sensitive to light and sounds; watches caregiver's face.
- 2 Months** Improved head control; eyes follow moving person; may get fist to mouth.
- 4 Months** Decrease in reflexes, increase in controlled movements; head steady when sitting supported; supports weight on arms; may roll over.
- 6 Months** Sits; rolls over in both directions; imitates familiar gestures.
- 9 Months** Sits alone; no head leaning when pulled to sit; bears weight on legs when supported; stands with help; moves around by hitching, rolling,

crawling and creeping; plays hide-and-seek and peek-a-boo; moves blocks; claps hands.

12 Months Twists while sitting without falling; pulls to stand; creeps; stands alone; walks with help; may take steps alone; puts objects into container and stacks items.

15 Months Walks alone well, stoops to recover toy; creeps up stairs; runs; climbs; has difficulty stopping suddenly or going around corners. Removes shoes and socks; turns cardboard-type book pages; tosses and rolls ball.

18 Months Runs, climbs, stops and starts easily; rounds corners without difficulty. Builds 4-5 block tower; well-controlled grasp and release; manipulates objects with good wrist control.

2 Years Walks backward; walks up and down stairs, kicks ball; may jump down one step; jumps in place; may pedal tricycle; does simple puzzles.

3 Years Rides tricycle; alternates feet going up stairs; dresses and undresses self.

4 Years Balances on one foot for 5-10 seconds; hops, forward heel-to-toe walk; alternates feet going up and down stairs; climbs jungle gym; catches ball with arms; shows preference to left or right; begins to use children's safety scissors.

Safe sleep and rest pattern

According to the Florida Department of Health, more than 100 babies die every year in Florida from unsafe sleep practices. Babies should sleep: **Alone**, on their **Back** and in a **Crib**.



ALONE: Babies should not sleep in a bed with you or anyone else. When you put them in a crib, there should not be any toys, stuffed animals, blankets or bumper pads.

BACK: Babies should always be put to sleep on their backs, not on their sides or stomach.

CRIB: Babies should always sleep in their own crib or bassinette. Don't put the baby in the bed with you, or in a couch or chair, car seat, stroller or bouncy chair.

1 Month Sleep patterns vary; series of naps totaling 14-17 hours per day.

- 2 Months** Sustained sleep seldom exceeds four hours; waking time increases.
- 4 Months** Sleep begins to decrease; 70% of children will sleep through the night.
- 6 Months** Steady sleep increases 7-10 hours; 83% of children sleep through the night.
- 9 Months** Total sleep needs gradually decrease; takes 2-3 naps; may awaken briefly during night.
- 12 Months** 1-2 naps/day; may awaken during night, resists going to bed.
- 15 Months** Sleep 11-14 hours per night; usually 1 afternoon nap.
- 18 Months** Sleep 11-12 hours at night; daytime nap varies from less than 1 hour to more than 2 hours.
- 2 Years** Afternoon naps decrease in frequency; night awakenings may continue; may encounter new stress, have nightmares.
- 3 Years** Less protesting at bedtime; may rest but not sleep during afternoon.
- 4 Years** Sleep 10-13 hours per night; may need occasional afternoon nap or rest; dislikes bedtime.

Speech patterns

- 1 Month** Hears voices; makes small throat noises; begins cooing; makes single vowel sounds.
- 2 Months** Responds differently to voice of primary caregiver. Crying differs for pain and hunger.
- 4 Months** Laughs aloud; begins to make sounds; babbling begins and varies volume of sounds.
- 6 Months** Imitates familiar sounds; will jabber to get attention.
- 9 Months** Laughs and squeals; "talks" to toys; recognizes familiar words; vocalizes emotions; imitates sounds.

- 12 Months** May say “mama” and “dada” and may say 2-3 words; uses expressive sounds.
- 15 Months** Says 5-6 words; shakes head “no.”
- 18 Months** Should know 10 words.
- 2 Years** Uses 2-3 word sentences; follows directions; uses the words “me” and “my.”
- 3 Years** Uses plurals; talks constantly; tells stories; knows name and age; speaks with loud voice.
- 4 Years** Uses 4-5 word sentences; speech rate increases; stories more logical, detailed.

Child development – health and growth safety

- 1 Month** Infant car seats MUST be used; secure infant to prevent falls and do not leave alone, except in crib or playpen; crib bars should be no more than 2 3/8 inches apart; mattress must fit crib snugly; do not hang pacifier around the neck; do not prop bottle, as it may increase chances of choking.
- 2 Months** Infant car seats MUST be used; continue to secure, and don't leave infant alone; keep crib sides raised as infant squirms around more; toys should be large, have smooth edges, no small parts, and be non-breakable.
- 4 Months** Increased infant mobility such as turning over and tendency to put objects in mouth require extra precaution. Keep using car seat and watch for damaged toys. It might be time to lower the mattress in the crib. Keep poisons locked away.
- 6 Months** Using an infant car seat properly is very important; toys specifically designed for teething should be used. Remove large stuffed animals from crib, and make environment safe (mattress in lowest position, poisons and plants up high, electrical outlets plugged with safety plugs, extension cords and space heaters out of reach, stairs gated).
- 9 Months** Your child is moving around more and more. Continue using an infant car seat. Keep your house safe as listed in 2-4 months. Watch for older children's toys. In addition to locking away poisons, have Poison Help phone number in your phone: 1-800-222-1222. Children can drown in an inch or less of water. Food should be in small pieces. (Example: hot dogs cut long-ways and side-ways). If you are riding a bicycle with a child, use approved child seat and helmet.

- 12 Months** NO PEANUTS OR POPCORN. Keep money and poisons out of reach, medications locked and low water level in tub at bath time. Child should ALWAYS be supervised. Teach the meaning of "hot" and things that cause injury, such as sharp objects and chemicals.
- 15 Months** Your child is really moving about. Besides keeping in mind car, home, stair, water and toy safety, you will have to be especially mindful of countertops used for climbing. Secure dangling cords (child can reach between/under furniture). It is tempting to allow a child to play in a fenced-in yard. The child is too young to be unsupervised. Watch at all times.
- 18 Months** When on play equipment, make sure your child can manage the size and motion and be safely secured. Be especially watchful when seasons change and new activities begin, such as playing in water. Supervise play with other children. It may be time to move from a crib to a regular bed with removable bedside rails.
- 2 Years** Child imitates others without regard to own safety. Parents must monitor play with older children, use of tricycle and wheeled toys; supervise use of pencils, nontoxic paints and crayons. Possibility of drowning in small amounts of water still exists. Monitor house and yard safety. Continue use of gate with steep/ narrow stairs.
- 3 Years** Child is still too small for an adult seatbelt. Use child or booster car seats depending on child's weight and height (*See page 34 for car seat safety*). Continue to be watchful of playground equipment and maintain outdoor supervision. Teach street and pedestrian safety. Do not permit child to cross streets alone. Review and practice when walking with child. This is a good time for organized swimming lessons.
- 4 Years** Child is very quick moving around and bolting out of the house if the door is not fastened. Go repeatedly street, pedestrian safety rules. To ride in the car, place child in child seat in the back seat. Remember, children do what they see you do so use your seatbelt. If around water and boating, insist on life preserver. Warn children about strange animals. Remind children to not put objects in their mouth or run with something in their mouth.

