

5TH EDITION **Parenting Smarts™**
**The Guide For Grandparents
& Relatives Raising Children**
KINSHIP NAVIGATOR



**Area Office on Aging
of Northwest Ohio, Inc.**

Empowering Older Adults and Their Families

Kinship Navigator

*Raising kids again isn't easy.
We can help you find the way...*

A Program of the:



**Grandparents, aunts, uncles,
brothers, sisters, cousins —
You may be one of many who are
raising relatives' children,
and you need answers ...**

The Kinship Navigator Program will guide you to the following services:

- Financial assistance & health care for the children; you don't have to have custody and it's not based on your income or age.
- Care for children aged 3, 4 & pre-kindergarten 5.
- Managing a child's anger & behavior
- Finding child care
- Food & clothing resources
- Recreational resources
- Tutoring
- Informational/enrichment support programs
- Alcohol & drug problems

**Call the Kinship Navigators
at 419-725-7042**

Kinship Navigator Program esta diseñado para ayudar y guiar a los abuelos, abuelas, tíos, tías y otros familiares que están criando y están manteniendo a niños que pertenecen o forman parte de la familia.

Si usted tiene preguntas favor de llamarnos
419-725-7033 Norma
(Español/Inglés).

The Kinship Navigator Program is supported by the Area Office on Aging of Northwestern Ohio, Inc., Lucas County Children's Services, the Department of Job & Family Services, and the Area Office on Aging's National Family Caregiver Support Program.



This fifth edition of **Parenting Smarts: The Resource Guide for Grandparents & Other Relatives Raising Children** is packed full of information to assist kinship caregivers who are rearing children in their extended families.

The need for information and assistance for kinship caregivers has been clearly demonstrated during the last seven years since the Kinship Navigator Program began in the state of Ohio.

**Billie Johnson, President/CEO
Area Office on Aging of NWO, Inc**

Research from several years ago, states that a full ten percent of Ohio children 18 and under have grandparents as the primary caregivers. If grandparents were the only caregivers, it would be a large number — about 6,000 in Lucas County alone; but, when you add in the same number of “other relatives” — aunts, uncles, brothers, sisters, and cousins, you have an alarming number of families in which children are being reared by relatives.

The Area Office on Aging of Northwestern Ohio, Inc. is pleased to sponsor the Kinship Navigator Program and provide this Parenting Smarts for grandparents and other relatives, who we hold in the highest regard for their commitment to the children in their families.

Sincerely,

Billie Johnson
President/CEO
The Area Office on Aging
of Northwestern Ohio, Inc.
419-382-0624
www.areaofficeonaging.com

Inside the Parenting Smarts™ Resource Guide

The **Parenting Smarts™** Resource Guide lists dozens of Community Agencies that can help you with:

- Legal questions—Types of custody, adoption or guardianship?
- Financial Assistance
- Health Care for Kids
- Managing a Child's Anger and Behavior
- Finding Child Care
- Food and Clothing Resources
- Recreational Resources
- Tutoring
- Information and Enrichment Programs
- Alcohol and Drug Problems

If you know you need assistance but aren't quite sure which service you need or which agency to call, call the Kinship Navigator Program at **(419) 382-7060**

When you call, the Kinship Navigator will:

- Talk with you about your family's situation.
- Determine the services you might want.
- Refer you to agencies that have these services.
- Put a plan together.
- Follow-up to see how the plan is working.
- If needed, suggest other services or agencies you might want to contact.

On these pages, you'll find:

- Services provided by agencies and organizations and the phone numbers.
- General information to help you raise children.
- Charts and checklists to help you make decisions about child care, medical care, schools, recreation, enrichment programs, etc.

★ THIS IS YOUR GUIDE!

Parenting Smarts™ is a comprehensive listing and explanation of providers and services to assist kinship caregivers. It is designed to work for **YOU!** Information contained herein has been supplied by the organizations and facilities. While the information has been thoroughly cross-referenced and phone verified as of March, 2008, the Area Office on Aging of Northwestern Ohio, Inc, and Senior Impact Publications, LLC assume no responsibility for omissions or errors. We welcome all updates and corrections.

Parenting Smarts: A Resource Guide for Grandparents and Other Relatives Raising Children™

5th Edition, April, 2008

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Parenting Smarts Contents

	Page		Page
Parenting - Again	6	LEARNING DIFFERENCES	30
It's a Difficult Situation	6	GIFTED AND TALENTED	31
Keeping Kids Busy	7	High School Equivalency	32
VOLUNTEER OPPORTUNITIES		Higher Education	32
FOR YOUNGSTERS	8	Literacy	32
SPIRITUAL GROWTH	9	Understanding Legal Issues and Help	33
SUPPORT FOR KIDS	9	Where to Call for Legal Advice	34
What are Kids Watching and Reading?	9	Advocacy and Self-Empowerment	34
TELEVISION	10	Legal Resources	34
MOVIES & VIDEOS	10	Understanding Legal Terms	35
KIDS AND COMPUTERS	11	Legal Terms	35
Help With Expenses	13	Who Makes the Decisions?	35
Cash Assistance Regardless		Pros and Cons	36
of Income	14	Custody Reference Chart	36
OHIO WORKS FIRST (OWF)	14	Child Support	37
MEDICAID	14	Power of Attorney	38
CHILD ONLY BENEFITS	14	Caretaker Authorization Affidavit	38
FOOD STAMPS	15	Power of Attorney Form	39
Public Child Support Agency	15	Wills and Trusts	44
County Child Support		Medical Services and Wellness	45
Enforcement	15	Primary Health Care	46
Utility Assistance	15	Choosing a Doctor	46
Home Weatherization	15	Recommended Childhood	
Housing Resources	16	Immunization Schedule	46
Faith Based Sources of Help	16	Well Child Care and Immunizations	47
Child Care	18	Hospitals	48
Types of Care	18	Health-Related Services	48
TERMS	18	Disabilities & Special Needs	48
CARE IN THE CHILD'S HOME	18	When to Call the Doctor	48
CHILD CARE CENTERS	18	ADVOCACY, INFORMATION & SUPPORT	49
Financial Assistance	19	Speech and Hearing	49
FAMILY CHILD CARE HOMES	19	Vision	50
Checklists for Selecting and		Mental Health	50
Visiting Childhood Centers	20-21	ATTENTION DEFICIT DISORDER	50
Early Childhood Education	22	EATING DISORDERS	51
HEAD START FOR PRESCHOOLERS	23	Substance Use and Abuse	51
MONTESORRI	23	Recreation	53
School-Age Child Care	23	Toledo Service Organizations - Recreation	53
Self-Care for Kids	23	Outdoor Fun	54
School-Age Programs	24	Toledo Department of Parks	54
Babysitting and Occasional Care	24	CITY SWIMMING POOLS	55
Babysitter Training	24	Metroparks of Toledo	55
Sitter Services	24	More Outdoor Fun	56
Respite Care	25	Arts, Culture and Science	56
Sick Child Care	25	Sports and Fitness	58
Babysitter Information	26	Sports and Safety	58
Education	27	Participation	58
Help Your Child Succeed at School	28	The Right Sport at the Right Time	59-60
Public Schools	29	Index	61
SPECIAL ED RESOURCE CENTERS	29		
HEAD START	30		

Kinship Navigator

Raising kids again isn't easy.
We can help you find the way...



Grandparents, aunts, uncles, brothers, sisters, cousins — When you're raising relatives' children, you need answers and support.

Plan to attend Kinship Clubs where you will

meet other kinship families, enjoy a free meal and programming and child care for your children.

Learn about issues and services that will help your families.

Meetings open to all relative caregivers regardless of your age or whether or not you have custody of the children.

Call 419-725-7037 to confirm dates and times which may vary.

No RSVP necessary.



Mayores Kinship Club—First Thursday—11:30 a.m.

Mayores Senior Center, Two Aurora Gonzalez Drive

North Kinship Club—Second Wednesday—5:30 p.m.

Zablocki Senior Center, 3015 Lagrange St.

East Toledo Kinship Club—Third Thursday—8:45 a.m.

Garfield Elementary School, 1103 N. Ravine

(Children do not need to be students at Garfield Elementary to attend this meeting.)

West Kinship Club—Third Friday—Noon

Sylvania Senior Center, 7140 Sylvania Ave.

South Kinship Club—Fourth Wednesday—5:30 p.m.

Hunt Senior Center, 2121 Garden Lake Parkway.

Open Dorr Kinship Club—Fourth Thursday—5:30 p.m.

Dorr Elementary School, Dorr St. & King Road

(Children do not need to be students at Dorr Elementary to attend this meeting.)

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TOLEDO COMMUNITY CENTERS

Community centers serve as focal points in the neighborhoods throughout the Toledo area. Each center offers a unique mix of services to enhance the quality of life for its members. Contact your community center for information on services and membership.

Asian Resource Center 419-471-1954
635 NORTH ERIE, 43624

Provides services to seniors in the Asian community.

Aurora Gonzalez Community and Family Resource Center 419-244-0666
1949 BROADWAY, 43609

Offers programs and services to support families regardless of their ethnicity.

East Toledo Family Center 419-691-1429
1020 VARLAND AVE., 43605

Family resource center with educational, recreational and social programs and services. Offers a preschool, before and after school programs for elementary school-age children, a youth enrichment program and year-round athletics for all ages. Teen programs involve learning about themselves and their environment.

Frederick Douglass Community Assoc. 419-244-6722
1001 INDIANA AVE., 43607

Family Resource Center that coordinates activities and services for youth, teens, adults, seniors and families.

Friendly Center 419-243-1289
1324 N. SPUERIOR ST., 43604

Family Resource Center that coordinates activities and services for youth, teens, adults, seniors and families.

Grace Community Center 419-248-2467
406 W. DELAWARE, 43610

A Family Resource Center that assists inner-city residents in solving neighborhood problems.

James C. Caldwell Community Center 419-729-4654
3201 STICKNEY AVE., 43608

A neighborhood center that provides licensed pre-school and before and after-school programs.

Linques' Neighborhood Center 419-244-3142
401 N. HAWLEY ST., 43607

A multi-purpose community facility providing a wholesome environment for children, adults and seniors.

Monroe Street Neighborhood Center 419-472-4752
3613 MONROE ST., 43606

Sylvania Community Center 419-885-4126
6850 MONROE ST., 43560

Childcare for school children, pre-school, community education classes for youth, adults and seniors.

W. J. Murchison Center 419-242-3466
1616 LAWRENCE, 43607

Computer classes for older adults, tutoring for children and proficiency test practice sessions.

Parenting and Child Development

This section discusses parenting the "second time around" and where you can get assistance. It also covers the personal, volunteer, mentoring and religious aspects of youth development. Media literacy is noted along with several guidelines for TV viewing and computer safety.

Parenting...Again6
It's a Difficult Situation6
Keeping Kids Busy7
What are Kids Watching and Reading?9

Handy Forms and Guides in this Section:

Toledo Community Centers5
Rules for Online Safety10
TV Parental Guidelines11

Advertisers who Offer Services that Pertain to this Section:

American Red Cross8
Area Office on Aging of Northwestern Ohio, Inc.12
Big Brothers/Big Sisters6
Connecting Point7
Unison Behavioral Health Care7
YMCA8

Parenting...Again

IT'S A DIFFICULT SITUATION

As you are well aware, the children you are caring for have been, to one degree or another, neglected and, also may have been abused. This situation is causing the children, and you, a variety of emotional and physical upsets. These can range from sadness and guilt to frustration and outright rage; from sleepless nights and nail biting to serious stress-related illnesses. You are no doubt coping with these as best you can. We hope that you know you are doing the right thing when you:


- Allow the child(ren) and yourself to be angry "at the world,"
- Do not get upset if school grades are down,
- Do not allow strangers to make judgments about the children's public behavior,
- Speak honestly about the situations confronting the children and you;
- Advocate for the children with teachers and others,
- Seek and ask for help,
- Laugh a lot!



The following have resources in the form of information, activities, classes, groups and professional counselors who want to help you through this difficult time.

Catholic Charities 419-244-6711
1933 SPIELBUSCH AVE., 43624
Counsels victims of violence, families or couples.
Mediates child custody, visitation and rental support.

Family & Child Abuse Prevention Ctr. 419-244-3053
ONE STRANAHAN SQUARE, STE. 532, 43604
Counsels children and families who have been victims of violence.



BIG BROTHERS BIG SISTERS®
of Northwestern Ohio
Central Office
One Stranahan Square, Suite 252
Toledo, OH 43604
Barbie J. Harrison, Executive Director

Get a Big Brother or Big Sister for your grandchild.
Call: 419-243-4600 or 1-888-393-2767

Children must be between the ages of 7-15

Big Brothers Big Sisters of Northwestern Ohio serving Lucas, Fulton, Ottawa, Wood and Williams Counties

Jewish Family Service 419-885-2561
5166 MONROE ST., STE. 301, 43623

Counsels individuals and families and provides family life education and enrichment programs. Includes services to the elderly, including two homemaker programs and a Friendly Visitor Program.

Lucas County Mental Health Board
ENROLLMENT CENTER 419-213-4618

Individual adult and child counseling, marital counseling, parenting classes, stress management, help for severely emotionally disturbed children, life enrichment seminars and others. **Call the Enrollment Center number for telephone assessment and referral to the appropriate agency or call one listed below.**

Adelante Enrollment Center 419-244-8440
520 BROADWAY, 43602

Connecting Point 419-243-1001
1212 CHERRY ST., 43608

Family Service of Northwest Ohio . 419-321-6455
ONE STRANAHAN SQUARE, 43604

Harbor Behavioral Health Care
123 22ND ST., 43624 419-241-6191

4334 SECOR RD., 43623 419-475-4449

Lutheran Social Services of NWO . . 419-243-9178
2149 COLLINGWOOD, 43620

Unison Behavioral Health Group . . 419-693-0631
1425 STARR AVE., 43605

Parents Helping Parents 419-242-9587
1 STRANAHAN SQ., STE. 560, 43604

A support group for parents, grandparents and guardians troubled by the unacceptable behavior of their adolescent children or grandchildren.

Help Me Grow - Lucas County 419-251-1823
2230 JEFFERSON AVE., 43604

This wellness program for Ohio families provides information on early childhood development and safety to help a child get the very best start in life.

NATIONAL ORGANIZATIONS also exist that provide parenting support, from infant care or creative parenting of teens to positive discipline:

American Academy of Child and Adolescent Psychiatry 202-966-7300

Web site: www.aacap.org
"Facts for Families" on topics such as discipline, eating disorders, step-parenting, TV violence, grief, autism, substance abuse, sleep problems and mental illness.

National Parent Information Network 1-800-538-3742
NATIONAL DIRECTORY ASSISTANCE (\$3.99/MIN.)

Web site: www.npin.org
A large collection of non-commercial information on parenting, child development and family life.

The National Parenting Center 800-753-6667

Web site: www.tnpc.com

Guidance from many of the world's most renowned child-rearing authorities to help expand parenting skills.

KEEPING KIDS BUSY

Developing a well-rounded child who is enthusiastic about his interests, aware of civic and social responsibilities, and who wants to make a difference in the world is a worthy goal. Many factors contribute to a child's healthy self-esteem, which play a major role in the solid foundation of his development. As children grow, they become increasingly sensitive to the evaluation of their peers. As they develop stronger ties with their peers, they may begin to evaluate themselves differently from the way they were taught at home. You can help your child by being clear about your values and keeping the communication lines open. Having busy children means you'll be busy, too – taking them around; but watching them develop is well worth it.

4H Clubs – OSU Extension 419-213-4254

ONE GOVERNMENT CENTER, STE. 550, 43604

Web site: <http://lucas.osu.edu/4h/>

Programs for youth emphasize "learning by doing." Members work on individual or group projects such as animals, citizenship, cooking, crafts, forestry, gardening, photography, public speaking, and weather. Activities include exhibits, camps, trips and youth conferences.

American Red Cross 419-329-2900

3100 W. CENTRAL, 43606

Web site: www.redcrosstoledo.org

Offers Ohio Leadership Conference where youth realize, explore and develop their leadership potential; and Youth Council, a volunteer program which provides high school students with leadership opportunities.

Big Brothers Big Sisters 419-243-4600

ONE STRANAHAN SQ., STE. 252, 43604

Making a positive impact on children's lives for 65 years by providing mentoring relationships. The role of Big Brothers and Big Sisters is to be an adult friend, to broaden the horizons of children and to help foster self-confidence, achievement and competence enabling "Littles" to pursue their dreams.

Boy Scouts of America 419-241-7293

ONE STRANAHAN SQUARE, 43604

Web site: www.toledobsa.com

Provides character development and citizen training for boys through group activities, education, guidance and leadership by example.

Boys & Girls Clubs

HANHAM UNIT, 2250 N. DETROIT, 43606 **419-241-4258**

SOUTH UNIT, 1 AURORA GONZALEZ DR., 43609 **419-255-1191**

EAST UNIT, 722 SECOND ST., 43605 **419-693-1961**

Keystone Club, Junior Leaders and Torch Club are programs involving youth in the leadership process, with opportunities for planning, decision making, and awareness of their heritage and civic responsibilities.

Girl Scouts, Maumee

Valley Council 419-243-8216 or 1-800-860-4516

Develops girls' self-awareness. Gives girls opportunities to explore values and careers through group activities, camping and troop programs.

Kinship Navigator Program 419-725-7042

Junior Achievement 419-865-5511
 2239 CHEYENNE, 43614
 Web site: www.janwo.org
 Develops leadership skills and educates young people to value free enterprise, understand business and economics, and to be workforce-ready.

The Salvation Army 419-241-1138
 620 N. ERIE ST., 43624
 Girl Guards (girls ages 12-18) and Sunbeams (girls ages 7-11) participate in programs of fellowship, service, worship and education. Boy Scouts program also offered. Co-educational athletic and social activities.

The Toledo Museum of Art 419-255-8000
 2445 MONROE ST., 43624
 Classes offered for children, teens and adults.

The Toledo Repertoire Theatre 419-243-9277
 16 TENTH ST., 43624
 Classes and theatrical opportunities offered for children, teens and adults.

The Toledo Symphony 419-241-1272
 1838 PARKWOOD, STE. 310, 43624
 Classes offered for children and teens from professional musicians. Concerts performed at community locations throughout the year.

43 Convenient Locations

- Education and care for ages 10 months - 5 years
- Before- and after-school care
- 2nd shift care
- Early opening and evening care
- Flexible, part-time hours
- Financial assistance

CHILD CARE
 Y.M.C.A. of Toledo
 419-474-3995
www.ymcatoledo.org

American Red Cross
 Greater Toledo Area Chapter

The American Red Cross offers opportunities for adults and youth to learn skills that could save a life. Call us today to find out more.