Health Management

- 1 Month** Avoid taking infants out in crowds, overdressing and sun. Always test bath temperature before putting infant in water; sponge bathe until umbilical cord is healed; change diapers frequently; use vitamins, fluoride and iron, if needed, and use as directed by a doctor; contact health provider for appointment for a newborn as soon as possible.
- 2 Month** Some immunizations will cause discomfort. You can give the correct dosage of Tylenol (acetaminophen) as directed by your doctor and provide cool compresses to the skin area. Some signs of illness can be changes in feeding, sleeping, disposition, fever, sneezing, vomiting and diarrhea.
- 4 Months** Discuss reactions to the first immunization with your doctor in anticipation of response to second. Reactions can include fever and severe crying.
- 6 Months** Discuss teething medications with your doctor. Do not allow your infant to fall asleep with the bottle in his mouth. Milk or juice in the mouth can cause tooth decay.
- 9 Months** A newborn child is curious and needs to explore.
- 12 Months** Use sunscreen when taking the child outdoors. Check with your doctor for strength (SPF). You will probably see an increase in number of colds. Follow your doctor's recommendations. Teeth should be gently rubbed with a soft cloth as soon as they emerge. Toothpaste and brushes especially designed for children can be used. Be careful of snack foods. Children can eat only a small amount of food and need to good nutrition to grow.
- 15 Months** It is important that the baby have regular physical activity.
- 18 Months** Review source and use of vitamins and fluoride with your doctor.
- 2 Years** Teach child to blow nose, cover mouth with cough or sneeze.
- 3 Years** Teach child to brush teeth, get adequate sleep and rest. Your child may need some quiet time before meals to make up for tiredness from play.
- 4 Years** Illnesses may increase due to more contact with other children. Help your child brush teeth regularly. Floss your child's teeth.

Coping – Stress Tolerance Pattern

- 1 Month** Cries are not always hunger related; may be for attention position change or discomfort.
- 2 Months** Infant getting used to repeated actions of caregivers.
- 4 Months** “Calls” for parental assistance; sleeps rather than interacts if over-stimulated.
- 6 Months** Wants caregiver nearby; curious; frustrated if movement is restricted.
- 9 Months** Caregiver is main resource; movement, activity help release tension; also copes by crying, fussing or sleeping.
- 12 Months** Searches for caregiver; will handle new situations best if caregiver is involved.
- 15 Months** Adds temper tantrum coping strategies in response to stress.
- 18 Months** Very low tolerance for frustration; active vocal and physical response to tension; uses transitional objects (favorite blanket, toy) and rituals for comfort and security; uses distraction and pretend play with toys as coping strategies.
- 2 Years** Continues to use transitional objects for comfort; temper tantrums are more frequent if child is tired or hungry or when frustrated; routine is important; negativism begins to decrease; uses idle time and imagination.
- 3 Years** Temper tantrums, negativism and having to do things in an exact order decreasing, active imagination, may have imaginary friend.
- 4 Years** Begins to talk (directly or indirectly) about fears concerning his/her body, animals, and the dark; uses play and pretends.

Immunizations



These shots are critical for building a healthy immune system for your grandchild. School districts and day care facilities will not accept children who have not been immunized. Pediatrician offices, as well as your local health department, provide immunizations. Refer all questions regarding your grandchild's immunizations to your pediatrician or to the County's Health Department.



A description/checklist of immunizations to help prevent the spread of disease follows:

Chickenpox (Varicella)

Varicella vaccine protects against chicken pox. This disease is spread through air and direct contact. Children who have never had chickenpox should get two doses of the vaccine at these ages: 1st dose: 12-15 months; 2nd dose: 4-6 years. Children 13+ who have never had chickenpox and who have not received the vaccine should get two doses at least 28 days apart.

DTP

This vaccine protects against diphtheria, pertussis (whooping cough) and tetanus. These diseases are spread through air, direct contact and exposure to cuts in skin. Children should get one dose at each of the following ages for a total of five doses: 2 months, 4 months, 6 months, 15-18 months and 4-6 years.

Hep A (hepatitis A)

Hep A vaccine protects against hepatitis A. This disease is spread through direct contact and contaminated food/water. The first dose should be given at 12-23 months. Children who are not vaccinated by age 2 can be vaccinated at later visits.

Hep B (hepatitis B)

Hep B protects against hepatitis B. This disease is spread by contact with blood or body fluids of infected individuals. Children need three doses at the following ages: 1st dose: birth (within 12 hours if the mother has hepatitis B infection) *2nd dose: 1-3 months. 3rd dose: 6-18 months *Older children who did not get the vaccine as a baby should get it as soon as possible.

Hib (Haemophilus influenzae type b)

Hib vaccine protects against Haemophilus influenzae type b. This disease is spread through air and direct contact. Recommended for all children younger than 5 years old in the United States and usually given to infants starting at 2 months.

HPV (human papillomavirus)

HPV vaccines are given as a series of three shots over 6 months to protect against HPV infection and the health problems that the infection can cause. HPV vaccines offers the best protection to girls and boys who receive all three doses and have time to develop an immune response before being sexually active with another person. That's why HPV vaccination is recommended for preteen girls and boys at age 11 or 12 years.

IPV (polio)

IPV vaccine protects against polio. The polio disease is spread through air, direct contact and mouth. Children get four doses of IPV at ages: 2 months, 4 months and 6-18 months, and then a booster dose at 4-6 years old.

MCV4 (meningococcal disease)

Meningococcal conjugate vaccine (MCV4) protects against some of the bacteria that cause meningococcal disease, such as meningitis or sepsis (bloodstream infection). MCV4 is recommended for all preteens at age 11 or 12. A booster shot is recommended for teens at age 16 to continue providing protection when their risk for meningococcal disease is highest. Teens who received MCV4 for the first time at age 13-15 years old will need a one-time booster dose at 16-18 years of age.

MMR (measles, mumps, rubella)

MMR vaccine protects against measles, mumps and rubella. All of these diseases are spread through the air and direct contact. A two-dose vaccine schedule is recommended for children, with the first dose at age 12-15 months and the second at age 4-6 years.

PCV (pneumococcal disease)

Protects against pneumococcal disease, which is spread through air and direct contact. PCV is a series of four doses, with one each at ages 2, 4, and 6 months, and then 12-15 months. Healthy children between their 2nd and 5th birthdays who have not completed the series should get one dose.

RV (rotavirus)

RV vaccine protects against rotavirus, which is spread through the mouth. This vaccine is administered in a three-dose series with at ages 2, 4 and 6 months. The minimum age is 6 weeks and maximum age is 14 weeks and six days. The minimum interval between doses is four weeks, and no maximum interval is set. All doses should be administered by 8 months.

Seasonal influenza

The flu vaccine protects against influenza, which is spread through the air and direct contact. Everyone who is at least 6 months of age should get a flu vaccine seasonally.

Tdap (tetanus, diphtheria and pertussis)

Tdap vaccine can protect adolescents and adults from tetanus, diphtheria and pertussis. One dose of Tdap is routinely given at age 11 or 12. People who did not get Tdap at that age should get it as soon as possible.

School health requirements

The state of Florida requires physicals before any student athlete can compete at the high school level. Additionally, a complete physical is required for all seventh graders by law. Your pediatrician or local health care clinic conducts school or sport physicals.

Insurance Information (for backup in case of lost card)

Child's Name:	
Insurance Company:	
Policy Number or Identification Number:	
Group Name:	
Customer Service Number:	
Coverage Date:	

IN CASE OF EMERGENCY (ICE)

Having an **"In Case of Emergency Plan"** for your family is a valuable tool for your grandchild if you became suddenly ill and unable to provide care. In case of a weather-related crisis that could physically separate your family, your grandchildren need to know 1) their own full name, 2) your (caregiver's) full name, 3) your (caregiver's) telephone number, and 4) do they take medication and why.

In Case of Emergency, cards can be created free of charge on the Save the Children secure website (<https://secure.savethechildren.org>). Information is submitted on the secure website and then printed to go in your grandchild's backpack. In Case of Emergency, information should always be provided to your grandchild's school and any other organization in which they participate.

Immunization Checklist

Child's name: _____

Immunization	BIRTH	2 MOS	4 MOS	6 MOS	12-18 MOS	2 YRS	4 YRS	6 YRS	11-12 YRS	16 YRS	ANNUAL
Chickenpox Varicella					☆		☆				
DTP		☆	☆	☆	☆		☆				
Hep A Hepatitis A					☆						
Hep B Hepatitis B	☆	☆		☆							
Hib Haemophilus Influenza type b		☆							☆	☆	
HPV Human papil- lomavirus					☆		☆				
IPV Polio		☆	☆	☆	☆						
MCV4 meningococcc al disease									☆	☆	
MMR measles, mumps					☆		☆				
PCV		☆	☆	☆	☆						
RV		☆	☆	☆							
Flu											☆
Tdap									☆		

Feel free to make a copy of this checklist for each grandchild.

Healthy Eating

Women, Infants and Children Nutrition Program (WIC)

WIC improves the health of low-income infants and children up to 5 years old who are at nutritional risk. WIC helps prevent malnutrition by providing food vouchers to grandparents for a special package of nutritious food, supplemented with nutrition education and referrals for additional health care. Contact the local County Health Department for more information or to apply.

The Supplemental Nutrition Assistance Program (SNAP)

Formerly known as food stamps, SNAP helps low-income individuals and families buy food. If you have limited income, you may qualify. The amount you receive is based on:

- Household income, including all sources, such as job earnings, Social Security, SSI or interest.
- Number of individuals in household.

If you are over 60, you can deduct medical expenses from income.

Additional resources include:

HUGS (Help Me Grow

Florida) Phone: 2-1-1

Website: www.helpmegrowfl.org

Eligibility: Florida resident, any child under age 8, no financial or insurance requirement.

Healthy Start Florida

Phone: 850-245-4047

Website: <http://www.floridahealth.gov/programs-and-services/childrens-health/healthy-start/index.html>

Eligibility: Pregnant and post-partum women and children birth to 3 years.

Healthy Families Florida

Phone: 850-488-1752

SNAP in Florida

For assistance or to re-apply for benefits, contact the Florida Department of Elder Affairs Elder Helpline at:

1-866-762-2237



Dental Health

Good dental health begins before you see your grandchild's first tooth. Wipe an infant's mouth with a soft, damp cloth or gauze pad after each feeding. Do not put babies to bed with a bottle at night or at naptime. Milk, formula and other sweet drinks contain sugar, which can cause tooth decay. Children begin to cut their first tooth

between the ages of 4-10 months. Teething may cause excess drooling, crying and fussiness. Be alert that children who are teething may put things in their mouth to soothe themselves. By age 2 to 2.5 years, about 10 teeth in each jaw will be visible. Ask your dentist for recommendation of a pediatric dentist. Use fluoride toothpaste and a soft bristle toothbrush.

Relationships and Emotions

Grandparents who are raising grandchildren may have feelings of guilt and/or resentment toward their adult child. If the grandchildren experience trauma and pain, grandparents may feel bad for them, as well as their own children. Grandchildren may act out because they do not understand why they do not live with their parents. This can lead to behavioral problems that grandparents must try to handle, while dealing with their own emotional reactions to the situation.

Grandchild's emotions

Be prepared for what your grandchild may feel. These emotions are important and understanding them could affect the child's relationship with you.

Confused: They may not understand where the parent is and why their parent is not with them.

Angry: They may be angry at the situation, their parents or you.

Guilty: They may blame themselves for the situation and feel guilty for being in a stable, safe place and feeling relieved.

Embarrassed: They may be embarrassed (and teased/bullied at school) because they are living with a grandparent rather than a parent.

Suspicious: A child who has been neglected or abused may have a hard time trusting anyone, even someone who loves them.

Scared: It may take time for them to feel your home is a safe place.

If you cannot handle these emotions, it is okay to seek help. School guidance counselors may be able to help or provide options in the community.

Insurance and medical coverage

Grandparents may face difficulty obtaining health insurance for grandchildren.

Grandparents who are retired often are on Medicare. Grandparents who are still working may find it difficult, if not impossible, to add grandchildren to an employer-based policy.

As a result, many grandparents seek Medicaid coverage for their grandchildren. If you have employer-based health insurance, ask about dependent coverage for grandchildren in your custody.

For people who qualify financially, Medicaid pays for hospital, medical care and prescriptions. In many cases, grandchildren being raised by grandparents qualify for Medicaid. You do not need to be receiving assistance for your grandchildren for them to

receive Medicaid. Your grandchildren automatically are eligible for Medicaid if they are receiving Temporary Assistance for Needy Families (TANF) or Supplemental Security Income (SSI).

You may apply for Medicaid at your county's partner agencies. You must prove you are the primary caregiver for your grandchildren, but you do not need to have legal custody for them to receive Medicaid. You also will need to show that your grandchildren are deprived of parental care, proof of your grandchildren's ages, relationship to you, and current living arrangement.

Florida Children's Health Insurance Program (CHIP)

Florida State Children's Health Insurance Program (CHIP). If your grandchild does not have other insurance, you may qualify for coverage under CHIP.

For information and application, visit CHIP website at

<https://www.benefits.gov/benefit/1599>

Safety

Car seat safety

Wolfson Children's Hospital offers a free car seat checkpoint every Tuesday at THE PLAYERS Center for Child Health, 3563 Phillips Hwy., Jacksonville, FL 32207. Appointments are not necessary. On select Fridays at 10800 Atlantic Blvd., Jacksonville, FL 32225 –must call for dates.

For information on current scheduled dates, please call 904-202-4302.

- Never leave children alone in a car
- Children under 12 years old should never ride in the front seat (See *Child Development Section*)

DID YOU KNOW?

Most car seats expire after 6 years from the date of manufacture. If you can't find an explicit expiration date printed anywhere on the seat, check the owner's manual. When in doubt, the easiest thing to do is to call the manufacturer and ask them.

Home safety

- Keep small objects away from children. Needles, pins, coins and beads can be deadly if swallowed.
- Never let children play with plastic bags.
- Help prevent poisoning by keeping all cleaning supplies, chemicals, medicine and cosmetics out of reach or in childproof cabinets.
- Make sure there is a smoke alarm on every level of your home, and test the batteries every six months. Install carbon monoxide alarms on every level of the home, especially near sleeping areas. Check batteries twice a year.
- Hold a mock fire drill with your grandchildren. Plan escape routes and arrange for a safe meeting place outside.
- Develop and practice a fire escape plan, with two ways out of the home.