419-329-2900
www.redcrosstoledo.org

YMCA 419-729-8135
 1500 N. SUPERIOR ST., 2ND FL., 43604
 Web site: www.ymcatoledo.org
 Offers programs such as Leaders Club where teens become involved in service projects, social functions and Leader's Training School; Youth in Government; and Model United Nations. Call to see which programs are available at your local branch.

- Eastern Community** 419-691-3523
 2960 PICKLE RD., 43616
- Ft. Meigs Center** 419-251-9622
 13415 ECKEL JUNCTION RD., 43551
- Riverside Center** 419-729-6035
 306 BUSH ST., 43604
- South Toledo** 419-385-9622
 1226 WOODSDALE PARK DR., 43614
- Southwest Family** 419-866-9622
 2100 SOUTH HOLLAND-SYLVANIA RD., 43537
- Sylvania** 419-724-0399
 6465 SYLVANIA AVE., 43560
- University** 419-531-2612
 2086 BROOKDALE RD., 43606
- Wayman Palmer** 419-241-7218
 2053 N. 14TH ST., 43620
- West Family** 419-475-3496
 2020 TREMAINSVILLE RD., 43613

YWCA 419-241-3235
 1018 JEFFERSON AVE., 43624
 A multi-purpose facility with services for women and their families. Child care resources and referrals, training and technical assistance to home and center-based child care providers, and other support services.

VOLUNTEER OPPORTUNITIES FOR YOUNGSTERS

Young people are understandably busy with classes, homework, family and social activities. Yet, many are also concerned about their communities and seek ways to become involved. Besides making a difference in the community, volunteer service provides a means for young people to explore career paths and develop new skills. Many opportunities are available through schools, churches, hospitals, local government, social service agencies and special events.

American Red Cross 419-329-2900
 3100 W. CENTRAL, 43606
 Volunteer opportunities for youth include service in hospitals and retirement centers; disaster relief projects; fire safety; peer support and more.

The Toledo Zoo INFO LINE 419-385-4046
 ANTHONY WAYNE TRAIL (NEAR SOUTH ST.), 43609
 Teens 13 and up help with animals and Zoo guests.

Volunteers at the Library 1-419-259-5207

TOLEDO LUCAS COUNTY PUBLIC LIBRARY, 325 MICHIGAN, 43624
12-18 year olds help with summer reading club, program preparations, read to young children, straighten shelves or become a Web Wizard and assist others with computers and/or internet at various library branches.

SPIRITUAL GROWTH

Values are instilled early in a child's development. It's never too early to set guidelines and reinforce the benefits of living a spiritual life. Organizations committed to faith can play an important part in the development of a child and help connect your family to a larger community. Involving them in the important rituals of your faith celebrates the specialness of children.

Toledo Area Ministries 419-242-7401

444 FLOYD ST., 43620

Toledo Area Ministries (TAM) is an association of Christian congregations that seeks to be the church in the world by meeting human need, creating community and working for justice. TAM's membership consists of local congregations and denominations. TAM works with congregations to meet basic needs of individuals. TAM serves as a connecting link for the religious community of Northwest Ohio and advocates on behalf of those it serves.

Catholic Diocese of Toledo 419-244-6711

1933 SPIELBUSCH AVE., 43624

Hindu Temple of Toledo 419-843-4440

4336 KING RD., 43560

Holy Trinity Greek Orthodox Cathedral 419-243-9189

802 N. SUPERIOR, 43604

Islamic Center 419-874-3509

25877 SCHEIDER RD., PERRYSBURG 43551

Jewish Federation of Greater Toledo 419-885-4461

6405 SYLVANIA AVE., 43560

New Life MCC 419-244-2124

527 VIRGINIA ST., 2ND FL., 43610

Open to all people who celebrate diversity of lifestyles.

SUPPORT FOR KIDS

If a child has a problem or needs someone to talk to, a **NATIONAL ORGANIZATION** may offer the help or support he/she needs.

Girls and Boys Town National Hotline 800-448-3000

Teens can talk to a counselor about any problems or questions they have.

WHAT ARE KIDS WATCHING AND READING?

In our "information age," we need to assure that our children learn the critical thinking skills they need to understand, interpret and evaluate the messages they receive on a daily basis on TV, on-line and at the movies. The following organizations offer information geared to helping parents understand and make decisions about media and children.

Toledo-Lucas County Public Library System

419-259-5207

325 N. MICHIGAN ST., 43624

Web site: www.toledolibrary.org

The Toledo-Lucas County Public Library is the area leader of information and technology. The Main Library and 18 branch libraries in Lucas County provide the educational and economic foundation for Northwest Ohio. Visit online for more information.

Multi-Media Services: Offers an audiovisual service on par with multimedia retail stores. Videos, DVDs, CDs, cassette tapes, books-on-tape and computer programs are available for free use with a library card.

Books: The Main Library is home to a 1.2 million-volume collection, the fifth largest in the state of Ohio, offering literary delights for readers of all ages. From reference materials, to biographies, to works of fiction, the world is at your fingertips at the Toledo-Lucas County Public Library.

Computers: A library is no longer just about books, it's about information, and the Toledo-Lucas County Public Library is on the cutting edge of technology. The Main Library and all 18 branch libraries offer computers with free Internet access, providing users with a portal to the world.

More than 270,000 library cardholders frequent the Main Library, 18 branch libraries and two bookmobiles roaming throughout Lucas County.

Library branches are:

Birmingham 419-259-5210
203 PAINE AVE.

Heatherdowns 419-259-5270
3265 GLANZMAN RD.

Holland 419-259-5240
1032 S. MCCORD RD.

Kent 419-259-5283
3101 COLLINGWOOD BLVD.

Lagrange 419-259-5280
3015 LAGRANGE ST.

Locke 419-259-5310
806 MAIN ST.

Maumee 419-259-5360
501 RIVER RD.

Mott 419-259-5230
1085 DORR ST.

Oregon 419-259-5250
3340 DUSTIN RD.

(CONTINUED ON PAGE 10)

Kinship Navigator Program

419-725-7042

- Point Place** 419-259-5390
2727 117TH ST.
- Reynolds Corners** 419-259-5303
4833 DORR ST.
- Sanger** 419-259-5370
2753 W. CENTRAL AVE.
- South** 419-259-5395
1736 BROADWAY ST.
- Sylvania** 419-882-2089
6749 MONROE ST.
- Toledo Heights** 419-259-5220
423 SHASTA DR.
- Washington** 419-259-5330
5560 HARVEST LN.
- Waterville** 419-878-3055
800 MICHIGAN AVE.
- West Toledo** 419-259-5290
1320 W. SYLVANIA AVE.

WGTE Public Television 419-380-4600
1270 S. DETROIT, 43614

Parental Media Guide

Web site: www.parentalguide.org

One-stop access to review the parental advisory systems used by the movie, electronic game, music, cable and television industries to give families information on the content of their entertainment products.

TELEVISION

Studies have shown that television can be a powerful influence in the development of children’s value systems and in shaping their behavior. While television can entertain and inform, it may also influence children in undesirable ways. Active parenting can ensure that children have a positive experience with television:

- Set certain periods when the television will be off, especially for family meals and study times;
- Encourage discussions with your children about what they are seeing as you watch shows with them and point out positive behavior, such as cooperation, friendship and concern for others, and also make connections to history, books, places of interest and personal events;
- Discuss the realistic consequences of violence;
- Discuss the role of advertising and its influence on buying behavior.

WGTE Public Television 419-380-4600
1270 S. DETROIT, 43614

WGTE provides 8 hours of quality children’s programming daily on PBS Kids, as well as additional programming on weekend mornings.

A **NATIONAL ORGANIZATION** offering excellent information on critical television viewing is:

National PTA

800-307-4782

Web site: www.pta.org

Offers extensive information on critical TV viewing and related issues including the Taking Charge of Your TV Project, which teaches how to deal with the impact of television violence and commercialism on children.

MOVIES & VIDEOS

Some of the same concerns parents have with television viewing also apply to movies and home videos that children watch. In addition to the resources listed in the previous section, you can find reviews for movies, videos and other entertainment at the following online sites to help you make appropriate choices for your children:

- www.dove.org
- <http://movies.go.com/parentreviews/>
- www.moviemom.com
- www.previewonline.org
- www.screenit.com
- www.teachwithmovies.org

⚙️ RULES FOR ONLINE SAFETY

Keep these rules posted by your computer...

Children should promise to honor these rules to help stay safe while using online services:

- I will not give out personal information such as my address, telephone number, parents’ work address or telephone number, or the name and location of my school without my parents’ permission.
- I will tell my parents right away if I come across any information that makes me feel uncomfortable.
- I will never agree to get together with someone I “meet” online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and bring a parent along.
- I will never send a person my picture or anything else without first checking with my parents.
- I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do, I will tell my parents right away so that they can contact the online service.
- I will talk with my parents so that we can set up rules for going online. We will decide on the time of day that I can be online, the length of time I can be online, and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.

—The National Center for Missing and Exploited Children

**Toledo-Lucas County
Public Library System**

419-259-5207

325 N. MICHIGAN ST., 43624

Offers take-home movies, talking books and other electronic media. See Libraries' listing on Pages 9 and 10 for branches, locations and phone numbers.

KIDS & COMPUTERS

Computers can be an educational tool, as well as a source of entertainment, to challenge children on many levels. When deciding what educational software to purchase for your child, there are many sources for published software reviews. A useful publication is Children's Software & New Media Revue, a magazine of comprehensive reviews of children's educational software. For information, call (800) 993-9499 or visit www.childrensoftware.com.

Although most experiences children have online are positive, there is a risk of interaction with a harassing, or even exploitive, person or being exposed to inappropriate material. Blocking software that restricts access to certain sites and the ability to disclose personal information is available. For a list of available blocking software, visit www.zen.org/~brendan/kids-safe.html.

CyberAngels

Web site: www.cyberangels.org

Provides a range of help for issues focused on how to use the Internet safely.

TV PARENTAL GUIDELINES

TV parental guidelines should reflect the content of the television show in terms of violence, nudity or coarse language. At the beginning of a program, these guidelines are displayed on the screen.

TVY All Children: Appropriate for children of all ages
TVY7 Directed to Older Children: Appropriate for children age 7 and older

The following categories apply to programs designed for the entire audience:

- TVG General Audience:** Most parents would find this program suitable for all ages
- TVPG Parental Guidance Suggested:** Has material that parents may find unsuitable for younger children
- TV14 Parents Strongly Cautioned:** Contains material that many parents would find unsuitable for children under age 14
- TVM Mature Audience Only:** Specifically designed to be viewed by adults and therefore unsuitable for children under age 17

For more information, call (202) 879-9364

In an emergency ...
when the children first arrive,
or you've lost your job, or the
medical bills are piling up, the
Kinship Navigator Program
may be able to help. The
ZONTA Club of Toledo I and
Lucas County Children
Services fund emergency help
for kinship families.
Call 419-725-7033.



Zonta Club
of Toledo I



Lucas County
Children Services

Entertainment Software Rating Board 212-759-0700
FAX 212-759-2223

Web site: www.esrb.org

Provides standardized ratings for children's interactive entertainment and web sites. Look for the ESRB rating on the software package or home page of a web site. Contact ESRB for up-to-date ratings and content descriptions for specific titles.

National Lekotek Center 800-366-PLAY (366-7529)

Web site: www.lekotek.org

Non-profit organization provides information on toys, computer software and assistive devices for children with mental and physical disabilities.

Parents Guide to Online Privacy

Web site: www.kidsprivacy.org

The Center for Media Education provides information on the Children's Online Privacy Protection Act (COPPA).

Area Office on Aging

OF NORTHWESTERN OHIO

Your Gateway to the Senior Services Network



- Senior Dining Sites
- Options for Independence
- Job Training & Placement
- Computer Training
- Care Choice Ohio
- Kinship Navigator
- Volunteer Opportunities/RSVP
- PASSPORT
- Minor Home Repairs
- BESS Program
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**Providing
programs and
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more than
165,000 older
citizens and
their families
living in
Defiance, Erie
Fulton, Henry
Lucas, Ottawa
Paulding,
Sandusky,
Williams, and
Wood
counties**

www.areaofficeonaging.com

What you should take when applying for assistance for the children only.

“Child only” cash assistance does not require you to give any financial information about your personal or family’s income. You will be required to prove relationship to the children which can be done with birth certificates, custody papers or affidavits. Also, the child is eligible for health care insurance and child care for children aged 3 to pre-kindergarten five. Details are on the following pages of this section.

What you should take with you when applying for cash assistance for yourself and/or your family as a whole.

- Photo ID, such as a driver’s license;
- A rent receipt, house payment book, or lease with the landlord name and phone number. This information verifies your current address;
- Birth certificate for each child, showing parent’s name and the date and place of birth. This helps to verify your relationship with the child.
- Social Security cards for all people in your family who have them;
- A visa, green card, or immigration papers if you or anyone requesting Ohio Works First (OWF) is not a US Citizen;
- Bank books and recent bank statements;
- Pay stubs covering a period of one month, if you have a job;
- Notice of your last pay raise, if you have a job.

What you should take with you when applying for food stamps.

- A rent receipt, house payment book, or lease with the landlord name and phone number. This information verifies your current address and rent expenses;
- Utility and phone bills to show how much money you generally spend on heat, electricity, water and the telephone;
- Social Security cards for all people in your family who have them.
- Proof of any income deductions you can claim, such as child care expenses, tuition or care for an invalid;
- A visa, green card, or immigration papers if you or anyone requesting OWF is not a US Citizen;
- Bank accounts, this provides proof of your income level;
- Proof of benefits, received through Unemployment Compensation, Social Security, SSI, Veterans Benefits;
- Statements of any scholarships or educational loans.

Help with Expenses

This section provides helpful information about money issues involved in raising a child.

Cash Assistance Regardless of Income 14

Public Child Support Agency 15

County Child Support Enforcement . . . 15

Utility Assistance 15

Home Weatherization 15

Housing Resources 16

Faith Based Sources of Help 16

Handy Forms and Guides in this Section:

Emergency Help Guide 16

Advertisers who Offer Services that Pertain to this Section:

ZONTA Club of Toledo 114

FREQUENTLY CALLED NUMBERS

**Kinship Navigator Program
Area Office On Aging of
Northwestern Ohio 419-725-7042
All calls are strictly confidential.**

**Lucas County
Children Services 419-213-3200**

**Lucas County Job &
Family Services 419-213-8999**

**Lucas County Child
Support Enforcement Agency 419-213-3001**

Kinship Navigator Program 419-725-7042

Help With Expenses

CASH ASSISTANCE REGARDLESS OF INCOME

Raising children is expensive. No matter how much you love the children in your care, you have to be practical. Before the children came to live with you, you probably had a budget which met your needs (or, at least, almost did). Now it may be strained to the breaking point. Help from government programs does exist.

OHIO WORKS FIRST (OWF)

Kinship caregivers and the children in their care can receive OWF, a monthly cash assistance program. In order to be eligible for OWF, you must be related by blood or marriage, or be a legal guardian or custodian to the children in your care.

There are two ways that kinship caregivers can receive OWF funds. **The first way is for you to receive cash assistance ONLY for the children in your care. In these cases, the Lucas County Job & Family Services does not take into account any of your income or assets and does not provide money for you as part of the OWF grant for the children. These are called *child-only cases*.** You will generally be able to receive this money until the child turns 18 or leaves your home. If you have a child-only grant, you are not impacted by many of the welfare reform requirements (i.e., work requirements, time limits) that you may have heard about.

In an emergency ...
when the children first arrive,
or you've lost your job, or the
medical bills are piling up, the
Kinship Navigator Program
may be able to help. The
ZONTA Club of Toledo I and
Lucas County Children
Services fund emergency help
for kinship families.
Call 419-725-7033.



Zonta Club
of Toledo I



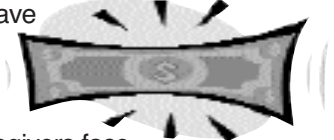
Lucas County
Children Services

TAKE NOTE

You can apply for OWF at Lucas County Job & Family services. Please call (419) 213-8999 for more information or to request an application.

However, in order to receive Ohio Works First child-only assistance you must be willing to cooperate with child support requirements to ensure that the child's parents are held financially responsible. You should call a legal service provider if you have more specific questions about receiving this benefit.

The second way for you to receive OWF for the child(ren) in your care is to be part of the grant. This means that Job & Family Services will look at your income and assets, and if you are eligible for OWF, include you as part of the grant. You will receive more money because the grant will be for both you and the child(ren) in your care. However, the new welfare reform requirements will apply to you. This means that you will probably be required to work and will be limited to 3 years of OWF assistance. If you are not sure which type of grant to apply for it is a good idea to consult with a legal service provider. Most kinship caregivers receive child-only grants and do not have to deal with the work requirements and time limits.



One problem many kinship caregivers face during the application process is proving that they are related to the child. You can generally use birth certificates to prove your relationship to the child. In complicated situations, you may need affidavits or other types of proof. If you are having trouble proving your relationship, you should seek help from a legal services provider.

MEDICAID

Children who qualify for OWF and/or Supplemental Security Income (SSI) automatically qualify for Medicaid benefits. **Grandparents must prove they have primary responsibility for the child, but do not need legal custody.**

CHILD ONLY BENEFITS

The assistance is for the child only, and therefore the relative caregivers do not need to provide information about their financial situation. The caregiver is not applying for benefits with the child in this case. Therefore, the caregiver is not required to participate in work program activities. In addition, there are no time limits on the benefits the child receives through Lucas County Job & Family services. The Ohio Works First Payment Standard for 2006 is as follows:

1 Child	\$245/month
2 Children	\$336/month
3 Children	\$410/month
4 Children	\$507/month

Foster families do not receive OWF benefits because they receive a foster care payment from Children Services.

FOOD STAMPS

Food stamps are coupons you can use instead of cash to buy food at the grocery store. No sales tax is charged on food stamp purchases. Food stamps cannot be used to buy non-food items like soap, diapers, alcohol, or tobacco.

Job & Family Services decides whether a household can get food stamps by looking at the gross income and counted liquid assets of everyone in the household. Gross income includes almost all cash income, except things like loans and student financial aid. Counted liquid assets include cash, checking and savings accounts, and cars worth more than \$4,500. Resources do not include the value of your home or residence, or your furnishings.

If you have a child-only grant for the children in your care, then your income and assets were not looked at by Job & Family Services when it determined your eligibility for OWF. Your income and assets may be too high for your family to obtain food stamps, even though you can receive OWF. The important thing to know is that you should apply for both programs.

If your household is in a crisis situation, you may be able to get expedited food stamps within 7 days. You qualify for expedited food stamps if:

- The members of your household save a combined monthly income of less than \$100;
- Your income and resources are not enough to pay the rent or mortgage and utilities this month; or
- Your household is homeless.

PUBLIC CHILD SUPPORT AGENCY

Lucas County Children Services 419-213-3200
705 ADAMS ST., 43624

Post Adoption Special Services Subsidy: For all adoptive families in Ohio whose child may be experiencing either adoption-related problems or problems that were pre-existing but not apparent at the time of adoption. Services allowed under the program include medical, psychological and psychiatric services.

State Adoption Assistance Program: Provides monthly subsidy payments to families who are adopting

children who have special needs. "Special needs" designation may simply be determined by age at the time of adoption. Inquire at Children's Services.

Title IV-E Adoption Subsidy: Available only for children up for adoption. Family income is not considered for this subsidy.

COUNTY CHILD SUPPORT ENFORCEMENT

The Lucas County Child Support Enforcement Agency 419-213-3001
701 ADAMS ST., 43624

Can help order child support wage withholding from a parent's paycheck, intercept tax refunds, help to locate an absent parent and establish paternity.

UTILITY ASSISTANCE

SBC (AT&T): Telephone Assistance 1-800-257-0902

If a person receives public assistance, monthly phone discounts and installation credit may be available. If a kinship caregiver is a representative payee for a child on SSI or Medicaid, they may also be eligible.



Emergency Home Energy Assistance Program (HEAP) 419-241-2213 or 1-800-282-0880

505 HAMILTON ST., HAMILTON BLDG., 43602

Helps those threatened with utility shut-off, already disconnected, or having less than 10 day fuel supply.

Non-Emergency HEAP 419-382-0624
2155 ARLINGTON, 43609

Assistance with filling out HEAP application.

Job & Family Services 419-213-8999
3210 MONROE ST., 43699

Emergency help to prevent utility shut-off.

Water Discount/City of Toledo 419-245-1800
420 MADISON, STE. 100, 43604

Small discount on water bills for income eligible seniors who reside in the city of Toledo and who are enrolled in the Homestead Exemption Program.

HOME WEATHERIZATION

Home Weatherization Assistance Program is designed to create more affordable housing by reducing energy use. Services include improved insulation, window replacement, and heating system repair or replacement.

Neighborhood Housing Services 419-691-2900
704 SECOND ST., P.O. BOX 8125, 43605

Must call for application and show proof of income. Follows HEAP eligibility guidelines.

Kinship Navigator Program 419-725-7042

**Northwest Ohio Community
Action Commission** 419-782-6962
1933 E. SECOND ST., DEFIANCE, 43512

HOUSING RESOURCES

**Area Office on Aging of Northwestern
Ohio, Inc.** 1-800-472-7277 or 419-382-0624, ext.186
2155 ARLINGTON AVE., 43609
Web site: www.areaofficeonaging.com
Housing Department provides information and referral
to housing of all varieties.

Homestead Property Tax Exemption 419-213-4336
ONE GOVERNMENT CENTER, STE. 600, 43604-2255
Offers tax breaks to residents age 65+ or disabled
persons, who own and occupy their home and have total
annual household incomes, including Social Security of
less than \$23,300. Call for applications. Deadline is
June 1. Renewal forms are sent to those in the program.

Lucas Metropolitan Housing Authority 419-259-9400
P.O. Box 477, 43697-0477
Rents and manages property for low income persons.

First Call For Help 419-246-4636
1 STRANAHAN SQ., STE. 160, 43604
Anyone who is in danger of becoming homeless
should immediately call. Stays can be arranged for a
few days to a month. Additional assistance services
can be accessed. Operated by the Red Cross.

Toledo NW Ohio Food Bank 419-242-5000
24 WOODRUFF, 43624

Toledo Seagate Food Bank 419-244-6996
526 HIGH ST., 43609
Supplemental food and commodities to families. Call
for eligibility.

FAITH BASED SOURCES OF HELP

Little Flower Church 419-537-6655
5522 DORR ST., 43615
Serves Little Flower parish.

St. Frances de Sales 419-243-4242
501 CHERRY ST., 43604
Serves anyone in 43604 and some of 43608 zip codes.

St. Martin de Porres Church 419-241-4544
1119 W. BANCROFT, 43606
Serves anyone in 43606 and 43607 zip codes.

St. Mary's Church 419-243-1648
219 PAGE ST., 43620
Serves anyone with children who cannot pay current
housing needs.

EMERGENCY HELP GUIDE



**Complete this form for easy reference
if you need help. Post in a place
obvious to friends, family and
emergency personnel.**

Pediatrician Name/Phone _____
Hospital Choice _____
Full Name of Patient _____
Phone _____
Address _____ Zip Code _____
Date of Birth _____ Social Security No. _____
Medicare # _____
Medicaid # _____
Health Insurance Carrier _____
Policy No. _____ Phone _____
Add'l Insurance Carrier _____
Policy No. _____ Phone _____

WHO TO CALL

Name /Relationship _____ Phone _____
Name/Relationship _____ Phone _____
School/Phone _____
Caseworker (if applicable)/Phone _____
Court/Children Services Agency (if applicable)
Phone _____

MEDICATIONS, DOSAGE, AND FREQUENCY

Pharmacy _____ Phone _____
Medication Prescription No. Dosage Prescribed By

Allergies _____
Health History/Health Problems _____

IMPORTANT

**The children you are raising are eligible to
receive cash assistance and medical coverage,
regardless of the amount of your income. Call
Job & Family Services at 419-213-8999.**

HELP FINDING CHILD CARE

For grandparents or kinship caregivers,

YW Child Care Connections:

- Provides information about the characteristics of quality child care and how to evaluate and choose care.
- Provides information about child care options and assist parents in locating child care to meet family needs.

Please be aware that the names and information about providers given out by the YW Child Care Connections are referrals only. YW Child Care Connections does not warrant the information concerning any provider. YW Child Care Connections does not license, endorse or recommend any particular provider, nor can YW Child Care Connections assure you that any provider gives quality care. The YW Child Care Connections will provide information and guidelines on how to locate and evaluate quality care. All decisions for the use of YW Child Care Connections referrals are the sole responsibility of the grandparents or kinship caregiver.

For grandparents or kinship caregivers, the YW Child Care Connections charges an annual fee, based on a sliding scale.

In an effort to better serve parents and providers of children with special needs, **YW Child Care Connections has a Disabilities Specialist** who coordinates a variety of services to assist families in their search for quality child care. Reasons to call the Disabilities Specialist include:

- Your child has been removed from a child care situation.
- You have a fear of placing your child in child care.
- You do not know where to look for child care that meets your child's needs.
- You have a child in child care experiencing difficulties.
- You need assistance adapting child care activities for children in your care.

Child Care and Early Education

This section presents information on in-home, family home, and center-based child care, along with local and national sources of assistance. Useful forms for selecting and visiting early childhood centers or home care settings are included. Early childhood education and school-age care is discussed and references provided. Finally, babysitting and sick child care is covered.

Child Care	18
Early Childhood Education	22
School-Age Child Care	23
Babysitting and Occasional Care	24

Handy Forms and Guides in this Section:

Help Finding Child Care	17
Selecting an Early Childhood Center ..	20
Visiting an Early Childhood Center ...	21
Babysitter Information	26



Child Care

TYPES OF CARE

Selecting early childhood care and education is an important decision and many factors should be taken into consideration when deciding on the program that's best for your family. Often, child care is one of the largest items in a family's budget. Quality care should be a natural expectation for such an investment since it offers the supervision of a trained provider, stimulating activities and a safe, nurturing environment.

A variety of early childhood options exist including in-home, center-based and family child care, each of which has pros and cons that need to be evaluated in the context of your own family situation. Whichever option you are considering, it's important to evaluate potential caregivers by asking questions, checking references and making visits to the child care location.

TERMS

Accreditation

Child care centers, preschools, kindergartens, school-age child care programs and family child care homes can be accredited. If accredited, the program has been determined to meet nationally recognized criteria for quality and ensures that it voluntarily exceeds minimum licensing standards.

Dependent Care Tax Credit

The Ohio and federal tax credit may be claimed if you pay someone to care for your child under age 13 (or older if disabled) so that you can work or look for work. Many types of care qualify including center-based, babysitters, family child care homes, after-school programs, nursery schools and in-home caregivers.

Licensed Child Care

Licensing by the State of Ohio is required for all child care centers and some family child care homes operating within the state. Licensing does not ensure a quality learning program.

CARE IN THE CHILD'S HOME

In-home care, where a caregiver comes to the child's home, is convenient, flexible and can include all of the children in the family. In-home care may provide your child with more individualized attention and eliminates the need for your child to adjust to a new setting. It is more costly than other types of child care and it is not regulated by the government. It is a good idea to have a backup for when your caregiver is ill or on vacation.

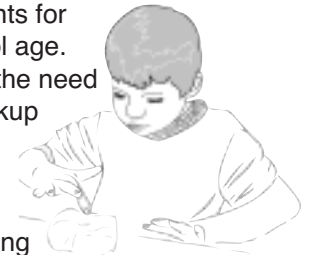
Reliable in-home caregivers can be difficult to locate and thorough screening of applicants is critical. When talking to potential caregivers, ask for and check out references.

YW Child Care Resource & Referral 419-255-5519
1018 JEFFERSON AVE., 43624 or 1-800-632-3052
FAX: 419-255-3349

The YW does not provide referrals for in-home caregivers; however, they will discuss your specific situation and offer advice as to who you might contact for "nanny" services.

CHILD CARE CENTERS

Center-based care, which provides care for any number of children during work hours, typically involves a combination of structured and unstructured lessons and activities with care provided by teachers and teacher aides. Child care centers offer dependability with regular hours and learning environments for children who are not yet school age. Center-based care minimizes the need to make arrangements for backup caregivers.



When day care is provided for 13 or more children in any setting or for seven to 12 children in a setting other than the provider's permanent residence, that setting must be licensed as a day care center by the Ohio Department of Job and Family Services.

As with in-home care, the license tells you that the day care center passed building, fire and health inspections and meets basic requirements, such as adequate indoor and outdoor space for the number of children the center is authorized to care for, enough adults to supervise the children, and enough cribs, cots and play equipment.

The license must be posted. Look for it or ask to see it. The license tells you the number of children in each age category that can be cared for in the center at one time.

All licensed day care centers are inspected at least twice a year. One inspection must be unannounced. In addition to state inspections, parents should regularly visit the center to ensure that children are receiving quality care.

Centers may be accredited by the National Association for the Education of Young Children (NAEYC), meeting nationally recognized criteria for high quality. You can reach NAEYC at 1-800-424-2460 nationally or 614-353-0292 in Ohio or online at www.naeyc.org. See the charts, found on the following pages, for screening and visiting considerations.

YW Child Care Resource & Referral 419-255-5519
1018 JEFFERSON AVE., 43624 or 1-800-632-3052
FAX: 419-255-3349

Maintains a database of child care options in the Toledo area and makes referrals to care options including licensed child care centers, preschools, school age child care and family child care.

FINANCIAL ASSISTANCE

Lucas County Job & Family Services 419-213-8999

Child care will be provided without charge to kinship caregivers for children in their care who are from 3 years old through pre-kindergarten 5 years.

FAMILY CHILD CARE HOMES

Family child care homes allow for small groupings of children in an informal atmosphere in a provider's own home. It also provides flexibility in scheduling. Family child care providers typically can accommodate different ages of children in their homes with a greater likelihood of accepting mildly ill children. Parents may need a backup caregiver for times when the provider is on vacation.

It is important to know that certain family child care homes must be licensed by the State of Ohio. The general criteria for licensing are as follows:

Type A: Family day care homes that care for seven to 12 children, or more than three children under the age of two, at one time, must be licensed by the Ohio Department of Job and Family Services. The provider's own children are counted if they are on the premises and under the age of six. The Type A family day care home is the permanent residence of the provider.



The license tells you that the home passed building and fire inspections and meets basic requirements, such as food service and meal preparation standards, adequate indoor and outdoor space for the number of children the home is authorized to care for, and enough cribs and play equipment. The license must be posted. All licensed Type A homes in Ohio are inspected at least twice a year. The provider must have another adult assisting in the child care when more than six children are present.

REMEMBER

For any type of in-home care, you are responsible to meet federal minimum wage requirements, as well as make contributions to Social Security, Workers' Compensation and other taxes.

Under Ohio's day care law, child care providers in licensed Type A family day care homes must have a high school diploma and at least 15 hours of in-service training a year until 45 hours are completed.

Type B: The Type B family day care home provides care for one to six children at one time, but no more than three of the children can be under two years of age. The provider's own children are counted if they are on the premises and under the age of six. The home is the permanent residence of the provider.

Type B family day care homes are NOT inspected or regulated in Ohio unless the provider receives public funds for caring for children. A publicly-funded home must be certified by Lucas County Job & Family Services, which pays the provider to care for low-income children.

You should talk with the provider about her/his qualifications to care for children and her/his philosophy on child rearing. You should ask many of the questions found on the checklist in this section.

The provider should have no outside employment or activities that interfere with the time needed to care for the children. In this setting children are likely to have many of the same experiences they would have in their own homes. Activities are more informal than in larger settings, the hours are more flexible, and there is one person consistently caring for the child.

It is recommended that the caregivers determine if the child care home they are considering is licensed or certified in order to know that outside inspection and control is being performed.

Family child care homes can also receive accreditation from the National Association for Family Child Care (NAFCC). Accreditation implies that a program not only meets minimum standards, but exceeds those standards and is recognized nationally as a quality program. You can reach NAFCC at:



NAFCC 1-800-359-3817 or 801-269-9338
Fax 801-268-9507
www.nafcc.org
5202 PINEMOUNT DR., SALT LAKE CITY, UT 84123

For more information, contact:

Department of Job & Family Services 419-245-2830
CHILD CARE LICENSING
1 GOVERNMENT CENTER, #1300, 43604

Kinship Navigator Program 419-725-7042

Selecting an Early Childhood Center

Before deciding on which facility is best for your child, call each early childhood center you are considering. The following questions may be helpful to use as a guide to selecting appropriate centers before you make on-site visits. (Although developed for centers, many of these guidelines are appropriate for evaluating other types of child care, such as a family home care setting.)

Program

- Is the program licensed? _____
- Is the center accredited by the National Association for Education of Young Children? _____
- What age children does the center serve? _____
- Are siblings of a current participant automatically accepted? _____
- What are the center's operating hours? _____
- How much of the daily schedule is very structured? How much for individualized play? _____
- Is there a planned curriculum? Does it focus on individual children? _____
- Is there a fenced outdoor play area? _____
- Are field trips part of the program? _____
- What does the program cost? Are rates based on a sliding scale, according to income? _____
- What are the policies for sick care? _____
- What are the program's practices regarding parent participation and ideas? _____
- Are unannounced visits by parents encouraged? _____
- Will the child care provider give you names of parents whose children are currently enrolled, as well as parents who no longer use the center's services? _____
- What are the center's discipline practices? _____
- Does the center offer supplemental support to parents such as child development and parenting information? _____

Staff

- What education and experience in early childhood development do caregivers have? _____
- Are caregivers involved in continuing education programs? _____
- What is the staff turnover rate? _____
- What is the caregiver to child ratio? _____
- How will caregivers tell you what your child has learned each day or any developmental strides he has made? _____

Health & Safety

- Are bathrooms and toys sanitized daily? _____
- Are caregivers trained in CPR, first aid and communicable disease? _____
- Does the center maintain up-to-date medical records and emergency information for each child and staff member? _____
- Are healthy meals and snacks offered to the children? _____

Visiting an Early Childhood Center

Once you have narrowed down your search for an early childhood center and are ready to make on-site visits, refer to the following points to evaluate your perceptions of the center and the quality of care your child may receive there. Although developed for centers, many of these on-site guidelines are appropriate for evaluating other types of child care, such as a family home care setting.

Program

- Is there a daily balance of outdoor play and quiet indoor play? _____
- Do free play and small group activities dominate? _____
- Are most individual and small group activities child-initiated as opposed to teacher-directed? _____
- Do staff members encourage language development by speaking to the children in a way that encourages them to respond? _____
- Are nutritious meals served? _____

Staff

- Do caregivers seem to genuinely like children? Are the children at ease with the caregivers? _____
- When speaking to the children, do the caregivers get down on their eye level? _ _____
- Are children greeted when they arrive? _____
- Are children comforted when they need to be? Are children's needs quickly met, even during busy times? _____

Atmosphere

- Are the surroundings bright and pleasant? _____
- Is there a fenced-in outdoor play area with a variety of safe equipment? _____
- Does it look clean and well-organized? _____
- Is artwork by the children displayed? _____
- Does the center feel like a happy place? _____

Safety

- Are medicine and cleaning products locked away? _____
- Do electrical outlets have plastic covers? _____
- Are emergency phone numbers posted near the phone? _____
- Does the center have working smoke alarms, fire extinguishers, a posted emergency exit plan and accessible exits? _____
- Do the indoor and outdoor play areas have impact-absorbing surfaces to prevent injuries? _____
- Can staff members see the entire playground at all times? _____
- Are paper towels, soap and running water readily available? _____
- Is hot water from the sink 110° F or cooler to prevent burns? _____
- Are warm foods eaten immediately after heating and cold foods stored in the refrigerator until ready to eat? _____
- Do staff members wash hands after diapering, wiping noses and before preparing food? _____
- Are there guards on the windows to prevent them from being opened more than five inches? _____
- Are stairs blocked off by safety gates? _____

YW Child Care Resource & Referral 419-255-5519
1018 JEFFERSON AVE., 43624 or 1-800-632-3052
FAX: 419-255-5752

The YW Child Care connections is a non-profit Child Care Resource and Referral program. The

purpose of the program is to assist parents in locating and evaluating affordable, quality child care in Northwest Ohio, and to serve as a resource for child care providers.

Early Childhood Education

Quality early childhood education programs help prepare children for subsequent success. Programs should be child-centered or “developmental,” emphasizing learning through play and activities.

Early childhood education programs are operated in many settings. Some programs are run by local schools; others are operated by non-profit groups such as churches and charitable organizations; still others are provided by employers or are privately owned.