- Use approved safety gates at the top and bottom of stairs, and attach them to the wall, if possible.
- Give children your full and undivided attention when they are in and around water.
- Keep cribs clear of objects, and make sure babies sleep alone, on their backs and in a crib every time they sleep.
- Keep all medicine up and away and out of sight of children, even medicine you take every day. Be alert to medicine stored in other locations, like pills in purses, vitamins on counters and medicine on nightstands.
- Program the Poison Help line into your phone and post it in your home where caregivers can find it easily in an emergency: 1-800-222-1222.
- Secure televisions by mounting to the wall or placing on a low, stable piece of furniture.
- Install window guards or window stops to keep children from falling out of windows.

Safe sleep

(See ABCs of safe sleep.)

Make sure cribs have a snug-fitting mattress and narrowly spaced slats. There should be nothing in the bed but the baby – no covering, pillows, bumper pads or toys. Soft mattresses and heavy covering are associated with the risk for sudden infant death syndrome (SIDS).

Never allow babies to fall asleep with bottles in their mouths. Keep all cords and strings, including blinds and curtain cords, away from the crib.

Avoid exposing an infant to people with respiratory infections. Avoid crowds. Carefully clean anything that comes in contact with the baby. Have people wash their hands before holding or playing with the baby. SIDS often occurs in association with relatively minor respiratory infections, such as a mild cold, and gastrointestinal infections, such as vomiting and diarrhea.



Personal safety

Teach your grandchildren the following personal safety tips:

- Memorize their full name, address and phone number, including area code and ZIP code.
- Be able to use the telephone and make calls to an operator and dial emergency numbers.
- Understand what “stranger” means.
- Know to never enter a stranger’s car or home even if asked to help.
- Keep doors locked and only admit authorized people into the home.
- Use a code word that is a special word that only you and your grandchild know.
- Know to ask for the code word if another person is picking up your grandchild at school or day care so that he/she can verify that the person is safe.
- Play and walk with friends.
- Avoid alleys, as well as poorly lit or deserted areas.

- Never wander away from you or your yard without permission.
- Tell you if something strange or uncomfortable has happened to them.
- Not give information about themselves to anyone except authorized people (Make sure your grandchild knows who "authorized" people are.)

Family Support Services of North Florida – Duval & Nassau
 1300 Riverplace Blvd, Ste. 700
 Jacksonville, FL 32207
 904-421-5800
www.fssjax.org



Fun 4 First Coast Kids is the resource for Jacksonville to find programs and fun activities to do with kids. Many of the resources.

The Lutheran Services Florida is a local provider of behavioral health services for people who face poverty and are without insurance. LSF Health Systems serves a 23-county region in Northeast and North Central Florida. This includes children, adults, and families who lack the financial resources to afford care. Their goal is to ensure that every child and adult in need receive the right service, at the right time, and in the right setting.

LSF Health Systems, Inc. 24/7 Access to Care Line 877-229-9098

Florida Baptist Children's Homes helps grandparents experiencing a temporary crisis by providing a loving family with whom their grandchildren may stay until the crisis has passed. Host families are given short-term legal guardianship and medical power of attorney.

Safe Families for Children
 124 W. Ashley St.,
 Jacksonville, FL 32202
 Phone: 904-356-6077
www.fbchomes.org



Challenges Facing Today's Children

Alcohol and drug abuse

Consider the following facts and information from the U.S. Department of Health and Human Services:

- Young people who use alcohol and drugs also are more likely to be victims or perpetrators of violence, engage in unplanned and unprotected sex, experience school failure or be seriously injured from driving or engaging in other risky behavior while impaired.
- Easy access and availability of alcohol, tobacco and illicit drugs make it difficult to keep young people out of harm's way. Young people report illicit drugs, alcohol and tobacco are easily obtained.
- Young people who use tobacco are more likely than others to drink heavily later or use illicit drugs.
- Over the past several years, annual use of marijuana doubled among 8th graders, grew by two-thirds among 10th graders, and increased by two-fifths among 12th graders.
- Fewer young people see harm in using drugs. Yet, understanding the harm associated with drug use is one of the greatest deterrents to drug use by youth.

Five reasons young people give for using alcohol, tobacco and drugs

- To feel grown up
- To satisfy curiosity
- To fit in (belong)
- To relax and feel good
- To take risks and rebel

Gangs

Criminal gang activity is a growing problem. It is typically not illegal to be in a gang. Gangs may be part of a larger city or national gang, or they may remain local. Joining a group that has a reputation, good or bad, gives a child looking for a purpose something in which to be involved. Participants have said the mere interaction of members, listening to each other's problems and sharing ups and downs in their lives often enticed them to join. Once in a gang, children may find quitting difficult and, in some cases, dangerous.

Reasons for joining a gang

- Identity
- Discipline
- Recognition
- Love
- Belonging
- Money

Sexuality and kids

You may have difficulty talking to your grandchildren about sexuality. Most parents do. However, kids learn about sexuality early in their lives. They may get information at school, from friends or through television, music or social media. It is important that they get correct information from you.

Make sure you know the facts about sexually transmitted diseases, AIDS, birth control and pregnancy. Keep lines of communication open. Discuss things you see on television or in your community that deal with sexuality. Ask your grandchildren how they feel about certain topics.

The Northeast Florida Healthy Start Coalition serves Baker, Clay, Duval, Nassau, & St. Johns counties. In an effort to reduce infant death and improve the well-being of children, childbearing women, fathers and their families in Northeast Florida. For more information about Northeast Florida Health Start Coalition, please visit their website: <http://nefhealthystart.org>

Abstinence is the most responsible and effective means of preventing pregnancy and should be strongly encouraged. However, it is recognized that some adolescents may become pregnant in spite of these efforts. Work must be done to ensure that needed health, educational, vocational and social services are accessible and acceptable to these adolescents and their children.

Resources for Pregnant Teenagers:

NEFL Teen Pregnancy Task Force—904-723-5422

First Coast Women's Services—free pregnancy tests, limited ultrasounds, and counseling. (904) 262-6300

NEFL Healthy Start—Provides mentoring for teen moms who are empowered to make positive choices and to set and achieve goals. (904) 723-5422

Planned Parenthood—Jacksonville Health Center. (904) 399-2800

Family Planning—Florida Department of Health. Varies by county

Child abuse

Florida law deals in detail about what constitutes abuse. "Abuse" exists when a person under the age of 18 suffers from, has sustained or may be in immediate danger of suffering from or sustaining a wound, injury, disability or physical or mental condition caused by brutality, neglect or other actions or inactions of a parent, relative, guardian or caretaker. An abuser is defined as an adult or an older child, provided the child is four years older than the victim is.

Four reportable types of child abuse are neglect, physical, sexual and mental abuse.

Neglect occurs when a parent or caretaker allows a child to experience avoidable suffering or fails to provide basic essentials for physical, social and educational development.

Physical abuse is defined as a person deliberately and intentionally causing bodily harm (violent battery with weapon like a knife or belt, burning, choking, fracturing bones and other non-accidental injuries). Physical abuse also happens when a person endangers a child's health, welfare and safety through negligence (withholding food, medical care, etc.).

Sexual abuse is defined as any form of sexual contact or exploitation in which a child is being used for the sexual stimulation of the perpetrator.