Often full-day programs are called child care, while part-time programs are called preschools or nursery schools.

If you're planning to enroll your child in an early childhood education program, be sure to evaluate the program's affiliations and the credentials of the teachers, ask other parents for references and use the following checklist to help you make an informed decision.

- Is the facility licensed by the state for health and safety? Is it accredited by the National Association for the Education of Young Children (NAEYC)?
- Do the content and materials of the preschool program reflect cultural diversity and nonsexist attitudes?
- Do the goals address all areas of a child's development, including social, emotional, intellectual and physical?
- What is the student-teacher ratio? Are the teachers trained in early childhood education? Do they express warmth, interest and respect for each child?
- How are disciplinary problems handled?
- Is parental input welcome and encouraged?
- Does the staff communicate regularly with parents?
- Is there a spacious outdoor area for safe, vigorous activities? Are children always supervised when outdoors?

As noted previously throughout this section, the YW Child Care Connections can assist in locating and choosing child care opportunities. Additionally, in Toledo the following provider programs are available:



Catholic Club 419-243-7255
1601 JEFFERSON AVE, 43624
A youth recreational facility offering state-licensed childcare for children ages 3 -14. Preschool, before and after school care (transport to area schools), summer

day camp, winter and spring break camps, open pool and gym times, swim lessons, camp-ins and rentals. The Challenge Course, for grade school through adult, promotes leadership self-esteem, respect and teamwork.

East Toledo Family Center 419-691-1429
1020 VARLAND AVE., 43605

Family resource center with educational, recreational and social programs and services. Offers a preschool, before and after school programs for elementary school-age children, a youth enrichment program and year-round athletics for all ages. Teen programs involve learning about themselves and their environment.

Frederick Douglass Community Association 419-244-6722
1001 INDIANA AVE., 43607

A family resource center that coordinates activities and services for youth, teens, adults, senior citizens and families. Programs for before and after school child care.

Friendly Center 419-243-1289
1324 N. SUPERIOR

Family resource center that coordinates activities for families and individuals.

James C. Caldwell Community Center 419-729-4654
3201 STICKNEY AVE., 43608

A neighborhood center that provides licensed pre-school and before and after school programs and activities.

Jewish Community Center 419-885-4485
6465 SYLVANIA AVE. 43560

Provides cultural, social, recreational and personal enrichment to enhance the quality of family life. Licensed toddler, preschool and before and after school care on site.

Toledo Day Nursery 419-243-2627
2211 JEFFERSON - ADMINISTRATION

Provides full-day early childhood program for infants, toddlers and preschoolers. State-chartered kindergarten. Includes developmental screenings, speech/language and hearing evaluations, and vision screenings. Parent education offered. Special needs

children included. Accredited by the National Association for the Education of Young Children.

Other sites:

- 219 SOUTHARD AVE. 419-244-9561
- 2902 STICKNEY AVE. 419-726-2617
- 2211 JEFFERSON AVE. 419-243-3484
- 1300 JEFFERSON AVE. 419-244-3841

WGTE TV 30 **419-380-4638**

EARLY LEARNING DEPARTMENT CONTACT: KATHY SMITH
1270 SOUTH DETROIT AVE., P.O. BOX 30, 43614

Provides workshops for parents and caregivers to demonstrate ways to use public television as a learning tool to help kids get ready to learn. These workshops are free and open to interested adults. Many are held at WGTE's broadcast facility at 1270 South Detroit Ave.

The Early Learning Lending Library at WGTE has over 100 learning kits for loan to parents and caregivers. A nominal annual fee is required to borrow two kits for a two-week period. Kits contain VHS tapes, storybooks and play activities. Kits are built around themes such as dinosaurs, divorce, conflict resolution, butterflies and PBS programs like Arthur and Teletubbies.

HEAD START FOR PRESCHOOLERS

Head Start is a federal program for preschool children from low-income families and/or with disabilities. The program receives its funding from the Department of

Health and Human Services. Head Start enrollment is open to 3- and 4-year-old children and 5-year-old children not yet eligible for kindergarten. Children who attend Head Start participate in a variety of educational activities. They have healthy meals and snacks and may also receive free medical and dental care. Services for children with special needs include speech and language therapy, individual services and hearing screenings.

Economic Opportunity Planning Association **419-255-7125**

Administers Head Start services in Toledo at 20 sites.

MONTESSORI

Montessori is a philosophy of education that was founded by Maria Montessori, who laid down its tenets in her work in Italy in the early 20th century. Children enrolled in the Montessori method are in interactive, multi-age classrooms. They develop practical and intellectual abilities through individual discovery and exploration of language, math, geography, geometry, art and music. Contact the following Montessori schools in the Toledo to inquire about their program for human development.

Montessori Day School **419-537-7011**
5559 W. BANCROFT ST., 43615

West Side Montessori Center **419-843-5702**
2105 N. MCCORD RD., 43615

School-Age Child Care

Because school-age children spend so much of their time outside school, children ages 5-13 whose parents work outside the home are in need of some type of supervision after school, and sometimes before school, on holidays and during school vacations. Many solutions for this type of care that can be found in settings such as child care centers, family child care homes, schools, churches, recreation centers and other community agencies. In addition, many organizations sponsor a before and after school program for their students. See the listings under "Early Childhood Education" on the previous page.

SELF-CARE FOR KIDS

Many youngsters are classified as "latchkey" children who let themselves into their own homes after school when parents are not yet home from work. Ohio has no law that establishes a specific age at which it's okay to leave a child alone. There are many issues and potential risks involved with a child staying on his own, so you should consider if your child has demonstrated an appropriate level of maturity and past evidence of responsible behavior and good judgement before

deciding that this is appropriate. If possible, begin self-care on a trial basis and increase the child's time alone gradually. Following are some suggestions to help make self care successful

- Clearly write and post the following:
 - Rules and responsibilities during self-care (homework, household chores, snack preparation, and answering the phone and door)
 - Emergency numbers
 - Telephone number of a neighborhood adult
- Role play with your child using potentially difficult situations (someone at the door, fire, an injury, lost key, etc.) and allow the child to practice what to do. This gives you an opportunity to help educate your child about appropriate choices and actions.
- Talk about your child's fears about self-care.
- Provide activities and materials for your child to use during self-care to eliminate boredom. Address the use of television and computer—can the child access "adult" cable or Internet sites?

Kinship Navigator Program **419-725-7042**

- If the child is to care for another child, clearly explain the roles and responsibilities of each child.

**Boy Scouts of America,
Erie Shores Council** 419-241-7293

ONE STRANAHAN SQUARE, STE. 226, 43604
LATCH-KEY—"Prepared for Today Program" includes a workbook and iron on decal.

Foster Grandparents 419-242-9511
Trained older adults tutor and mentor children in school.

SCHOOL-AGE PROGRAMS

School-age child care programs are often offered in centers as part of a larger child care program, or may exist as a stand-alone program. Good school-age care requires essentially the same criteria as preschool child care—a safe, secure and comfortable environment is needed where children have contact with caring, well-trained adults who address and nurture their needs and interest. Stimulating activities and opportunities for quiet time should be offered. Children should look forward to attending the program, which should feel more like home than school.



When looking for a program, be sure to ask about the policies on holidays and sick children. Also ask if the program is licensed and/or accredited. School-age child care programs may be accredited by the National Association for the Education of Young Children (NAEYC) and/or the National School-Age Care Alliance. When seeking a school-age program, inquire at your child's school and child care center, as well as your community center. Several local programs provide **tutoring** for both elementary and high school students.

East Toledo Family Center 419-691-1429
1020 VARLAND AVE., 43605

Family resource center with educational, recreational and social programs and services. Offers a preschool,

before and after school programs for elementary school-age children, a youth enrichment program and year-round athletics for all ages. Teen programs involve learning about themselves and their environment.

Frederick Douglass Community Assoc. 419-244-6722
1001 INDIANA AVE., 43607

After school tutorial and recreation (transportation provided), homework assistance and computer training.

Friendly Center 419-243-1289
1324 N. SUPERIOR

Family resource center that coordinates activities for families and individuals.

Grace Community Center 419-248-2467
406 W. DELAWARE, 43610

High school and college students tutor children on a one-to-one basis. High School Learning Center provides tutoring for junior high and high school age youth.

**Huntington Community Center
of Sylvania, Inc.** 419-882-8415
5440 MARSHALL RD., 43560

Youth recreation and tutoring programs available for students in grades 1-8. Also, is a location of a Head Start classroom.

Linques Neighborhood Center 419-244-3142
401 N. HAWLEY ST., 43607

Tutoring classes in reading and arithmetic are held three times a week for those students who need an extra boost to help them work up to their capacity.

YMCA Child Care Services 419-474-3995
5511 WHITMER DR., 43613

More than 50 sites throughout Toledo care for children before and after school. Some sites provide transportation from the child care site to and from school (parochial and public). Call the number listed here for information and locations in your area. Ask about scholarships for child care services that are available for those who qualify.

Babysitting and Occasional Care

As with all types of child care, you should be cautious when choosing a babysitter for the occasional care of children. Choose a sitter who has training in child care and first aid (including CPR) from a qualified source. Ask friends and neighbors for recommendations, and always check references before hiring a babysitter. See the "Babysitter Information" form which should be completed and always left with the sitter.

BABYSITTER TRAINING

American Red Cross 419-329-2183
3100 W. CENTRAL, 43606

Toledo-Lucas County Public Library 419-259-5213
325 MICHIGAN ST., 43624

The American Red Cross and the Toledo-Lucas County Public Library cooperatively offer Babysitting Clinics throughout the year. All participants must be 11 years of age or older. A \$25 fee covers the course and handbook that must be paid at registration. An optional

Babysitting First Aid Kit is available for an additional \$15. Classes must have a minimum of 10 to be held and can have no more than 20. Students must attend all 7 1/2 hours to receive American Red Cross certification. Classes include: babysitting basics, diapering, feeding, toileting, dressing, lifesaving skills, practice with mannequins, resume writing and the job interview process.

SITTER SERVICES

Some parents exchange babysitting services through mothers groups, play groups or babysitting co-ops. These groups are usually started informally within a neighborhood and often grow by word of mouth.

RESPIRE CARE

Respite care is designed to ease the burden on families who care for a person in need of extensive physical, behavioral, mental and/or medical attention. Agencies providing short-term relief from the stresses of caregiving have specific requirements for this service. Call for details.

Camp Courageous 419-875-6828

12701 WATERVILLE-SWANTON RD., 43571

Offers day camp programs for ages 8-21 and respite weekends in summer and fall for both children and adults. Includes aquatics, arts and crafts, sports, nature studies, etc. Owned by ARC of Lucas County, a United Health Services member agency.

Connecting Point 419-243-6326

1212 CHERRY, 43608

Respite is available to families receiving counseling.

OCCASIONAL CHILD CARE

The Kinship Navigator Program will provide you with a list of **childcare providers who will care for children on an occasional basis**. You will need to discuss their child care credentials, behavior challenges of your children and the fees they would charge. The Kinship Navigator Program is **NOT** endorsing or promoting these providers, but simply is providing names of providers who have told us they are willing to watch children on an occasional and irregular basis for a fee. **Any decision to use these providers is the sole responsibility of the caregivers.**

The Salvation Army, Toledo Area Office 419-241-1138

620 N. ERIE ST., P.O. BOX 798, 43697

Children from ages 7 to 12 attend an overnight camp at The Salvation Army Camp NEOSA. This certified camp includes swimming, arts and crafts, outdoor recreation, group and individual skill and interest sessions. Fees based on sliding scale

SICK CHILD CARE

When children are sick enough to stay home from child care or school, but adults are unable to stay home and care for them, options for child care are limited.

YW Child Care Connections 419-255-5519

Will refer to child care providers who will care for ill children. Yearly fee (sliding scale will apply) is charged for referrals.



Notes

Babysitter Information

Fill out this form and keep photocopies on hand for future use. Complete any special instructions on this handy guide and give to babysitters providing care for your child.

Family Name _____
 Address _____ Phone _____
 Mother's Daytime Phone _____ Father's Daytime Phone _____
 Cell Phone _____ Beeper Number _____

Child's Name _____	Child's Name _____	Child's Name _____
_____	_____	_____
Birthday _____	Birthday _____	Birthday _____
Blood Type _____	Blood Type _____	Blood Type _____
Health Problems _____	Health Problems _____	Health Problems _____
_____	_____	_____
Current Medications _____	Current Medications _____	Current Medications _____
_____	_____	_____
Food Allergies _____	Food Allergies _____	Food Allergies _____
_____	_____	_____
Other Allergies _____	Other Allergies _____	Other Allergies _____
_____	_____	_____
Special Medical Instructions _____	Special Medical Instructions _____	Special Medical Instructions _____
_____	_____	_____

For Help Call _____

Emergency: 911 Poison Center _____
 Children's Doctor _____ Address _____ Phone _____
 Neighbor _____ Address _____ Phone _____
 Nearest Relative _____ Address _____ Phone _____
 Parents Can Be Reached At _____ Phone _____ Expected Time Home _____

Special Instructions _____

- Security system _____
- Pets _____
- Rooms off limits _____
- Phone use _____
- TV rules _____
- Baths _____
- Bedtime snack _____
- Bedtime prayers _____
- Other bedtime routines _____
- Medications to dispense _____
- Other instructions _____
- _____
- _____
- _____

Messages While You Were Out _____

Date: _____
 ☎ _____ called at _____ AM/PM
 Message _____

 ☎ _____ called at _____ AM/PM
 Message _____

 ☎ _____ called at _____ AM/PM
 Message _____

What to Look For...

The Classroom:

- Should be filled with different kinds of learning materials including science, reading and listening centers, computers, etc.
- Should feature reading materials other than textbooks.
- Should display the students' work throughout.

The Teacher:

- Clearly likes the students and shows them respect.
- Communicates high performance expectations to all students.
- Praises student performance in an appropriate way.

Teaching Methods:

- The teacher uses both individual and group learning activities.
- The teacher uses hands-on learning activities and examples that are relevant to the students.
- All students are exposed to a curriculum that is rich in content and integrates information from different subject areas.
- The teacher presents information to students in various ways.
- Critical thinking and problem solving are emphasized, not rote learning and memorization.

The Students:

- Are actively involved in the learning process.
- Treat one another and the teacher with respect.
- Appear to be having fun.

Source: Kentucky Youth Advocates, Inc.

Registering Your Child for School

Registration is done at the office of the school your child will attend. Call your School Area Assistance Center in Toledo for further information.

If the child is entering the first year of school, take a birth certificate, proof of address, custody papers (if applicable), physical exam form and immunization certificate (including T.B. certificate). Some private schools also require documents such as a baptismal certificate.

If your child is transferring from another school, take a form authorizing the release of school records from the previous school. If your child is transferring from one Toledo Public School to another, take a Student Data Sheet and proof of address to the new school.

Education

This section includes information on your involvement in your child's education. It discusses the Toledo Public Schools, as well as special education assistance and programs, plus how to find help with educational services.

Help Your Child Succeed at School28

Public Schools29

High School Equivalency32

Higher Education32

Literacy32

Handy Forms and Guides in this Section:

Choosing a School27

Education Tips29

Helpful Toll-Free Telephone Numbers . .32

GRANDPARENTS AND SCHOOLS

With a Power of Attorney or Caretaker Authorization Affidavit, Ohio law gives grandparents rearing grandchildren the authority over the care, physical custody and control of the children, including the ability to enroll the children in school and to consent to medical care for the children. See pages 39–43 for forms that can be copied for Power of Attorney and Caretaker Affidavits.

Education

HELP YOUR CHILD SUCCEED AT SCHOOL

Parental involvement in a child's education is critical. Research consistently reveals that high student achievement and self-esteem are closely related to positive parental participation in education.

You can be involved in your child's education many ways such as joining the PTA, PTO or school council, volunteering in classrooms, insisting on regular school attendance and helping with homework. Most importantly, be your child's first teacher by spending time with them and reading to them. Talk to your child's teacher and contact these resources for ideas and guidance on how to get involved.

Ability Center or Greater Toledo V/TTY 419-885-5733
5605 MONROE ST., SYLVANIA 43560

Assists and advocates for families with free, up-to-date information on regulations and procedures related to education. Help for caregivers in understanding what the schools will provide; works for the best interest of the child.

Foster Grandparents Program 419-242-9511

SENIOR CENTER., INC., 2308 JEFFERSON AVE., 43624

Provides mentoring for elementary school children in the school. School requests the Foster Grandparent.

OSU Extension 419-213-4254

ONE GOVERNMENT CENTER, STE. 550, 43604

Web site: www.ag.ohio-state.edu/~luca/4h/4h.htm

Offers programs such as "Parents on Board; Building Academic Success through Parental Involvement."

NATIONAL ORGANIZATIONS that offer assistance and information include:

Educational Resources Information Center (ERIC)

DIRECTORY ASSISTANCE (\$3.99/MIN.) 1-800-538-3742

Web site: www.eric.ed.gov

The Educational Resources Information Center Clearinghouse on Elementary and Early Childhood Education and The National Parent Information Network provide information and publications for parents and educators.

Parent Teacher Association 614-781-6344

Web site: www.pta.org

Offers resources and information to promote parental involvement in education, make schools parent-friendly and focus on needs of children. The PTA of each school is self-governing. Each is linked through membership to the state and national PTA.

Parents for Public Schools

419-473-0875 or 1-800-880-1222

Web site: www.parents4publicschools.com

National group that works through local, grassroots chapters that are community-based (not school-based) to involve parents and improve public schools through support of the community.

Exceptional students differ from average or normal children in physical, mental, learning, emotional or social characteristics and abilities and may need special educational programs or services. They include students with physical or mental handicaps, communications disorders, learning disabilities and emotional disturbance, as well as gifted students. **Because of family problems, many children being raised by grandparents are "special needs" children.**



The Individuals with Disabilities Education Act (IDEA) is a federal law that requires a free, appropriate education for children with disabilities. An important right you have is participation in the development of your child's Individualized Education Plan or, in the case of a child under school-age, an Individualized Family Service Plan. The Individualized Education Plan and Individualized Family Service Plan are written statements of the educational program designed to meet your child's unique needs. For more information, call the Ohio Department of Education, Division of Special Education, at 614-466-2650 for *Whose IDEA* and other publications.

NATIONAL ORGANIZATIONS that offer assistance and information include:

Educational Resources Information Center (ERIC)

DIRECTORY ASSISTANCE (\$3.99/MIN.)

1010-275-00

ONE GOVERNMENT CENTER, STE. 550, 43604

Web site: www.eric.ed.gov

Clearinghouse on Disabilities and Gifted Education provides publication, free information packets, prepackaged computer searches and more on topics in special education.

Ohio Coalition for the Education of Children with Disabilities 740-382-5452 or 1-800-374-2806

Web site: www.ocecd.org

Parents of children with disabilities and professionals are trained in the elements of Individuals with Disabilities Education Act, section 504 and Early Intervention, due process procedures and participation in the Individualized Education Plan and organizes parent groups.

PUBLIC SCHOOLS

The state of Ohio is working to raise expectations and accountability in its public schools. The Ohio Department of Education is required to issue “report cards” to school districts in Ohio. This report card provides a performance accountability rating based on standards such as proficiency test results, student attendance rates and dropout rates. Call your school district or the Department of Education hotline for information on how well your local schools are doing.

EDUCATION TIPS

Elementary:

- Ask your child to read a story or book aloud to you while you are preparing dinner.
- Tackle a recipe together. Practice math skills by showing your child how to double the recipe. Add science to the lesson by showing your child how baking soda makes muffins rise, for example.
- Take a walk in the woods. See how many different leaf shapes you can find.
- Count anything and everything: how many steps, how many carrots in the bag, how many days until the next holiday.
- Work on sorting skills over the laundry basket.
- Give your child an alarm clock. You’ll go a long way toward building responsibility if you put your child in charge of getting up in the morning.
- Buy a family calendar. Write down due dates for homework and big tests. Your child can look at the calendar to decide how to spend his/her time to get everything done.

Secondary:

- Talk to your child about current events. Ask questions. Even better, ask for his/her opinions.
- Subscribe to magazines (or find them at the library) that relate to his/her special interests: skateboarding, fashion, for example.
- Make sure your pre-teen/teen gets enough sleep and healthy foods. At this age they’re tempted to stay up too late and eat too much junk food, both of which can affect learning.
- Discuss finances. If your student has a job, help him/ her establish a budget that includes some savings. Open savings and checking accounts for your child.
- Be alert to any drastic changes in mood, behavior, friends, and /or grades. Such changes could indicate drug or alcohol use. Seek help, including from your child’s school.
- Praise your child as often as possible. This will ultimately help him/her function well in a complex and demanding world.

Source: Toledo Public School System

You can receive detailed information about the district’s overall results (including report cards for individual schools within the district), strategies that are planned for improving performance, and ways you can become involved in those efforts.

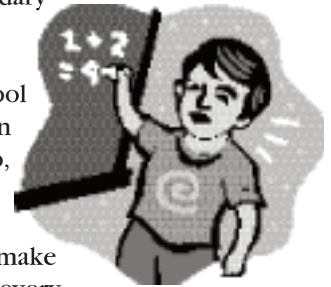
Ohio Department of Education 614-466-3641
or 877-644-6338 or 877-772-7771

Web site: www.ode.state.oh.us/

Toledo Public Schools 419-729-8200

MANHATTAN & ELM STS., 43608

Provides elementary and secondary education. The Toledo Public Schools are now linked to convenient and accessible School Assistance Centers. At the seven centers located through Toledo, direct, hands-on assistance is available for students, parents, teachers and administrators to make the best education a reality for every child. Each center has its team of elementary counselors, psychologists, special education supervisors and speech therapists who are able to deliver the appropriate services. Hearing and vision screenings also can be conducted at the centers. School Assistance Center Locations are as follows:



Bowsher District 419-671-2000
Glendale-Feilbach Elementary
ROOM OAK 7, 2317 CASS RD., 43614
Libbey School Assistance Center . . 419-671-5113
1250 WESTERN AVE., 43609
Rogers High School 419-671-4110
5539 NEBRASKA AVE., 43615
Scott High School Skill Center 419-249-8170
2400 COLLINGWOOD BLVD., RM. 226, 43620
Start District 419-671-3000
3301 UPTON, 43624
Waite District, School Assistance Ctr. 419-671-6000
301 MORRISON, 43605
Woodward District 419-729-1744
Woodward Skill Center
600 E. STREICHER, 43608

SPECIAL ED RESOURCE CENTERS

Special Education Regional Resource Centers provide assistance to Grandparents, Kinship Caregivers and school personnel by:

- Assisting school district personnel in providing appropriate services to children with disabilities, including behavior concerns, through technical assistance and cooperative planning.

Kinship Navigator Program 419-725-7042

- Providing regular and special education teachers, support personnel, administrators and parents with resources designed to improve the quality of instruction for children with disabilities, through the delivery of instructional materials and methodologies designed to meet the individual needs of children with special needs.
- Providing staff development to local school district personnel and parents, on an individual and team basis, to improve the quality of instruction for children with disabilities.

The Regional Resource Centers play an essential role in statewide networking activities, advocacy on behalf of students with disabilities, and state and national outreach and information dissemination. The Resource Center serving Lucas County is:

**Northwest Ohio Special Education
Regional Resource Center** 419-833-6771
10142 DOWLING ST., BOWLING GREEN 43402
Web site: www.nwoserrc.k12.oh.us



Grandparents and Kinship caregivers may find that the child in their care faces challenging educational experiences. They must, therefore, understand the rights and protections available to children in the public schools. Your child, because of genetic make-up, life experiences and/or self image, may struggle with traditional educational settings and goals. If they exhibit learning and behavioral problems they may qualify for federally mandated identification and individualized services. Once identified, these children are entitled to appropriate interventions. The Individuals with Disabilities Education Act guarantees children with disabilities, including behavioral concerns, from ages three to 21, an appropriate, free public education designed to meet their specific needs.

Grandparents and Kinship caregivers can effectively seek school intervention by writing a request for an evaluation and services. This letter should be mailed to your child's school principal and to the superintendent of schools. Once received, the school district must act upon the request. Under The Individuals with Disabilities Education Act, school districts must complete action within 90 days after receipt of the request. Testing must be completed, reported and, if eligible, a special education plan developed within that timeframe. To be eligible for the Individuals with Disabilities Education Act, the child must fall into one of the designated categories:

- Mental retardation
- Hearing impairments
- Speech or language impairment
- Visual impairment
- Serious emotional disturbance

- Orthopedic impairment
- Autism
- Traumatic brain injury
- Specific learning disabilities
- Development delay for children ages 3 to 9
- Other health impairments

Ability Center or Greater Toledo V/TTY 419-885-5733
5605 MONROE ST., SYLVANIA 43560

Assists people with disabilities to live, work and socialize in the community. Provides I & R to services and housing, equipment loan, one-time financial assistance for purchasing equipment or pay service fees related to helping them live independently. Youth services include: educational advocacy, Camp Cricket and youth leadership development.

HEAD START

When a pre-school age child comes to live with you, many questions come to mind. How can I be sure the child gets a good start mentally and physically? How do I care for a toddler properly without wearing myself out? How can I prepare this child for elementary school? Enrolling the child in Head Start may be the answer to these and other questions. Head Start is a federally-funded, all-day program for preschoolers that provides education, enrichment, and many other services to small children and the adults raising them. Children enrolled in the program receive breakfast and lunch through the program.

Head Start provides the following services to children ages 3–5 who live at or below the federal poverty level, as well as children with disabilities and their families:

- Early childhood education
- Medical services
- Dental services
- Nutrition services
- Parent education
- Other social services

For more information about Head Start, or to apply, contact the Economic Opportunity Planning Association at **419-255-7125**.

LEARNING DIFFERENCES

If your child is of average or above intelligence but displays a discrepancy between his potential and actual performance in school and has difficulty with math concepts, listening skills, retaining information or reading comprehension, he may have a learning disability. A learning disability occurs because of problems with the way the brain handles information, which hinders the normal learning process. Having a learning disability means that learning is difficult despite a child's best attempts, and it often causes the child to suffer low self-esteem in the face of repeated failure.

RED FLAGS

- Child being held back a grade
- Failing grades
- Expressed dislike of school
- Multiple behavior problems in school or in-school suspensions
- Out-of-school suspension or expulsion
- More than normal disorganization
- A medical or mental health problem giving rise to school related problems (attention deficit disorder, depression, anxiety, obsessive compulsive disorder).

Remember, if the child in your care is experiencing difficulty in school, you should contact your school principal or your district superintendent's office for more information.

Source: Relatives Caring for Children, Ohio Resource Guide, ODJFS

There are many types of learning disabilities including dyslexia (problems with reading), dysgraphia (problems with writing), dyscalculia (problems doing math) and auditory memory and processing disabilities (problems understanding and remembering words and sounds).

Toledo Public Schools Special Education Service

419-671-8413

420 E. MANHATTAN BLVD., 43608

The Toledo Public School System, Special Education, provides services as follows:

For learning disabled: Combines self-contained classroom, resource room and tutored instructions relative to learning needs. Physical, neurological, and educational evaluations are required. Classes are small with individualized instruction and run from preschool through high school.

For seriously emotionally disturbed children: Provides small classes with psychological and social services; severe disabilities may get home tutoring if recommended by psychologist and/or physician. An educational and medical evaluation is required. Classes preschool through high school.

Psychological services, psychological and educational assessment provided following referral procedures. Placement in Special Education classes must be preceded by a multi-factored assessment. Transportation provided where necessary.

Ability Center or Greater Toledo V/TTY 419-885-5733

5605 MONROE ST., SYLVANIA 43560

Assists people with disabilities to live, work and socialize in the community. I & R to services, housing, equipment loan, one-time financial assistance for purchasing equipment or pay service fees related to help live independently. Youth services include: educational advocacy, Camp Cricket and leadership development.

Double ARC

419-479-3060, ext. 6

3837 SECOR RD., 43623

Web Site: www.doublarc.org

Double ARC serves children with Fetal Alcohol Spectrum Disorders (FASD). Services include workshops, one-on-one consultation, advocacy, and parent support group. Double ARC also coordinates an FASD diagnostic team. Contact Double ARC, the region's leader in FASD information and strategies, at (419) 479-3060 or visit our website listed above.

NATIONAL ORGANIZATIONS that offer assistance and information include:

Learning Disabilities Association

412-341-1515

Web site: www.ldanatl.org

National Center for Learning Disabilities 1-888-575-7373

Web site: www.nclld.org

GIFTED AND TALENTED

Children with exceptional ability to perform at high levels are described as "gifted and talented" and include those with general intellectual aptitude, specific academic aptitude, creative or divergent thinking, and talents in the visual and performing arts.

If you think your child may have special abilities, contact the Toledo Public School System HORIZONS Program at **419-471-0632**. HORIZONS is an enrichment program for identified students with high academic potential in grades 3–6. The HORIZONS teachers meet with the students on a weekly schedule.

NATIONAL ORGANIZATIONS that offer assistance and information include:

American Association for Gifted Children

919-783-6152

Web site: www.aagc.org/index.html

Educational Resources Information Center (ERIC)

1-800-583-4135

DIRECTORY ASSISTANCE (\$3.99/MIN.)

1010-275-00

Web site: www.eric.ed.gov

Ohio Association for Gifted Children 614-337-2820

Web site: www.oagc.com

Kinship Navigator Program

419-725-7042

HIGH SCHOOL EQUIVALENCY

A High School Equivalency Diploma (formerly known as the General Education Development Certificate or GED) serves as the equivalent of a high school diploma. Programs are available to individuals over the age of 18 who have not completed high school. Contact the Adult Basic Literacy Education Program at **1-800-228-READ (7323)** for more information about programs in Toledo.

HIGHER EDUCATION

Children in foster care and other low income children can qualify for government grants, scholarships and low interest loans to help support the cost of college or other post secondary education. Contact the Ohio Board of Regents State Grants and Scholarships Department at **1-888-833-1133** to receive a free packet of information.

LITERACY

Reading is an important skill for children to learn. It encourages language development, and to a large degree, determines school success. There are many ways that you can encourage a love of reading in your child:

- Read to preschool children at least 20 minutes each day (or have older children read to you).
- Set a good example by letting children see you read.
- If you have difficulty reading, tell your child stories.
- Keep good books, newspapers and magazines in your home.
- Help your child get a library card and use it!

Libraries and book stores also help promote a love of reading through free programs for children such as storytime, author readings, illustrator workshops and other activities.



Web Sites

www.parents-choice.org

This website contains popular booklists and tips on promoting literacy with your child.

HELPFUL TOLL-FREE TELEPHONE NUMBERS

AGING RELATED

Consumer Services-Insurance	1-800-686-1526
Food and Drug Complaints	1-800-282-1955
Food Stamp Helpline	1-800-944-3273
Home Energy Assistance Program	1-800-282-0880
Legal Hotline	1-800-488-6070
Long-Term Care Ombudsman	1-800-282-1206
Medicare Part B	1-800-282-0530
Social Security Administration	1-800-772-1213
Talking Books	1-800-424-9100
Utility Consumer Hotline	1-800-282-9448
Veterans Administration	1-800-827-1000

OHIO TOLL-FREE HEALTH HOTLINES

Alzheimer's Disease	1-800-441-3322
Blindness & Impaired Vision	1-800-424-8666
Drug Abuse	1-800-537-8098
Food Stamps/Fraud	1-800-873-7283
Health & Communicable Disease	1-800-282-0546
Home Energy Assistance Program	1-800-282-0880
Medicare	1-800-633-4227
Medicare(Fraud)	1-888-619-5316
National Health Info. Center	1-800-336-4797
Nursing Home Information Referral	1-800-282-1206
Organ Donation	1-800-528-2971
Worker's Compensation	1-888-333-7965
Women's Information Center	1-800-282-3040

DISEASE SPECIFIC

Alzheimer's Association	1-800-272-3900
American Cancer Society	1-800-227-2345
American Council of the Blind	1-800-424-8666
American Diabetes Association	1-800-232-3472
American Heart Association	1-800-282-0291
American Kidney Association	1-800-638-8299
American Liver Foundation	1-800-223-0179
American Parkinson Association	1-800-223-2732
American Speech, Language & Hearing Association	1-800-638-8255
Arthritis Foundation	1-800-283-7800
Lung Disease Association	1-800-222-5864
National Multiple Sclerosis Society	1-800-FIGHT MS (344-4867)

🌟 IMPORTANT DOCUMENTS

Grandparents raising grandchildren need to have detailed records of their financial status, as well as that of their grandchildren for a number of important reasons.

Insurance

- Medicare card
- Secondary health
- Life
- Special care
- Long term care
- Catastrophic illness
- Auto
- Home
- Other

Legal

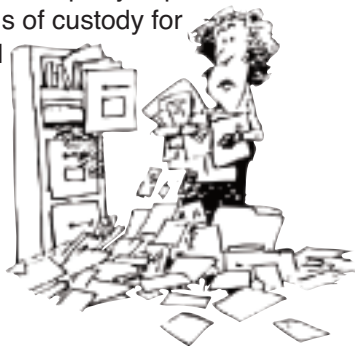
- Auto title
- Deeds
- Living will
- Living trust
- Power of attorney
- Power of attorney for health
- Trust papers
- Will

Child Care

- Adoption certificate
- Baptismal certificate
- Social Security card
- Immunization record
- Child and family medical histories
- Dental records
- Consent for medical treatment
- School records/report cards
- Letters of recommendation
- Work permit
- Paternity and/or custody papers
- Driver's license
- Financial aid forms
- Recent photographs and fingerprints of child

It is important to make a list of where these documents are kept. You should also make a copy of this list and give it to a trusted family member and/or friend.

For Kinship Caregivers, it is equally important to document the legal status of custody for children in their care and to state who is best able to assume child rearing should they (the caregivers) become incapacitated or die.



REVIEW THIS LIST ANNUALLY!

Understanding Legal Issues and Help

This section provides valuable information related to the many legal issues facing grandparents and caregivers. It also gives helpful information for seniors to better understand legal issues surrounding their own health and well-being.

The Important Documents checklist to the left is very useful in helping to organize your vital papers and other information.

Where to Call for Legal Advice. 34

Understanding Legal Terms 35

Child Support. 37

Wills and Trusts. 44

Handy Forms and Guides in this Section

Important Documents 33

Custody Reference Chart 36

Power of Attorney Form 39

If You Can't Afford an Attorney 44

Where to Call for Legal Advice

ADVOCACY & SELF-EMPOWERMENT

Senior advocacy organizations represent special interests and issues affecting older adults in state and national legislation. Some offer printed materials and educational programs.

AARP 202-434-2277 or 1-888-OUR-AARP (687-2277)

Web site: www.aarp.org

Print materials for older adults. Chapters hold regular meetings for recreation, education and information about volunteer and employment opportunities.

Offers help with insurance forms and income tax, defensive driving programs and discounts on prescription drugs and consumer goods and services.

Legal Services of NW Ohio 419-724-0030 or 1-888-534-1432

640 SPITZER BLVD. OR 520 MADISON AVE.

Northwestern Ohio Gerontological Association 419-893-1994

2430 S. DETROIT AVE., MAUMEE 43537

LEGAL RESOURCES

Advocates for Basic Legal Equality (ABLE) 1-800-837-0814 or 419-255-0814

740 SPITZER BLDG., 520 MADISON NE, STE. 740, 43604

Free legal assistance in civil matters to low income individuals in northwest Ohio.

ABLE has several projects to help people who face unique barriers, such as migrant farmworkers, people with mental and physical disabilities, senior citizens and the homeless.



College of Law Clinic—University of Toledo 419-530-4236

2801 W. BANCROFT ST., 43606

Helps low-income people with civil cases.

Law Tuesday 419-243-2237

WARREN AME CHURCH, 915 COLLINGWOOD, 43602

Located at the corner of Indiana and Collingwood.

Free walk-in program on the third Tuesday only, 6–9 P.M. Provided by lawyers and law school professors.

Lawyer Referral and Information Services 419-242-2000

311 N. SUPERIOR ST., 43604

\$40 fee for a half-hour consultation to determine the specific type of legal service needed and refer client to

attorney with that specialty. Continued fees are decided between lawyer and client.

Legal Aid of Western Ohio 419-724-0030 520 MADISON AVE., # 640, 43604

Legal Hotline for Older Ohioans 1-800-488-6070

Provides legal counsel. Monday–Friday, 8:30 A.M. – 4:30 P.M.

Legal Services of Northwest Ohio 419-724-0030 or 1-888-534-1432

740 SPITZER BLDG., 520 MADISON NE, 43604

Free legal assistance in civil matters to low income individuals in NW Ohio. Full range of legal services. Special projects serve people with disabilities, victims of domestic violence, senior citizens and migrant farmworkers. Affiliated with Advocates for Basic Legal Equality (ABLE), Legal Services has offices in Toledo.