Mental abuse occurs when a person exposes a child to spoken and/or unspoken violence or emotional cruelty (deprived of parental affection, withholding education, locked in confined spaces, forced into drug abuse, sent messages that the child is worthless, unloved, undeserving of care).

All of these elements are difficult to prove. Moreover, the persons who are subject to these abuses must be reasonably presumed to be less than 18 years of age.



The law requires every person knowledgeable of a child abuse situation must make mandatory reports. Mandatory reporters are legally required to report known, or reasonably suspected, cases of child abuse. A person may face criminal penalties (normally a misdemeanor) for failing to report.

Any person knowing of such abuses must report to the judge having juvenile jurisdiction or the county office of the Department of Children's Services, or the sheriff or chief law enforcement officer where the child resides.

Florida law provides immunity from liability for persons who, in good faith, report suspected instances of child abuse or neglect under the reporting laws.

Immunity statutes protect the reporters from civil or criminal liability that they might otherwise incur. This protection is extended to both mandatory and voluntary reporters.

Florida law does not provide any type of evidentiary privileges—such as husband-wife privilege, psychiatrist-patient privilege, psychologist-patient privilege – for excluding evidence regarding harm or the cause of harm to a child in any dependency and neglect proceeding resulting from a report of such harm or a criminal prosecution for severe child abuse.

Additionally, ministers are mandatory reporters in Florida because “any person” is a mandatory reporter of child abuse. No clergy-penitent privilege statute or rule specifies that the privileged nature of a communication exempts a minister from complying with child abuse reporting requirements.

The Florida Child Abuse Hotline accepts all reports of suspected child abuse and neglect for the state of Florida. The Florida Child Abuse Hotline is open 365 days a year, 24 hours a day, 7 days a week.



The Florida Child Abuse Hotline

Phone: 1-800-962-2873

Web: <https://reportabuse.dcf.state.fl.us/Child/ChildForm.aspx>

Domestic violence

Battering is a pattern of behavior used to establish power and control over another person through fear and intimidation, often including the threat or use of violence. Battering happens when one person believes he/she is entitled to control another. Battery is against the law. If you know an adult who is the victim of physical battery, sexual abuse or psychological battery, refer the person to the Domestic Violence Helpline at 800-500-1119.

Teendating violence

One in three teenagers experience some kind of abuse in their romantic relationships. Therefore, this is a topic that grandparents should discuss with their grandchild when they begin to date.

Only 33% of teens in an abusive relationship ever tell anyone about it. Approximately 10% of high school students in Florida report they have been hit, slapped or physically hurt by a boyfriend or girlfriend.

Experiencing this type of abuse can put someone at higher risk for eating disorders, depression, anxiety, substance abuse and suicide. Dating violence is more widespread than adults realize and often victims don't tell anyone because they are afraid or ashamed.

It is important to note that many abusive relationships do not start that way, which is one reason it can be so confusing for teens. Teens and parents should be aware of "red flag" behaviors that might indicate abuse such as:

- Extreme jealousy and possessiveness (acting angry when you spend time with other friends or family).
- Controlling behavior (wanting you to answer all their calls and texts immediately).
- Isolating and dominating behavior (wanting you to spend all your time with them).
- Emotional and verbal abuse (putting you down and making you feel afraid to be yourself)
- Anger, threats, and intimidation (extreme anger with threats of hurting you, someone you love or themselves)
- Destruction of property (breaking your phone or other possessions that are meaningful to you)
- Physical abuse (hitting, grabbing, slapping, kicking, choking or punching you)



If you suspect a friend or loved one is in an abusive relationship, contact the Florida Coalition Against Domestic Violence at 1-800-500-1119 or go online at www.fcadv.org for information.



Children and Today's Technology

The Basics

Some grandparents are tech savvy and use the latest devices at work or for fun. Here are the basics of communication technology and what grandparents should know about their grandchild's use of ever-evolving technology.



Desktop computer/tablet

A desktop computer comprises a central processing unit (CPU), monitor, keyboard and mouse. (The mouse is a small accessory that allows you to complete tasks on the computer by pointing and clicking on screen buttons or icons.) Smaller and portable devices include laptop computers and tablets.

Cell/smartphones

Cellphones are capable of so much more than phone calls now. Children, pre-teens and teens communicate via text messages, social media and the internet using their phones. Smartphones also offer video, photography and music storage. Text messages are sent directly from one phone to another and are typed on the phone, often using abbreviated slang terms. Children want and will ask for a phone. You must determine age and usage boundaries. Cost also will be a consideration, both the type of phone and the specific plan, which can charge for minutes, data (internet) and text messages.

Internet

The internet is a virtual world that connects all users to information and the ability to communicate with each other. A computer is not automatically connected. An internet provider is a company that you pay monthly for service to connect to this virtual world. Examples of internet providers are your cable or phone company. Once connected, you use the internet browser on your computer (or smartphone). The internet comprises pages of information organized into websites. These websites are identified by addresses set up by `www.<website name>.<com, org, edu, net>` (.com or .org are the most widely used identifiers.) Wi-Fi or wireless internet is available in many public places. Smartphones and tablets can connect to these Wi-Fi networks. Wi-Fi networks are not always secure so be careful about accessing private data, such as bank information.

Email

Email is short for electronic mail. Just like printed mail, you receive at home or a post office box, an email is a communication sent to you. You receive it in a "virtual" mailbox on your computer, tablet or smartphone. Every user creates a specific email address to send and receive messages. Email had been the basic way people used the internet to communicate,

but it has largely been replaced by text messaging (see below), especially for children, teenagers and young adults.

Texting

Texting and instant messages are very popular ways to communicate now. However, don't feel like you have to learn the lingo. Kids may say "CUL8R," but "See you later" is perfectly acceptable. Pre-teens, often called tweens, and teens usually prefer text messages to phone calls because they don't have to talk on the phone when they are doing something else. Also, text messages are more discreet. When texting first became popular, some families received huge bills, but most plans now have unlimited texting. In many states, texting while driving is illegal. Tell your grandchildren not to initiate or read text messages if they are driving and not to ride in a vehicle with someone who does so while driving.

Direct messaging

While text messages are popular, children and teenagers also see social media to communicate. These messages are sent privately, such as Twitter direct messages and Facebook messaging. Also, phone applications (called apps) are used to send messages, such as one called WhatsApp.

Social media

Social media are websites or applications (apps) on a computer, or smart phone, where people connect with one another to share pictures, post comments and chat. Some common ones are Facebook, Twitter, Snap Chat and Instagram, but new ones develop regularly. It is important to monitor these activities! Know your grandchildren's passwords so you can monitor who and what is being communicated on these sites. Stay aware of what your grandchild is doing on social media and use the privacy settings for their accounts. Social media posts are usually public unless the settings are changed to private.

Dangers of technology

The dangers that exist in today's society also exist on the internet, but those dangers are more prevalent online. It is important to discuss what is appropriate in text messages and social media posts and to talk about the risks. Because social media is so popular, it is easy for predatory individuals to find targets, especially young ones who are more naïve than adults. It is important to not only set limits and enforce them for your grandchildren, but also to explain your reasoning. You should consider reading your grandchild's email, messages and social media pages and monitoring their online contacts and friends. It does intrude on the child's privacy, but digital messages and social media can become accessible to the wrong people. Monitoring a child's communications can alert you to cyberbullying, which is most common in middle school, but can happen earlier. Often, the victim's fear and isolation are the same as regular bullying that can happen at school or in the neighborhood. Online bullying can cause a child to feel like there is no safe haven, even at home. For assistance, contact your cellphone provider or local senior center for classes.