Lucas County Domestic Relations Court 419-213-6824

429 N. MICHIGAN ST., 43604

Deals with issues surrounding custody and visitation of children in divorce cases. Provides evaluation, counseling and mediation of children's issues.

Lucas County Juvenile Court 419-213-6717

1801 SPEILBUSCH, 43604

Deals with custody and visitation issues of parents not married and relative caregivers.

National Committee to Preserve Social Security and Medicare 1-800-966-1935

10 G ST. NE., STE. 600, WASHINGTON, DC 20002

Publishes *Grandparents' Guide to Navigating the Legal System*, which gives information regarding custody, visitation and court proceedings.

Ohio Attorney General 1-866-444-3577 or 614-644-1234

Pro Bono Program assists eligible seniors with living wills, Power of Attorney, durable POA for health care.

Pro Bono (Free) Legal Services 419-242-9363

311 N. SUPERIOR ST., 43604

Toledo Bar program providing free legal assistance to low income eligible residents of Lucas County in areas such as family law and probate. Elderly legal assistance.

Pro Seniors Legal Hotline 1-800-488-6070

105 E. FOURTH ST., CINCINNATI, 45202

Provides legal assistance over the phone. Can refer to attorneys to whom the client can afford and are adept in the problems described.

Understanding Legal Terms

When a child comes to live with you... When an adult other than a parent, assumes responsibility for a child, many legal relationships are created. Each one carries certain privileges, benefits, rights and responsibilities. You will no doubt want to consult an attorney at some point to help you sort out what course of action you will take regarding the child and yourself. **Understanding the following legal terms and relationships will help to get you started.**

LEGAL TERMS

■ PHYSICAL POSSESSION

The child or children simply come to live with you – it's an *informal arrangement*. No legal arrangements are made to transfer custody from the birth parent or legal guardian and no agency has officially placed the child with you or others.



■ GUARDIANSHIP

Guardianship can only be granted by the courts. It is an action that can only be filed in the Probate Court. The Court can award guardianship for any length of time, from a few months to an indefinite period. The guardianship can be over the person, virtually the same as custody, or it can be only over the estate having the guardianship of the money of the minor child or both. A guardianship requires the posting of a bond, the amount is determined by the Court, and usually requires yearly accountings to be filed detailing how the money of the minor child (ward) has been spent. The kinship caregiver, as the guardian, would have the right to make most decisions. A change or termination of a guardianship would have to be granted by a Court.

■ LEGAL CUSTODY

Custody can only be granted by the Courts. Usually it is the juvenile court, but other courts also can award custody. The Court can award custody for any length of time, from a few months to several years. Legal custody is an arrangement that gives the caregiver rights to make most decisions and allows stability for the child. When someone has legal custody they can also be called the "custodial parents" or "custodian." If a court grants legal custody, then only the court can change custody.

■ PERMANENT CUSTODY

Permanent custody may be granted to Lucas County Children Services by the court when all other suitable relative resources have been exhausted. Rarely does the court grant permanent custody to a kinship caregiver. Often times, kinship caregivers will believe they have permanent custody. Or a caregiver may just have *legal custody* and think they have *permanent custody*. when Children Services has permanent custody, the birth parents have lost all rights to the child. Children Services can also place the child for adoption.

■ ADOPTION

Adoption is another permanent custodial transfer. By adopting, the Kinship caregiver becomes the legal parent and is fully responsible for the child. The adoptive parent obtains the same rights and responsibilities as a natural parent. At this point, all obligations and rights of the birth parents are severed.

WHO MAKES THE DECISIONS?

■ PHYSICAL POSSESSION

In this *informal arrangement* no legal action was taken to transfer custody of the child from the birth parent to the grandparent or other relative. The biological parent is still the legal decision-maker for the child(ren).

■ LEGAL CUSTODY

The Court awards legal custody for any length of time. In most of these cases Lucas County Children Services was not involved. The legal custodian makes the decisions for the child. Only the court can modify legal custody. Low income parties may be entitled to court appointed counsel if the custody action is in juvenile court.

■ GUARDIANSHIP

The Probate Court awards guardianship for any length of time. Children Services are not involved. The guardian is the legal decision-maker for the child(ren).

■ FOSTER PLACEMENT

The child is placed with a certified foster family by Lucas Co. Children Services (LCCS) when no suitable kinship arrangements are available. LCCS staff and the foster parents are the legal decision-makers for the child(ren).

■ PERMANENT CUSTODY

Permanent custody is usually granted to Children Services by the court when the birth parents will not be reunited with the child. Lucas County Children Services staff is the legal decision-maker for the child(ren).

■ ADOPTION

Adoption is a complete and permanent arrangement where the birth parents' rights and responsibilities are ended. The adoptive parents are the legal decision-makers for the child(ren).

LEGAL NOTE

If there is no form of legal custody established, kinship caregivers need a legal power of attorney to obtain medical care for children in their care.

PROS AND CONS

■ PHYSICAL POSSESSION (INFORMAL)

Pros: The caregiver is able to receive benefits if proof is available that child is indeed in his/her care. This arrangement is good for short periods of time. There may be less stress with other family members because arrangement is informal. Dealing with the birth parent may be easier.

Cons: May be unable to enroll the child in school if relationship is other than grandparent or custodial parent resides outside the state of Ohio. Child may be unsure of what will be happening to him/her.

■ LEGAL CUSTODY

Pros: Cash assistance, medical care and other benefits may be available for the child(ren). Children may be in legal custodian's care for a long period of time, but legal custody is not permanent (the court can have child(ren)

in a legal custody relationship indefinitely). The length of time and legal relationship is up to the court at this time.

Cons: Once the court grants custody, only the court can change the legal custody. The relative cannot return legal custody of the child to the birth parent without a court ruling; additional legal costs may be incurred (low income parties may be entitled to court appointed Counsel in Juvenile Court).

■ GUARDIANSHIP

Pros: Cash assistance, medical care and other benefits may be available for the child(ren). Children may be in guardian's care for long period of time, but it is not a permanent legal arrangement (the court can leave the child in the guardianship indefinitely or the Court can decide otherwise).

Cons: Birth parent may take the guardian back to court and there may be additional legal costs. Once the court

CUSTODY REFERENCE CHART

WHO DECIDES WHERE TO PLACE THE CHILD

Birth parent decides.

Court awards custody. Children Services involvement not necessary. Relative may petition for custody. Only court can change custody. If Children Services files for custody, reunification plan must be developed (see Foster Placement below).

Probate Court awards guardianship and approves the guardian.

Children Services places child in foster home based on case plan. Usually done when all kinship resources are exhausted. Birth parent can get child back if progress on reunification plan made.

Court awards custody to Children Services., who decides course of action, subject to court's approval. Rare that kinship caregiver gets permanent custody. Birth parents' rights severed and they have no right to visitation.

Court determines if placement and adoption are in the child's best interest.

RIGHTS AND RESPONSIBILITIES OF BIRTH PARENTS

Informal Arrangement

Birth parent retains legal responsibility

Legal Custody

Visitation based on court order. Birth parent kept informed of child's medical condition, legal proceedings, and placement moves. Birth parent responsible for child support

Guardianship

Visitation based on court order or arrangement with guardian. Birth parent receives notice of legal actions involving the child, is informed of placement and may be responsible for child support

Foster Placement

Birth parent has right to visit based on "best interest of child," determined by Children Services or the court. Birth parent contacted about health matters and pays child support.

Permanent Custody

Children Services removes the child from birth parents. Seeks permanent custody, because reunification efforts have not been successful, and court agrees. Birth parent no longer pays child support nor has rights to the child.

Adoption

Birth parents' rights terminated. They have no obligation to pay support nor have they rights to visit the child.

grants a guardianship, only the court can change the guardianship. The relative cannot return legal guardianship of the child to the birth parent without the court approval. The guardian would have to post a bond and make yearly accounting reports to the court concerning the finances of the minor child. None of the parties would be entitled to court-appointed counsel.

■ PERMANENT CUSTODY

Pros: Child is eligible for adoption which may lead to more stability in his/her life.

Cons: Birth parents may be very upset. Birth parents have no legal right to visitation and no responsibility to pay child support. Children Services has control over placement of the child.

■ ADOPTION

Pros: Child has very stable arrangement with caregiver and knows where he/she will be living and what to expect. The child no longer has to go to court or be involved with the “system.” Child may be eligible for subsidy if arranged by Children Services and if the child has “special needs.” Special needs are: medical needs,

physical/mental disability, and Caucasian child over age 10, African American child over age 4, or sibling group of three or more. Special needs assessment may include: monthly payment, medical insurance, adoption finalization cost assistance, tutoring, counseling, and respite care. If relative caregiver has legal custody of the child and wants to adopt to avoid court battles with the birth parent, the caregiver can file to adopt. The relative caregiver can adopt the child if the birth parents agree to the adoption, or the court determines that the birth parents agree to the adoption, or the court determines that the birth parents have lost their right to object. The birth parents(s) will no longer have to pay child support and will have no right to visitation. An attorney should be contacted for more information.

Cons: Other members of the family, including the birth parent(s), may be upset. The legal rights of the birth parent are severed; the birth parent cannot take the caregiver to court for visitation. The birth parent no longer pays child support. The birth parent loses the right to have contact with the child.



Child Support

A child has the legal right to financial support and benefits (such as insurance, Social Security, inheritance) from both parents. A child support obligation includes child, medical and spousal support. In Ohio, each county has a Child Support Enforcement Agency (CSEA). Any parent or custodian with minor children who needs or is owed child support can get help from CSEA, regardless of income.

The following services are available from CSEA:

- Collecting child support
- Helping establish support and medical insurance orders
- Disbursing child support checks
- Establishing paternity in cases of out-of-wedlock birth
- Enforcing child support orders
- Locating absent parents and their assets
- Conducting Administrative hearings to review child support orders
- Submitting names and locations of chronic non-paying parents to the county prosecutor for further action
- Providing certain services to alimony-only cases

If a child is born to unmarried parents, establishing paternity is vital to protecting the child’s claim to his/her father’s assets. If paternity has not been voluntarily established, an administrative hearing can be conducted by a hearing officer at the CSEA. Once paternity is legally established, the court can issue an order for child support. Child support continues until the child is 18 and has graduated from high school. A state-mandated formula is used to calculate the amount of support.

Support can be withheld from wages or taken directly from the parent’s bank account. The court or the CSEA can also make arrangements to withhold from other sources, such as Workers Compensation, certain Social Security benefits, pensions or annuities.

If the non-custodial parent fails to supply the support required, the CSEA can take any of the following actions:

- Report non-payment to the Credit Bureau
- Require the IRS to seize federal/state income tax refunds
- A lien can be placed on property of the parent
- The non-supporting parent can be put in jail

As an alternative to the efforts of CSEA, you may also hire a private attorney to work on enforcement of child support orders. Some collection agencies will also perform these services, usually for a percentage of what they collect. If you are considering these options, understand exactly what the fee structure is—what will be charged and for what results. If you need to locate a missing parent, sometimes hiring a private investigator for a flat fee is the least expensive option.

Child Support Enforcement Agency 419-213-3000
701 ADAMS ST., 43624 **or 1-800-466-6396**

Provides child support services. Hours: Mon., Wed.,
Fri., 8:30 A.M. –4:30 P.M., Tues., Thurs., 7 A.M. –6 P.M.

Kinship Navigator Program

419-725-7042

**Lucas County Department of
Job & Family Services**

3210 MONROE ST., 43699

Provides child support services. Hours of operation:
8 A.M. - 5 P.M.

1-866-377-0022

419-213-8999

Lucas County Children Services

705 ADAMS ST., 43624

Hours of operation: Monday-Friday, 8:30 a.m. - 4:30 p.m.

419-213-3200

POWER OF ATTORNEY

If you are a grandparent currently caring for your grandchild, but you do not have legal custody of guardianship and are unable to make decisions about and access educational and medical services for your grandchild, Ohio H.B. 130 may provide you with the power to make these critical decisions for your grandchild without going through the court system.

If your grandchild's parent(s) is unable to make critical decisions regarding your grandchild's health and education, the grandchild's parent can grant you Power of Attorney. Power of Attorney allows you temporarily to:

- Authorize your grandchild's enrollment in school.
- Access educational information.
- Be involved in the child's educational planning.
- Provide consent for educational activities.
- Arrange for the child's routine and emergency medical, dental and psychological treatment.

To obtain Power of Attorney for your grandchild, you must:

- Access the appropriate form (See the Power of Attorney form on Page 39).
- Understand and agree to the terms regarding Power of Attorney
- Provide the signature of the consenting parent, yourself and official notary on the form.

File the form with your local juvenile court within five days of signing.

A Power of Attorney does not give you authority over your grandchild's adoption, marriage, or custody arrangement. If you have questions about obtaining a

TAKE NOTE

If you are making arrangements to adopt, make sure that you clearly understand what services are or are not provided, or are provided at additional costs in your adoption agreement. Make sure that you understand the payment requirements, including non-refundable fees. Adoption is a life-long commitment. Consultation with an attorney who specializes in adoption case law is likely to be a wise investment.

LEGAL TERMS

Custodian: The person you designate to manage assets for a minor who receives assets in your will. In Ohio, the custodian delivers what is left to your child when he/she reaches the age of 18.

Executor: The person you name to "execute" your will. The executor collects your assets, pays your debts and taxes, and distributes your assets as the court directs.

Guardian: The person designated to raise your children until they are 18 years old.

Trustee: The person who invests and manages assets for a beneficiary (child) per the terms specified in a trust (See *Wills and Trusts* section on Page 44).

Power of Attorney, contact the Ohio Department of Job and Family Services, Kinship Program Coordinator, at (614) 466-9274.

CARETAKER AUTHORIZATION AFFIDAVIT

If you are a grandparent currently caring for your grandchild, but you do not have legal custody of guardianship and are unable to make decisions about and access educational and medical services for your grandchild, Ohio H.B. 130 may provide you with the power to make these critical decisions for your grandchild without going through the court system.

If you have failed to locate your grandchild's parents after making reasonable efforts to do so, you may obtain a Caretaker Authorization Affidavit. The Affidavit allows you to temporarily:

- Authorize your grandchild's enrollment in school
- Access educational information
- Be involved in the child's educational planning
- Provide consent for educational activities.
- Arrange for the child's routine and emergency medical, dental and psychological treatment.

A Caretaker Authorization Affidavit does not give you authority over your grandchild's adoption, marriage or custody arrangement. If you have questions about obtaining a Power of Attorney, contact the Ohio Department of Job and Family Services, Kinship Program Coordinator, at (614) 466-9274.

REMEMBER

Generic "fill in the blank" forms are available for individuals wishing to make a will or trust. To be legal, the document must be filled out and properly witnessed and/or notarized. Legal experts warn, however, that wills and trusts prepared without the advice of an attorney are often rendered invalid.

POWER OF ATTORNEY
AUTHORIZED BY SECTIONS 3109.65 TO 3109.73 OF THE OHIO REVISED CODE

I, the undersigned, residing at _____, in the County of _____, state of _____, hereby appoint the child's grandparent, _____, residing at _____, in the county of _____, in the state of Ohio, with whom the child of whom I am the parent, guardian, or custodian is residing, my attorney in fact to exercise any and all of my rights and responsibilities regarding the care, physical custody and control of the child, _____, born _____, having Social Security number(optional) _____, except my authority to consent to marriage of the child _____, and to perform all acts necessary in the execution of the rights and responsibilities hereby granted, as fully as I might do if personally present. The rights I am transferring under this power of attorney include the ability to enroll the child in school, to obtain from the school district educational and behavioral information about the child, to consent to all school-related matters regarding the child, and to consent to medical, psychological, or dental treatment for the child. This transfer does not affect my rights in any future proceedings concerning the custody of the child or the allocation of the parental rights and responsibilities for the care of the child and does not give the attorney in fact legal custody of the child. This transfer does not terminate my right to have regular contact with the child.

I hereby certify that I am transferring the rights and responsibilities designated in this power of attorney because one of the following circumstances exists:

1. I am:
 - a. Seriously ill, incarcerated or about to be incarcerated,
 - b. Temporarily unable to provide financial support or parental guidance to the child,
 - c. Temporarily unable to provide adequate care and supervision of the child because of my physical or mental condition,
 - d. Homeless or without a residence because the current residence is destroyed or otherwise uninhabitable, or
 - e. In or about to enter a residential treatment program for substance abuse;
2. I am a parent of the child, the child's other parent is deceased, and I have authority to execute the power of attorney; or
3. I have a well-founded belief that the power of attorney is in the child's best interest.

I hereby certify that I am not transferring my rights and responsibilities regarding the child for the purpose of enrolling the child in a school or school district so that the child may participate in the academic or interscholastic athletic programs provided by that school or district.

I understand that this document does not authorize a child support enforcement agency to redirect child support payments to the grandparent designated as attorney in fact. I further understand that to have an existing child support order modified or a new child support order issued administrative or judicial proceedings must be initiated.

If there is a court order naming me the residential parent and legal custodian of the child who is the subject of this power of attorney and I am the sole parent signing this document, I hereby certify that one of the following is the case;

1. I have made reasonable efforts to locate and provide notice of the creation of this power of attorney to the other parent and have been unable to locate that parent;
2. The other parent is prohibited from receiving a notice of relocation; or
3. The parental rights of the other parent have been terminated by order of a juvenile court.

This POWER OF ATTORNEY is valid until the occurrence of whichever of the following events occurs first:

1. One year elapses following the date this POWER OF ATTORNEY is notarized;
2. O revoke this POWER OF ATTORNEY in writing;
3. The child ceases to reside with the grandparent designated as attorney in fact;
4. This POWER OF ATTORNEY is terminated by court order;
5. The death of the child who is the subject of this POWER OF ATTORNEY; or
6. The death of the grandparent designated as the attorney in fact.

WARNING: Do not execute this power of attorney if any statement made in this instrument is untrue. Falsification is a crime under Section 2921.13 of the Ohio Revised Code (ORC), punishable by the sanctions under 2929 of the ORC, including a term of imprisonment of up to 6 months, a fine of up to \$1,000, or both.

Witness my hand this _____ day of _____, 20_____.

Parent/Custodian/Guardian's signature

Parent's Signature

Grandparent designated as attorney in fact

State of Ohio)

) ss: _____

County of _____)

Subscribed, sworn to, and acknowledged to me, this _____ day of _____, 20_____.