So, how do you set up safeguards on a computer? You begin by creating a separate account on your computer for your grandchild and setting up parental controls that are built into the operating systems. The controls cover, which programs can be used, what time of day the computer can be used and the content or age ratings for

games and apps. If you let your grandchild access the internet, you need to add a program that can filter web content and generate activity reports, like Net Nanny or CYBERSitter. You also can set parental controls on a child's phone. Your cellphone provider can provide assistance.

Useful Tips:

- Tell your grandchild that the pictures they post can be seen by everyone. Nothing ever really disappears on the internet or social media. It can all be retrieved, even years later.
- Do not post pictures you will regret later.
- Do not share personal information with anyone you do not know. People may also create fake accounts to lure children.
- Teach your grandchild to avoid clicking on links, responding to ads or opening emails unless they know the sender.
- Help your grandchild come up with a good password, and make sure you always know it. Set ground rules that passwords cannot be changed without your permission. Your grandchild should never share the password with anyone but you.
- Have a central place for computer use in the home and a central location for cellphones and tablets at night. Do not allow your grandchild to use these devices alone in their room.
- Teach your grandchild to log out of computers when they are finished with their work or games. This prevents a friend or sibling from posting or emailing using their account, even as a joke.
- Look through settings on all computers, tablets and smartphones to see what parental controls are available and use them.
- Use security and privacy settings on all social network accounts. These will be different for each social network, but most have them in their settings.
- Have frequent discussions with your grandchild about technology. Ask questions such as:
 - What are your friends doing online?
 - What are the newest, coolest websites?
 - Have you ever seen anything online that has made you uncomfortable?
 - Do you ever get messages from strangers?

Online resources

Texting Shorthand and Acronyms	www.netlingo.com
Training/learning	www.seniornet.org or socialmedia4seniors.org
Training	www.skillfulsenior.com
Microsoft accessibility techniques	www.microsoft.com/enable/aging/tips.aspx
Online training	www.meganga.com
Seniors' helpful internet search page	http://good50.com
Software to help with the internet	www.eldy.net.us

POPULAR APPLICATIONS

Ask.fm Age Rating: 12+



Ask.fm is a website and smart phone application that is intended to be a friendly question-and-answer forum. Questions can be asked and answered anonymously.

- Posting anonymously may lead to potential for kids to make comments they wouldn't if they knew they were identifiable. (Anonymity is never guaranteed on the internet, despite what is promised.)
- Bullying and sexually charged discussions have been associated with this application.

Facebook Age Rating: 13+ *Requires a valid email account*



Facebook is a popular social networking site that can be accessed using computers and smartphones. Members also can join networks and groups based on school affiliations, interests, hobbies, employers and locations. Facebook can be used for keeping track of friends both old and new. Facebook is available to anyone with a valid email address that is over the age of 13.

- Users post their real names, educational and work history, contact information, relationship statuses and likes/dislikes for the public and friends to see.
- It is important to keep in mind that disclosing too much information can be used against you. Posting addresses, phone numbers and full birth dates can lead to identity theft and other potential threats.
- Individuals should use discretion when posting pictures, comments, likes and dislikes on this site as potential employers and schools may look at the information.



Instagram app is a smart phone application that allows users to snap, edit and share photos and videos either publicly or with a network of followers. Users can comment on other photos, as well as "like" a user's photo.

- Teens seek "likes" for their photos. Similar to other social media sites, teens may measure the "success" of their photos (or even their self-worth) by number of likes or comments. This may become problematic if teens post to validate popularity.
- Photos are either public or visible within your grandchild's network; therefore, you should monitor what is posted. Mature content can be found, even though the terms of service specify that users shouldn't post sexual material. Posts and photos containing violence, foul language and drugs also are available.

Snap Chat Age Rating: 12+



Snap Chat, a messaging app, allows users to send and receive pictures and videos with their smartphones. The app puts a time limit on pictures and videos before they disappear from view. The app is intended to allow users to send and share fun; light moments without the risk of having them go public. However, Snap Chat later acknowledged that the videos do not disappear.

- Snap Chats don't go away forever. Snap Chat temporarily collects, processes and stores content on its servers. Snap Chat can recover the content.
- Individuals on the receiving end can use their phone to take screenshots of the image before it disappears. This saves the photo, and it can now be posted anywhere online.
- The app has been used for "sexting" or suggestive photos and videos. The app was promoted as risk-free and could encourage users to send inappropriate content. "Sexting" is sending sexually explicit photos or messages via mobile phone.

Tumblr Age Rating: 12+



Tumblr is an online blog that streams scrapbooks of texts, photos and video and audio clips. Users create and follow short blogs called "tumblelogs" that can be viewed by anyone online.

- Inappropriate content has been associated with this app, including images and videos that are pornographic or show violence, self-harm, drug use and offensive language.
- Profiles are public.
- Posts often are copied and shared without consent.

Twitter Age Rating: 13+



Twitter is a social media site that allows users to post short, 140-character messages called "tweets" and follow other users' activities. It also includes photos and videos. Twitter users must be at least 13.

- Twitter is public unless accounts are locked, but privacy is never a guarantee on any app or social media site; therefore, you should discuss with teenagers what they post, how quickly a post can spread, and what effects this can have in the future, especially with college applications and job searches. A social media audit is common now for a lot of employers and colleges.

Vine (disabled in 2016 but videos can still be accessed) Age Rating: 17+



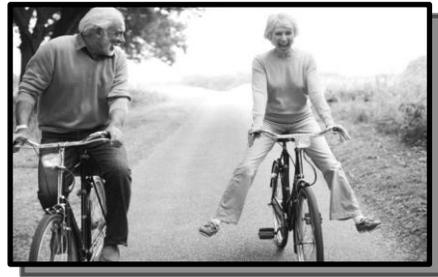
Vine allowed individuals to post and view 6-second videos.

- Inappropriate sexual and violent content has been associated with the app.
- App has been linked to bullying.
- Videos can be posted without consent. All videos posted and comments made are public by default.

Family Technology Profile

Grandparent Name	Child Name	Child Name
Computer (Laptop) IP Address:	Computer (Laptop) IP Address	Computer (Laptop) IP Address
Computer Login Username: Password:	Computer Login Username: Password:	Computer Login Username: Password:
Cellphone Network: _____	Cellphone Network: _____	Cellphone Network: _____
Model Number: _____	Model Number: _____	Model Number: _____
Serial Number: _____	Serial Number: _____	Serial Number: _____
Parental Control Tool: (Check with your cell- phone provider) _____	Parental Control Tool: (Check with your cellphone provider) _____	Parental Control Tool: (check with your cellphone provider) _____
Is Phone Locator enabled? (Check with your cell- phone provider)	Is Phone Locator enabled? (Check with your cellphone provider)	Is Phone Locator enabled? (Check with your cellphone provider)
Is Text Messaging enabled?	Is Text Messaging enabled?	Is Text Messaging enabled?
Facebook Username: Facebook Password:	Facebook Username: Facebook Password:	Facebook Username: Facebook Password:
Snap Chat Username: Snap Chat Password:	SnapChatUsername: Snap Chat Password:	Snap Chat Username: Snap Chat Password:

Taking Care of Yourself



Stress-reducing suggestions for grandparent caregivers

(Adapted from Illinois Task Force on Grandparents Raising Grandchildren Tip Sheet)

- Accept that your adult child's circumstances are not your fault.
- Join a support group.
- Keep up your own health.
- Walk or exercise regularly.
- Insist on a regular quiet time.
- Take time for yourself (even if only 30 minutes per day).
- Do something you enjoy – not always something you should do or must do.
- Be intentional in building your community. Avoid isolation.
- Practice patience. Let those you care for do as much for themselves as possible.
- Set limits with grandchildren and stick to them. Learn to say no.
- Focus on the positive and keep a sense of humor.
- Accept reality. See things as they are and not how you wish them to be.
- Eliminate hurtful thoughts and self-pity. These negative emotions only drag you down.
- Reward yourself. Even small rewards will help your emotional well-being.
- Explore parenting classes to learn new parenting methods.

The Florida FAPA Kinship Program works to support, educate, and advocate on behalf of foster and adoptive families. As you assume the role of primary caregiver for your grandchildren, you will experience a new set of challenges parenting the next generation. These educational support meetings feature topics of interest from community experts in fields such as:

- Our legal system and custody issues
- Local Schools system
- Individual education plans
- Health care
- Mental health
- Childhood development
- Today's culture and technology
- Talking to your child about sex

Why should I attend an Educational Support Group?

1. Grandparents raising grandchildren do need help.
2. An educational group keeps grandparents informed with current information.
3. A grandparent support group is a living library. Group members learn from each other.
4. Becoming part of a group relieves the feeling of isolation. A support group is a safe place to share with other grandparents raising grandchildren. *(Sylvie de Toledo 2013)*

General Resources

Emergency Numbers

Child Abuse Hotline	1-800-962-2873
<i>(Florida Department of Children's Services)</i>	
Adult Protective Services	1-800-962-2873
Ambulance, Fire, Police.....	911
Centers for Disease Control	1-800-232-4636
Family Violence Helpline	1-800-500-1119
Information & Referral Search	211 or 1-904-632-0600
Jacksonville Sheriff's Office	904-630-0500
<i>(non-emergency)</i>	
Drug/Crime Hotline	1-866-845-TIPS (8477)
Mobile Crisis (Adult & Youth).....	1-904-695-9145
Sexual Assault Response Center.....	1-904-549-4600
National Domestic Violence Hotline	1-800-799-SAFE (7233)
Poison Help	1-800-222-1222

Local Hospital Information

<u>Duval County Area Hospitals</u>	<u>Switchboard</u>
Wolfson Children's Hospital	904-202-8000
UF Health Jacksonville.....	904-244-0411
Memorial Hospital.....	904-702-6111
Baptist	
Baptist Hospital	904-202-2000
Baptist Medical Center South	904-271-6000
Baptist Medical Center Beaches	904-627-2900
St. Vincent's Medical Center	
Southside.....	904-296-3700
Riverside.....	904-308-7300
Curahealth Jacksonville.....	904-737-3120

Mayo Clinic Hospital in Hospital...	904-953-2000
Naval Hospital Jacksonville.....	904-542-7300
<u>Nassau County Area Hospital</u>	<u>Switchboard</u>
Baptist Medical Center Nassau	904-321-3500
<u>Baker County Area Hospital</u>	<u>Switchboard</u>
Ed Fraser Memorial Hospital	904-259-3151
<u>Clay County Area Hospital</u>	<u>Switchboard</u>
Orange Park Medical Center.....	904-639-8500
Kindred Hospital North	904-284-9230
Baptist Clay Medical Campus.....	904-516-1000
St. Vincent's Medical Center Clay.....	904-602-1000
<u>St. Johns County Area Hospital</u>	<u>Switchboard</u>
Flagler	904-819-5155
<u>Flagler County Area Hospital</u>	<u>Switchboard</u>
Advent Health Palm Coast.....	386-586-2000
<u>Volusia County Area Hospitals</u>	<u>Switchboard</u>
AdventHealth	
Daytona Beach	386-231-6000
DeLand	386-943-4522
Fish Memorial	386-917-5000
Halifax Health Medical	386-425-4000
Port Orange	386-257-8739
Select Specialty Hospital Daytona Bch.	386-231-3407

Local Medical Clinics

<u>Duval County</u> Health Department	904-253-1000 (Main clinic)
Beaches Family Health Ctr.....	904-253-2555
Central Health Plaza.....	904-253-1080
West Jacksonville Health Services.....	904-253-1287
Wesconnett Health Services.....	904-253-1120
WIC (Women Infants and Children)	904-253-1500 (Wesconnett)
WIC (Women Infants and Children)	904-253-1520 (Emerald Tiger)
WIC (Women Infants and Children)	904-253-1505 (Pearl)
Immunization Center	904-253-1420
<u>Baker County</u>	
Health Department	904-259-6291
WIC (Women Infants and Children)	904-320-6034
<u>Clay County</u>	
Administration Building Health Dept.	904-529-2800
WIC (Women Infants and Children	904-272-3177
Environmental Health	904-278-3784
Bear Run Clinic	904-272-3177
Healthy Start	904-529-2800
<u>Nassau County</u>	
Administration Building Nassau	904-875-6100
Callahan Clinic	904-320-6010
Environmental Health	904-557-9150
Fernandina Beach Clinic	904-875-6100
Hilliard Clinic	904-320-6020
Yulee Clinic	904-875-6100
<u>Flagler County</u>	
Department of Health Admin. & Clinic	386-437-3750
Environmental Health	386-437-7358
<u>St. Johns County</u>	
Department of Health	904-209-3250
Environmental Public Health	904-209-3250

Volusia County	
Department of Health Daytona Beach	386-274-0509
Department of Health DeLand	386-822-6250
Dept. of Health New Smyrna Beach	386-424-2065
Dept. of Health Orange City	386-457-6300
Dept. of Health Pierson	386-822-6223

Legal and Financial Matters

Florida Legal Services.....	1-407-801-4350
Disaster Line.....	1-888-780-0443
Child Support Services	1-850-488-5437
Department of Children's Services.....	1-866-762-2237
Department of Human Services	1-877-696-6775
Disability Rights Florida.....	1-800-342-0823
Florida Bar Association	1-850-561-5600
Duval County Juvenile Court	1-904-255-2000
Social Security Office	1-877-409-8424
Senior Legal Helpline.....	1-888-895-7873
<i>Certified Elder Law Practitioners</i>	1-850-561-5600

Volunteer Income Tax Assistance.....	211
<i>visit</i>	
<i>unitedwaynefl.org (free tax)</i>	

Returning to Work Resources

American Job Center	877-US2-JOBS
www.careeronestop.org	(877-872-5627)
Office on Aging	850-414-2000
<i>Senior Employment Service</i>	
<i>Program for 55+ returning to workforce</i>	