Notary Public
My Commission Expires: _____

NOTICES REGARDING POWER OF ATTORNEY

1. A power of attorney may be executed only if one of the following circumstances exists:
 - a. The parent, guardian, or custodian of the child is:
 - i. Seriously ill, incarcerated or about to be incarcerated;
 - ii. Temporarily unable to provide financial support or parental guidance to the child;
 - iii. Temporarily unable to provide adequate care and supervision of the child because of the parent's, guardian's, or custodian's physical or mental condition;
 - iv. Homeless or without a residence because the current residence is destroyed or otherwise uninhabitable;
 - v. In or about to enter a residential treatment program for substance abuse;
 - b. One of the child's parents is deceased and the other parent, with authority to do so, seeks to execute a power of attorney; or
 - c. The parent, guardian, or custodian has a well-founded belief that the power of attorney is in the child's best interest.
2. The signatures of the parent, guardian, or custodian of the child and the grandparent designated as the attorney in fact must be notarized by an Ohio notary public.
3. A parent, guardian, or custodian who creates a power of attorney must notify the parent of the child who is not the residential parent and legal custodian of the child unless one of the following circumstances applies:
 - a. The parent is prohibited from receiving a notice of relocation in accordance with section 3109.051 of the Revised Code of the creation of the power of attorney;
 - b. The parent's parental rights have been terminated by order of a juvenile court pursuant to Chapter 2151 of the Revised Code;
 - c. The parents cannot be located with reasonable efforts;
 - d. Both parents are executing the power of attorney.

The notice must be sent by certified mail not later than five days after the power of attorney is created and must state the name and address of the person designated as the attorney in fact.

4. A parent, guardian, or custodian who creates a power of attorney must file it with the juvenile court of the county in which the attorney in fact resides, or any other court that has jurisdiction over the child under a previously filed motion or proceeding. The power of attorney must be filed not later than five days after the date it is created and be accompanied by a receipt stating that the notice of creation of the power of attorney was sent to the parent who is not the residential parent and legal custodian by certified mail.
5. A parent, guardian or custodian who creates a second or subsequent power of attorney regarding a child who is the subject of a prior power of attorney must file the power of attorney with the juvenile court of the county in which the attorney in fact resides or any other court that has jurisdiction over the child under a previously filed motion or proceeding. On filing, the court will schedule a hearing to determine whether the power of attorney is in the child's best interest.
6. This power of attorney does not affect the rights of the child's parents, guardian, or custodian regarding any future proceedings concerning the custody of the child or the allocation of the parental rights and responsibilities for the care of the child and does not give the attorney in fact legal custody of the child.

7. A person or entity that relies on this power of attorney, in good faith, has no obligation to make any further inquiry or investigation.
8. This power of attorney terminates on the occurrence of whichever of the following occurs first:
 - a. One year elapses following the date the power of attorney is notarized;
 - b. The power of attorney is revoked in writing by the persons who created it;
 - c. The child ceases to live with the grandparent who is the attorney in fact;
 - d. The power of attorney is terminated by court order;
 - e. The death of the child who is the subject of the power of attorney; or
 - f. The death of the grandparent designated as the attorney in fact.

If this power of attorney terminates other than by the death of the attorney in fact, the grandparent who served as the attorney in fact shall notify, in writing, all of the following:

- a. Any schools, health care providers, or health insurance coverage provider with which the child has been involved through the grandparent;
 - b. Any other person or entity that has an ongoing relationship with the child or grandparent such that the other person or entity would reasonably rely on the power of attorney unless notified of the termination;
 - c. The court in which the power of attorney was filed after its creation; and
 - d. The parent who is not the residential parent and legal custodian of the child who is required to be given notice of its creation. The grandparent shall make the notifications not later than one week after the date the power of attorney terminates.
9. If this power of attorney is terminated by written revocation of the person who created it, or the revocation is regarding a second or subsequent power of attorney, a copy of the revocation must be filed with the court with which that power of attorney was filed.

Additional Information

To the grandparent designated as attorney in fact:

1. If the child stops living with you, you are required to notify, in writing, any school, health care provider, or health care insurance provider to which you have given this power of attorney. You are also required to notify, in writing, any other person or entity that has an ongoing relationship with you or the child such that the person or entity would reasonably rely on the power of attorney unless notified. The notification must be made not later than one week after the child stops living with you.
2. You must include with the power of attorney the following information:
 - a. The child's present address, the addresses of the places where the child has lived within the last five years, and the name and present address of each person with whom the child has lived during that period;
 - b. Whether you have participated as a party, a witness, or in any other capacity in any other litigation, in this state or any other state, that concerned the allocation, between the parents of the same child, of parental rights and responsibilities for the care of the child and the designation of the residential parent and legal custodian of the child or that otherwise concerned the custody of the same child;

- c. Whether you have information of any parenting proceeding concerning the child pending in a court of this or any other state;
- d. Whether you know of any person who has physical custody of the child or claims to be a parent of the child who is designated the residential parent and legal custodian of the child or to have parenting time rights with respect to the child or to be a person other than a parent of the child who has custody or visitation rights with respect to the child;
- e. Whether you previously have been convicted of or pleaded guilty to any criminal offense involving any act that resulted in a child being an abused child or a neglected child or previously have been determined, in a case in which a child has been adjudicated an abused child or a neglected child, to be the perpetrator of the abusive or neglectful act that was the basis of the adjudication.

To school officials:

- 1. Except as provided in section 3313.649 of the Revised Code, this power of attorney, properly completed and notarized, authorizes the child in question to attend school in the district in which the grandparent designated as attorney in fact resides and that grandparent is authorized to provide consent in all school-related matters and to obtain from the school district educational and behavioral information about the child. This power of attorney does not preclude the parent, guardian, or custodian of the child from having access to all school records pertinent to the child.
- 2. The school district may require additional reasonable evidence that the grandparent lives in the school district.
- 3. A school district or school official that reasonably and in good faith relies on this power of attorney has no obligation to make any further inquiry or investigation.

To health care providers:

- 1. A person or entity that acts in good faith reliance on a power of attorney to provide medical, psychological, or dental treatment, without actual knowledge of facts contrary to those stated in the power of attorney, is not subject to criminal liability or to civil liability to any person or entity, and is not subject to professional disciplinary action, solely for such reliance if the power of attorney is completed and the signatures of the parent, guardian, or custodian of the child and the grandparent designated as attorney in fact are notarized.
- 2. The decision of a grandparent designated as attorney in fact, based on a power of attorney, shall be honored by a health care facility or practitioner, school district, or school official.

Wills and Trusts

Legal experts recommend that everyone, and especially those with minor children, have a legal will. A **Will** is a document which declares how you want your assets distributed after your death. It also establishes who will care for your children. It is especially important for grandparents raising grandchildren, and essential if you have adopted any grandchildren. Many older adults made wills several years ago but have not updated them. When grandparents assume responsibility for a grandchild, it is important that arrangements are made to take care of the child after their death. The choice of an **Executor** needs to be made. An executor is the individual who will be in charge of carrying out the wishes in your will.

If you have minor children, you should always name a **Guardian** of their persons and property. You should also name alternate guardians. It is important to inform the guardian(s) of their prospective status before you actually name them in a will. Guardians are not legally obligated to provide for the children out of their own pockets.

A **Living Will** allows a person with a terminal illness to have some control over the kind of medical treatment he/she will receive. It is a written document stating a person's preference regarding the use of extraordinary measures to extend life when there is no hope of recovery. It becomes active with the loss of a person's mental competence and/or the ability to communicate due to disease or injury. It provides the opportunity to state conditions under which you wish medical treatment given or withheld and the type of treatment to be considered.



IF YOU CAN'T AFFORD AN ATTORNEY

Legal Services: Also known as Legal Aid, these law offices help low income people with legal problems. The lawyers tend to be overworked, but may know a lot about your kind of case.

Law School Clinics: Law schools may have a clinic that represents kinship caregivers in child welfare or custody cases. A law student will work with you, supervised by an experienced lawyer. Contact a law school in your community to see if services are available.

A Pro Bono Lawyer: Sometimes private lawyers will work for free, or for a reduced fee, if a case will help more than just one family. If you are trying to change an unfair law or challenge an unfair state policy, you might find an interested lawyer. Call the Ohio Bar Association at 614-487-2050 or the Toledo Bar Association at 419-242-9363 to see if a pro bono attorney is available and willing to discuss your case.

TAKE NOTE

You are now able to track parents who don't pay child support. The Ohio Department of Job and Family Services has a computerized collection system. The computer allows county CSEAs to communicate about how much money is owed, how much has been paid and where the parent works and lives. The system also processes checks.

Another alternative is to set up a **Trust**. A trust provides a means of managing money for children who may not have the maturity or financial responsibility to handle an inheritance. Trusts, though, are not for everyone. Funding a trust means transferring assets such as your home, car, or bank accounts into the legal entity—trust—from your own name. Assets are then owned by the trust, not you, although you can still keep control over them by naming yourself the trustee. Upon your death, a named successor will take over management of the trust on terms you can specify. There are both changeable and non-changeable (revocable and non-revocable) trusts, each of which have differing effects on taxes and government benefits.

Remember that, although most of these documents can be done personally, you should still consult with an attorney prior for advice on what best fits your needs. Be sure to find an attorney who is experienced in these matters, and with one who you feel comfortable. A good starting point is the local Bar Association or Legal Aid Society.

MEDICATION SAFETY TIPS

Oftentimes, children have special medication needs and issues. Many times they take several medications for more than one medical condition. Keep the following considerations in mind:

- Any special storage instructions.
- Make sure you know the name of all your drugs, both generic and trade, and ask your pharmacist or doctor all about what you are taking.
- Make sure you know how many times a day to take it, when, with or without food, and what to do if you miss a dose. How long you need to take it and if it needs to be refilled.
- Make sure you know about any and all possible side effects and if the drugs interact with any foods, activities or other drugs.
- Most importantly, make sure to keep all medications out of the reach of children.

CAREGIVER WELLNESS QUESTIONNAIRE

The following questionnaire will help you become aware of the pressures and stress you may be under as a caregiver.

How true are the following statements?	SELDOM	SOMETIMES	USUALLY
I find I can't get enough rest.			
I don't have enough time for myself.			
I don't have time to be with other family members.			
I feel frustrated or angry.			
I have more physical complaints.			
I don't get out much anymore.			
I have conflicts with my grandchildren.			
I have conflict with other family members.			
I worry about having enough money to make ends meet.			
I don't know enough to care for my grandchildren as I would like.			
I feel guilty about my situation.			

If any of the answer to two or more of the above is true, it may be time to begin looking for help in caring for your grandchildren.

Source: Grandparents Guide; Beatitudes Center D.O.A.R., Phoenix, Arizona

NEED A BREAK?

Call the Kinship Navigator Program at **(419) 725-7039** and consider attending kinship meetings where a meal and children's programming are always provided free of charge!

Medical Services and Wellness

This section discusses primary health care issues, including a childhood immunization schedule. Hospitals and clinics are also listed. Help with your child's disabilities and special needs is covered, including vision, learning and speech disabilities.

Primary Health Care 46
 Health-Related Services 48

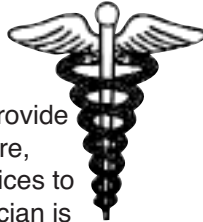
Handy Forms and Guides in this Section:
 Caregiver Wellness Questionnaire 45
 Recommended Childhood Immunization Schedule (2005) 46
 When to Call the Doctor 48

Advertisers Who Offer Services Which Pertain to This Section:
 Buckeye Community Health Plan (BCHP) 47
 Lucas County Mental Health Board 50

Primary Health Care

CHOOSING A DOCTOR

Regular visits with a doctor are key to preventing health problems in children, so it's important to establish a positive relationship between doctor, parent and child. Before choosing a doctor for your child, consider developing a list of candidates and calling each for a get-acquainted interview.



Family physicians: Specially trained to provide continuing and comprehensive medical care, health maintenance and preventative services to each member of the family. A family physician is a specialist who serves as your advocate in all health-related matters, including the appropriate use of consultants, health services and community resources.

Pediatricians: Trained to manage and prevent health problems in infants, children, adolescents and young adults. Pediatric training requires specialized education

after medical school that enables a pediatrician to serve a child's needs from growth and development to nutrition and physical fitness to illnesses and injuries.

Check with your health insurance plan to see if you are required to choose a provider from their approved list. The resource that follows may also help in your search.

Academy of Medicine of Toledo and Lucas County 419-473-3200
4428 SECOR RD., 43623

Contact information for doctors and dentists in Lucas County who will accept payment from Medicaid, Buckeye Community Health Plan or Paramount Advantage can be obtained by calling the numbers below:

Medicaid Service Center 1-800-633-4227

Buckeye Community Health Plan 1-866-246-4358
3130 EXECUTIVE HEALTH PLAN, 43606

RECOMMENDED CHILDHOOD IMMUNIZATION SCHEDULE (2005)

Vaccines are listed under routinely recommended ages. **Bars** indicate range of recommended ages for immunization. Any dose not given at the recommended age should be given as a "catch-up" immunization at any subsequent visit when indicated and feasible. **Ovals** indicate vaccines to be given if previously recommended doses were missed or given earlier than the recommended minimum age.

Vaccine	Birth	1 mo.	2 mos.	4 mos.	6 mos.	12 mos.	15 mos.	18 mos.	24 mos.	4-6 yrs.	11-12 yrs.	13-18 yrs.
Hepatitis		Hep B #1				Hep B #3					Hep B	
Diphtheria, Tetanus, Pertussis			DTaP	DTaP	DTaP		DTaP			DTaP	Td	
H. influenzae type b			Hib	Hib	Hib	Hib						
Inactivated Polio			IPV	IPV	IPV					IPV		
Pneumococcal Conjugate			PCV	PCV	PCV	PCV						
Measles, Mumps, Rubella						MMR				MMR	MMR	
Varicella						Var					Var	
Hepatitis A									Hep A in selected areas			

Approved by the Advisory Committee on Immunization Practices (ACIP), the American Academy of Pediatrics (AAP), and the American Academy of Family Physicians (AAFP).

Paramount Advantage 419-887-2500
1901 INDIAN WOOD CIRCLE, MAUMEE 43537

Numerous dentists will provide dental care to children covered by Buckeye Community Health Plan, Paramount Advantage and Medicaid. The insurance companies will provide lists of dentists in our area.

Dental care will also be provided at:
Children's Dental Center – Lucas County Health Department 419-213-4266
635 N. ERIE, 43624
For children age 18 and under.

Dental Center of Northwest Ohio 419-241-6215
2138 MADISON AVE., 43624

WELL CHILD CARE AND IMMUNIZATIONS

Well child care involves a regular schedule of visits to the doctor to check a child's physical and developmental progress and administer immunizations. Usually a child is seen by a doctor several times within the first couple months after birth, then every three months until 2 years of age, then annually. Talk to your doctor about the appropriate schedule for your child.

Regular checkups by the doctor are an important part of preventive health care as the doctor tracks your child's growth and development and identifies physical problems before they become serious. These visits also allow your child to establish a relationship with his/her health care provider and gives you a chance to discuss issues or ask questions at your child's different developmental points.



Your child will also receive immunizations at these regular checkups with his doctor. These vaccines help children develop immunity against potentially deadly or disabling diseases and also reduce the risk of spreading disease to others.

Health Departments and other organizations offer low-cost or free shots. No one is turned away because of the inability to pay. Many offer well child care clinics or assist with securing prenatal and well child care for infants. Call for clinic days and times.

City of Toledo Health Department 419-213-4100
635 N. ERIE, 43624

Good Samaritan Outreach Center 419-244-0908 or 419-537-9756
1108 BROADWAY, 43609

Healthy Start Healthy Families 419-213-8999
3210 MONROE ST., 43699

Mildred Bayer Clinic for the Homeless 419-241-1554
313 JEFFERSON, 43624



Buckeye Community Health Plan (BCHP) provides healthcare services to those who are eligible for Healthy Start and Healthy Families Medicaid in Lucas County.



BCHP has all the tools our members need to *Grow Healthy. Stay Healthy.* That includes coverage for all medically necessary, Medicaid-covered services. We also provide--at no cost to you--taxicab transportation to and from all member medical appointments.

Would you like to know more about BCHP? Call our Member Services Department toll-free at 1-866-246-4358.

Or, visit us on the web at
www.bchpohio.com

See how we can help your family
Grow Healthy. Stay Healthy.

BCHP-MA-101405-04

Neighborhood Health Association

905 NEBRASKA AVE., 43607
 732 SOUTH AVE., 43609
 117 MAIN ST., 43605
 1127 N. HURON, 43604
 313 JEFFERSON 43604

419-255-7883
419-241-6106
419-691-1322
419-242-6028
419-720-7883

Medical care on a sliding fee scale based on income.

HOSPITALS

Hospitals now provide a wide range of services including emergency assistance, health screening and monitoring programs, rehab, home health care and aides, physician referral and family and pastoral counseling. Neighborhood locations, mobile units, specific disease assessment and treatment centers, as well as hospital ownership of nursing agencies, in-home hospice care, medical equipment and continuing care living facilities warrants the more accurate description of "health care system."

Bay Park Community Hospital **419-690-8700**
 2801 BAY PARK DR., OREGON 43616

Flower Hospital **419-824-1444 or 1-800-866-1827**
 5200 HARROUN RD., 43560

North Coast Behavior Healthcare **419-381-1881**
 930 S. DETROIT AVE., 43614

St. Anne Mercy Hospital **419-407-2580**
 3404 WEST SYLVANIA, 43623

St. Charles Mercy Hospital **419-696-7200**
 2600 NAVARRE AVE., OREGON 43616

St. Luke's Hospital **419-893-5911**
 5901 MONCLOVA RD., MAUMEE 43537

St. Vincent Mercy Medical Center **419-251-3232**
 ONE CALL FOR HEALTH **419-251-1000**
 2213 CHERRY ST., 43608

The Toledo Hospital **419-471-4000**
 2142 N. COVE BLVD., 43606

University of Toledo Hospital
Medical Center **419-383-4000 or 1-800-321-8383**
 3000 ARLINGTON AVE., 43614

Health-Related Services

S“epiclan eesd ”sia g nerelat re mhtad sercbisec ihdler niwhita v raeiyto fhorin cehlahtr-letadec noiditno sushca syctsciffibrosis, sickle cell, diabetes, asthma, or a developmental or behavioral disability.

A developmental disability is a mental or physical impairment, or a combination of both, that first appears during a person's developmental years, before age 22. It usually lasts a lifetime. For many, the disability will substantially restrict their ability to communicate with others, control their body movements and functions,

learn, direct their own lives or live independently.