Child Care and Educational Needs

Child Care Resource & Referral.....	904-208-2044 ext. 1 (Duval)
Child Care Resource & Referral Head Start.....	904-726-1500 (Baker, Clay, Nassau, & St. Johns)
Child Care Resource & Referral.....	877-352-0065 (Flagler & Volusia)
City of Jacksonville Parks & Recreation...	904-630-CITY (904-630-2489)
Boys & Girls Club of NE Florida.....	904-396-4435
Boys & Girls Club of Volusia/Flagler....	386-258-7910
Jacksonville Public Library	904-630-2665
Nassau County Public Library.....	904-530-6500
St. Johns County Public Library System	904-827-6925
Emily Taber Public Library.....	904-259-6464 (Baker County)
Clay County Libraries.....	904-278-3720
Flagler County Public Library.....	386-446-6763
Volusia County Library	386-248-1745
Duval County Schools.....	904-390-2000
Nassau County School District.....	904-491-9900
Baker County School District	904-259-2825
Clay County District	904-336-6500
St. Johns County Schools.....	904-547-7500
Flagler Schools.....	386-437-7526
Volusia County Schools.....	386-734-7190
Head Start/Early Head Start.....	904-726-1500
Safe Families for Children	904-356-6077
FLVoices for Children	850-425-2621
<i>Family Services, health and education services.</i>	
WesleyHouse Community Center.....	865-524-5494
First Coast YMCA	904-296-3220
Volusia Flagler Family YMCA.....	386-736-6000

Online Resources

www.pbskids.org	Educational games, watch PBS kids shows
www.education.com	Provides activities, worksheets, & videos
www.khanacademy.org	Math, art, computer programming & more

Child Development, Health and Safety Needs

Development Programs/Services

Autism Society of Florida.....	407-207-3388
ChildFind (Duval, Clay, Nassau).....	904-346-4611
ChildFind (Baker, Flagler, St. Johns).....	386-329-3811
ChildFind (Volusia).....	386-255-6475
Florida Department of Management Services (DMS)	850-488-2707
Early Steps Intervention System (children with developmental delays)	800-218-0001
Florida School for The Deaf and Blind....	904-827-2200
Florida Step Up for Students.....	877-735-7837
<i>Assists families in knowing their rights about special education services and provides training/assistance.</i> www.stepupforstudents.org	
Healthy/Kids	888-540-KIDS (5437)
P.O. Box 980 Tallahassee, FL 32302 http://www.healthykids.org	
Florida Health Care Association.....	850-224-3907
Florida Department of Children and Families Mental Health & Substance Abuse Resource	800-962-2873
DHS Family Assistance Service Center.....	866-762-2237

Managed Care Organizations (MCO)

United HealthCare.....	1-877-542-9239
Florida Blue	1-800-FLA-BLUE (352-
Florida KidCare	1-800-540-KIDS (5437)
Staywell Health Plan.....	1-866-334-7927
Florida Health Advocacy Line	850-245-4444
4052 Bald Cypress Way	
Tallahassee, FL 32311	
http://www.floridahealth.gov	
Safe Kids NE Florida – Car Seat Safety.....	904-202-4302
NE FL Community Action Committee ...	904-398-7472
Aging and Disability Resource Ctr (ADRC)	800-96ELDER (963-5337)
CAC Housing & Energy Services	865-637-6700

Behavioral Health Organizations (BHO)

Lutheran Services Florida Health.....	1-877-229-9098
Florida Behavioral Health	1-850-245-4444
Staywell Recipient Transportation.....	1-800-960-2530
<i>This program provides transportation for medical appointments. You must be enrolled in Staywell and have no vehicle in the home.</i>	

General Services

General Transportation Information (Jacksonville Transportation Transit)	1-904-630-3100
Baker Transit.....	1-904-259-9315
Votran.....	1-386-761-7700
Flagler County Public.....	1-386-313-4100

Covering Florida	http://www.coveringflorida.org/
Relatives as Parents Program.....	904-807-1292
KidCentral Florida.....	http://www.kidscentralinc.org/
Imagination Library..... <i>Receive free books from birth to age 5</i>	https://imaginationlibrary.com
Just Take 20.....	http://www.fldoe.org/academics/standards/just-read-fl/just-take-20/
Duval County Health Department	904-253-1000 http://duval.floridahealth.gov
Help Me Grow..... Website <i>with information for parents to give children the best possible start in life.</i>	https://www.helpmegrowfl.org/

Home Visitation Programs

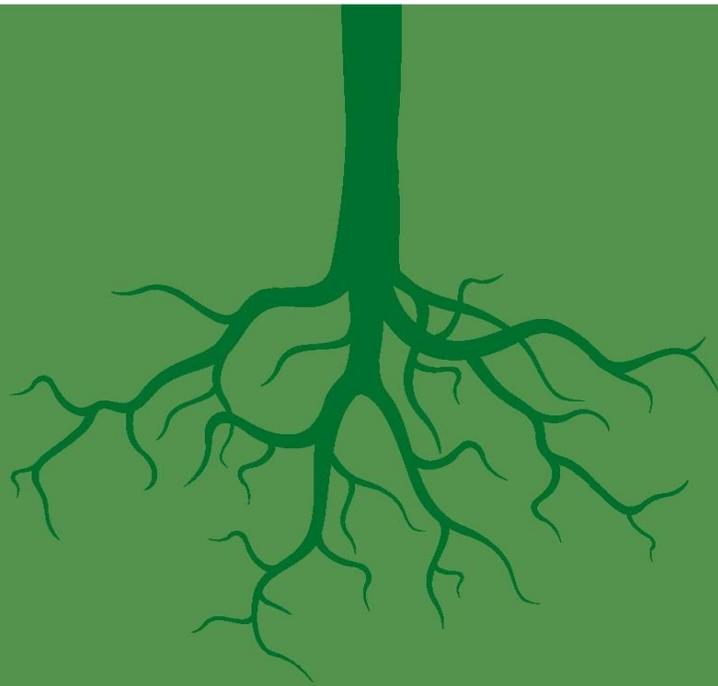
FL Maternal Infant & Early Childhood Visiting Initiative.....	850-999-621
Healthy Families Florida.....	850-488-1752
Kindship Care	865-376-3464
CAN Community Health	904-508-0710

Mental Health

Florida Counselina and Evaluation Svcs	904-239-3677
Behavioral Health of North Florida.....	904-437-5176
North FL Learning & Behavioral Health.....	904-250-0088
Northwest Behavioral Health.....	904-781-7797
Nassau County Mental Health.....	904-225-8280
River's Edge Counseling.....	904-379-8675
St. Augustine Behavioral Health.....	904-826-9395
Stewart-Marchman-Act Behavioral.....	877-628-3380
Solutions Counseling & Consulting.....	386-597-2904

Mentor & Youth Programs

MaliVai Washington Kids Foundation..	904-359-5437
Operation New Hope Ready4Work	904-425-6002
Communities in Schools of Jacksonville	904-344-3900
Yes You! Mentoring	904-693-1170
United Way of NE Florida	904-390-3200
Take Stock in Children <i>(for children from low-income families)...</i>	904-384-1361
Daniel Memorial.....	904-296-1055
Big Brother/Big Sister of NE FL	904-396-4435
Boys & Girls Club of Volusia/Flagler..	386-734-0555
Boy Scouts of America	904-388-0591
Girl Scouts of Gateway Council	877-764-5237
Girl Talk, Inc.	404-442-5605



10688 Old St. Augustine Road
Jacksonville, FL

P: 904-391-6600 | F: 904-391-6601
Helpline: 904-391-6699
WWW.MYELDERSOURCE.ORG