Examples of conditions that are developmental disabilities are epilepsy, cerebral palsy, mental retardation, spina bifida, specific learning disability, sensory impairments (visual and hearing), autism and Tourette syndrome. These may be caused by a genetic defect, or damage to the brain or central nervous system. Other causes are unknown.

Children with special needs may be assisted by medical treatments and technology for short periods or a lifetime.

The following symptoms in a child should be watched closely. Call your doctor to see if your child needs to be examined:

- Vomiting and diarrhea lasting more than 24 hours in a child younger than 2 years old
- Rash, especially if accompanied by a fever
- Any cough or cold that doesn't get better in seven days, or a cold that worsens
- Cuts that could require stitches
- Limping or not being able to move an arm or leg
- Ear pain or drainage from an ear
- Sharp pains in the abdomen or stomach
- Fever and vomiting at the same time

WHEN TO CALL THE DOCTOR

- Any fever in a baby younger than three months
- Refusing to eat for more than four meals

Call your doctor immediately if you notice any of these symptoms:

- Bleeding that can't be stopped
- Poisoning
- Convulsions
- Difficulty breathing
- High fever
- Head injuries with loss of consciousness
- Gray or ashen skin color
- Blood in the urine
- Prolonged or bloody diarrhea
- Lack of energy or inability to move

When calling the doctor with questions about a sick or injured child, try to have the child near the phone in order to answer the doctor's questions about rashes, fever, the wound, etc. Also be prepared with information about your child's health:

- Take your child's temperature
- Remind the doctor about past medical problems or other medical conditions such as asthma or diabetes
- Mention any medications (prescription and over-the-counter) your child is taking
- Keep your child's immunization record handy

—The American Academy of Pediatrics

Following are resources that provide evaluation, treatment and other interventions for children with disabilities.

Ability Center of Greater Toledo V/TTY 419-885-5733
5605 MONROE ST., SYLVANIA 43560

Assists people with disabilities to live, work and socialize in the community. Provides I & R to services and housing, equipment loan, one-time financial assistance for purchasing equipment or pay service fees related to helping them live independently. Youth services include: educational advocacy, Camp Cricket and youth leadership development.

Bureau for Children with Medical Handicaps

NORTHWEST OHIO REGION 419-245-2840
MAIN OFFICE 614-466-1700
Web site: www.odh.state.oh.us

**“Help Me Grow” Collaborative
Network of Lucas County** 419-251-1823
2238 JEFFERSON AVE., SECOND FL., 43624

**Lucas County Board of Mental Retardation &
Developmental Disabilities** 419-248-3585
2001 COLLINGWOOD BLVD., 43620

ADVOCACY, INFORMATION & SUPPORT

Autism Society of NW Ohio 419-242-9587, ext. 116
241 N. SUPERIOR ST., SECOND FL., 43604
Organization of parents, professionals and others working to promote the general well-being of people with autism.

**Americans with Disabilities Act
Information Line** 1-800-514-0301
Web site: www.usdoj.gov/crt/ada/adahom1.htm
Answers questions about Americans with Disabilities Act.

Disabled Children’s Relief Fund 516-377-1605
Web site: www.dcrf.com
Assistance to obtain wheelchairs, orthopedic braces, walkers, hearing aids, eyeglasses, medical equipment, therapy, and surgery to qualifying children with disabilities (primarily those without health insurance).

Ohio Legal Rights Service 1-800-282-9181
Web site: www.state.oh.us/olrs
Protects and advocates human and legal rights of those with disabilities and mental illness and is independent of any agency providing treatment or services. Reviews complaints to determine if rights were violated; provides advocates, information about rights and benefits and self-advocacy training.

SPEECH AND HEARING

Typical language development in a child includes the following verbal milestones:

- By age 1: Children should begin to master words for things in their world (dog, milk, mama, daddy, hug)
- By age 2: Children should combine several words into sentences with meaning and be able to follow simple instructions.
- By age 3: Children should be able to carry on a conversation and use sentences of five to 10 words.

By age 3, children should have a vocabulary of about 900 words, growing to 2,000 words by 5–6 years. Although they speak clearly, children may have problems with pronunciation and stuttering. These problems are usually temporary and a normal part of development. If you have concerns, talk to your child’s doctor.



The following organizations offer speech services provided by licensed and certified speech pathologists including speech and language therapy for children.

**Speech and Hearing Clinic,
Bowling Green State University** 419-372-2515
RM. 200, HEALTH CENTER, 43403

St Luke’s Hospital 419-893-5911
5901 MONCLOVA RD., 43537

Toledo Children’s Hospital 419-471-4218
2142 N. COVE BLVD., 43606
Has earned the Joint Commission’s Gold Seal of Approval. Training and experience in child psychology. Board Certified staff understand that children’s health care needs are different from adults.

Toledo Hearing and Speech Center 419-241-6219
3148 W. CENTRAL, 43606
Provides diagnosis and treatment for communication disorders. Offers a full range of hearing services including testing, hearing aid fittings, and assistive listening devices. Also provides Speech-Language and Occupational therapy assessments and therapy treatment services. Early morning and evening appointments available.

If your child has an undiagnosed hearing loss, many important learning experiences may be missed. Hearing is important to social and intellectual development, including speech, language and learning skills, in infants and children. If you suspect that your child is not hearing normally, request a hearing test from an audiologist.

Kinship Navigator Program 419-725-7042

CAREGIVER TIP

Why would I want to attend a Kinship Club? If you are raising a child in your extended family, attending a Kinship Club can help you feel less alone and more in control of your life. By talking with others who share their experiences in coping with the situation, you may learn useful information and tips to help you with the problems and decisions you will face.

VISION

The best way to find out if your child's vision is normal is through regular eye exams—shortly after birth, at six months of age, before starting school (age 4–5) and periodically as he grows.

If your baby can't make steady eye contact by two to three months of age, you should contact your child's doctor. Some vision warning signs for kids of all ages include eyes turning inward (crossing) or outward, squinting or fluttering eyes, dizziness or headaches, blurred or double vision, watery or red eyes, a white, grayish-white or yellow pupil, droopy eye-lids or sensitivity to light. If you need assistance, contact the following:

**Bureau of Services for
The Visually Impaired** 419-866-5811
5533 SOUTHWYCK, STE. 101

National Federation of The Blind 410-659-9314
www.nfb.org

Prevent Blindness America—Ohio 1-800-331-2020
Web site: www.preventblindness.org/Ohio/

The Sight Center 419-241-1183 or 1-800-624-8378
TOLEDO SOCIETY FOR THE BLIND,
1819 CANTON AVE., TOLEDO 43624

A low vision exam by a specially trained optometrist can be provided and, if necessary, training with low vision devices (magnifiers, spectacles, telescopes, closed circuit television systems). In addition, assessment and instruction in daily living skills are available for children with visual impairments. To be eligible for services, you must reside within one of our 23 services

Please call us at 419-213-4618
during business hours or at
419-255-9585
for crisis care
at any time.



We can help...

*Connecting Point
Catholic Charities
Family Service of NW Ohio
Harbor • Lutheran Social Services
Rescue • Unison*

www.lucascountymhb.org

counties. Fees vary per service. Some are offered at a reduced charge with verification of income. Third party payments are accepted from Ohio Rehabilitation Services Commission, school systems, Medicare, Medicaid, selected HMO's, and private insurance plans.

MENTAL HEALTH

Maintaining good family relationships sometimes requires a lot of effort. Family conflict can result from developmental problems, stressful life situations or difficulties with the child's or parent's temperament. In addition, severe family problems, such as physical, emotional or sexual abuse, usually require professional guidance to work through. Behavioral and emotional problems with children are often categorized as conduct disorders. Children with conduct problems may act aggressively toward people and animals, destroy property, lie or steal and/or commit other serious violations of rules and laws. Many factors may lead to a child developing conduct disorders, including brain damage, child abuse, defects in growth, school failure and negative family and social experiences. Without treatment, many of these youngsters are unable to adapt to the demands of adulthood and continue to have problems throughout their lives.

If you are worried about your child's emotions or behavior, consult with your child's doctor or school counselor. The following resources may prove helpful.

NAMI Toledo 419-243-1119
ONE STRANAHAN SQ., STE. 560, 43604

Lucas County Mental Health Board
ENROLLMENT CENTER 419-213-4600
701 ADAMS, STE. 800, 43624

ATTENTION DEFICIT DISORDER

Attention Deficit Disorder is a neurobiological disability that interferes with a person's ability to sustain attention or focus on a task and to delay impulsive behavior. It is not a learning disability, but a behavioral problem. Children with Attention Deficit Disorder are not unable to learn, but they do have difficulty performing in school due to poor organization, impulsivity and inattention. However, some children with Attention Deficit Disorder also have a learning disability, further complicating identification and treatment.

Attention Deficit Disorder is much more common in boys than in girls. Characteristics are chronic, with an onset before age 7. Some children have Attention Deficit Disorder without hyperactivity and may appear sluggish, unmotivated and are often labeled lazy.

Contact the following **National Organizations** for more information about diagnosis and treatment of this complex disorder.

Attention Deficit Disorder Action Group 212-769-2457

Web site: www.addgroup.org/

Provides information on alternative treatments for attention deficit disorder, learning differences, hyperactivity, dyslexia and autism.

Children and Adults with Attention Deficit Disorder Association 1-800-233-4050

Web site: www.chadd.org

Provides family support and advocacy, public and professional education and encouragement of scientific and educational research.

Double ARC 419-479-3060, ext. 6

3837 SECOR RD., 43623

Web Site: www.doublarc.org

Double ARC serves children with Fetal Alcohol Spectrum Disorders (FASD). Services include workshops, one-on-one consultation, advocacy, and parent support group. Double ARC also coordinates an FASD diagnostic team. Contact Double ARC, the region's leader in FASD information and strategies, at (419) 479-3060 or visit our website listed above.

EATING DISORDERS

Eating disorders occur when people have an irrational fear of being fat. Their behaviors accommodate an unrealistic self-image, which often stems from low self-esteem and other psychological problems. The two most common eating disorders are anorexia nervosa and bulimia nervosa. Anorexia is self-starvation. Bulimia is a disorder in which a person eats large amounts of food (binging) and then rids the body of that food before it can be absorbed (purging).

Although many teenagers are successful in hiding these serious and sometimes fatal disorders, warning signs include:

- Severe dieting with dramatic weight fluctuations
- Use of diuretics and/or laxatives to keep weight off.
- Running water while spending long periods of time in the bathroom (to hide signs of vomiting).

If you suspect your child has an eating disorder, seek medical advice. The following **National Organizations** can also provide information about eating disorders.

American Anorexia and Bulimia Association 212-575-6200

Web site: www.aabainc.org

National Association of Anorexia Nervosa and Associated Disorders 1-847-831-3438

Web site: www.anad.org

All services are free.

SUBSTANCE USE AND ABUSE

There is wide use of alcohol and other drugs by teenagers. Many youth will “experiment” as a rite of passage. Others will continue to use alcohol and drugs and could develop a dependency and be destructive to themselves and others. Children are pressured to try drugs at younger ages than ever before. Other lethal and illegal substances are abused. However, the drug most commonly overlooked is the one most commonly abused—alcohol.

Alcohol is a so-called “gateway drug” through which children first experience intoxication. Many young people drink to escape problems. Others use alcohol as a way to fit in with their peer group or to reduce their social uneasiness.

Marijuana continues to be popular among many young people, who falsely consider it a “safe drug.” Because of the substances found in marijuana, it not only clouds judgement, it can also have health effects on the brain, heart, lungs, immune system and sexual organs.

Inhalants are chemicals and poisons that are voluntarily inhaled (“sniffed” and “huffed”). They are often the substances of choice to abuse by preteens because they are inexpensive and readily available.

Hallucinogens (LSD, mushrooms, peyote), stimulants (crack, cocaine), depressants (barbiturates, tranquilizers) and narcotic analgesics (morphine, codeine, heroin) are mind-altering drugs that are abused to produce a variety of effects.

The following organizations provide services and support:

Adelante, Inc. 419-244-8440
520 BROADWAY ST., 43602

Al-Anon/Alateen 419-382-5513
834 STARR AVE., 43600

Alcohol & Drug Addiction Services Board of Lucas County 419-213-4235
701 ADAMS ST., STE. 820, 43624

Children of Alcoholics
Web Site: www.coaf.org
Helpful information for kinship caregivers can be found on this web site.

COMPASS 419-867-9966
1150 S. McCORD, STE. 101, HOLLAND 43528
Alcohol and drug addiction treatment. Assessment, group and family sessions; intensive outpatient programs.

Substance Abuse Services, Inc. 419-243-7274
1832 ADAMS ST., 43624

Urban Minority Alcoholism and Drug Abuse Outreach Program 419-255-4444
2447 NEBRASKA AVE., 43607

Kinship Navigator Program 419-725-7042

We'd love to hear from you!

The AOoA values your opinion. If you work in an agency that provides services to families, let us know how you like this guide, how you use it and how we can improve it in future years to be of better service. We'd also like to know more about you and the services you provide for kinship families.

Please take a moment and fill out the following form and mail or fax it to:

■ Area Office on Aging of Northwestern Ohio, Inc., 2155 Arlington Ave., Toledo OH 43609

■ Phone (419) 382-0624 or (800) 472-7277

■ Fax (419) 382-4560

Name of Agency _____

Address _____

City _____ County _____

Area Served _____

Agency Branch Offices _____

Phone _____ Fax _____ E-mail _____

Director _____ Contact Person _____

Eligibility _____

Funded By _____

Fees _____

Hours of Operation _____

Accessibility _____

Intake Procedures _____

Description of Services _____

Please check all that apply:

- | | | |
|--|--|---|
| <input type="checkbox"/> Advocacy | <input type="checkbox"/> Education | <input type="checkbox"/> Ohio Works First Program |
| <input type="checkbox"/> Babysitting/Occasional Care | <input type="checkbox"/> Guardianship | <input type="checkbox"/> Public Assistance |
| <input type="checkbox"/> Child Care | <input type="checkbox"/> Health Care | <input type="checkbox"/> Recreation |
| <input type="checkbox"/> Child Only Benefits | <input type="checkbox"/> Health Screening | <input type="checkbox"/> Referral/General Information |
| <input type="checkbox"/> Child Support | <input type="checkbox"/> Health Treatment | <input type="checkbox"/> Spiritual Growth |
| <input type="checkbox"/> Children's Activities | <input type="checkbox"/> Home Weatherization | <input type="checkbox"/> Sports and Fitness |
| <input type="checkbox"/> Clothing | <input type="checkbox"/> Housing Resources | <input type="checkbox"/> Volunteer Opportunities |
| <input type="checkbox"/> Counseling | <input type="checkbox"/> Immunizations | <input type="checkbox"/> Wills and Trusts |
| <input type="checkbox"/> Custody Issues | <input type="checkbox"/> Legal Assistance | |
| <input type="checkbox"/> Disabilities/Special Needs | <input type="checkbox"/> Mental Health | |

TOLEDO SERVICE ORGANIZATIONS – RECREATION

Big Brothers Big Sisters 419-243-4600
ONE STRANAHAN SQ., STE. 252, 43604

Making a positive impact on children’s lives for 65 years by providing mentoring relationships. The role of Big Brothers Big Sisters is to be an adult friend, to broaden the horizons of children and to help foster self-confidence, achievement and competence enabling “Littles” to pursue their dreams.

Boys and Girls Clubs of Toledo 419-241-4258
2250 N. DETROIT AVE., 43606

A club for children between age 7-18, providing a variety of recreational, athletic, and educational activities. Operates a summer camp offering six-day trips to a resident camp in Michigan for an extra fee.

Boy Scouts of America, Erie Shores Council 419-241-7293
ONE STRANAHAN SQUARE, STE. 226, 43604

Offers a variety of recreational and developmental programs, including:
Tiger Cubs & Cub Scouts: Program for boys age 6-10. A year-round home-centered program emphasizing involvement between boys and their parents, boys and their leaders, boys and their friends.
Boy Scouts: Program for boys age 11-17. Offers a program designed to build desirable qualities of character, citizenship and personal fitness.
Venturing: Program for boys and girls age 13-20. Youth learn leadership, team building and participate in high adventure.
Exploring: Program for young men and women of high school age. The purpose of exploring is to provide a program that will meet the needs, desires and concerns of the next generation of citizens.
Resident Camp: Week-long and weekends. Summer session held at two locations for children age 8-18. Special weekend sessions held for children and an adult partner. Cost \$95-105 per week.
Day Camp: For boys age 8-18. Five sessions throughout the summer. Cost \$65 a week per child. There is a special family night on Thursday.

Girl Scouts, Maumee Valley Council, Inc. 419-243-8216
2244 COLLINGWOOD BLVD., 43620

Girl Scouting offers girls age 5-17 an informal educational and recreational program in partnership with adult role models. In traditional troops and through outreach programs All-Girl programs include resident camp, day camp, specialty programs and outreach efforts.

Continues on next page

Recreation

This section covers organizations and facilities that provide recreational, educational and developmental opportunities for children of all ages and their caregivers. . .it’s about community fun and adventure.

Outdoor Fun 54
 Arts, Culture and Science 56
 Sports and Fitness 58

Handy Forms and Guides in this Section

Toledo Service Organizations–
 Recreation 53
 How Healthy is Your Diet? 58
 The Right Sport at the Right Time–
 Helping Your Child Choose 58-59

Kinship Navigator Program 419-725-7042

Continues from previous page

Salvation Army, Toledo Area Office 419-241-1138
620 N. ERIE ST., 43697

Offers recreational and enrichment programs:
Summer Enrichment Program: Youth programs are expanded and intensified to concentrate on urban youth out of school during the summer months. Activities include games with non-fail situations, arts and crafts, field trips, films, etc.
Resident Camp: Children from ages 7-12 attend an overnight camp at The Salvation Army Camp NEOSA. This certified camp includes swimming, arts and crafts, outdoor recreation, group and individual skill and interest sessions.
Athletics: Organized sports in softball, football, basketball and track at their three locations.

YMCA of Greater Toledo 419-729-8135
1500 N. SUPERIOR ST., 43604

Outdoor Fun

Whether it's a sunny day at the park or a rainy day trip to a local museum, the Toledo area offers a range of cultural and community activities to educate and entertain. Check out the newspaper for announcements of family-friendly community events, special fairs, festivals and celebrations held throughout the year. You can also use Toledo.com, a website that provides community-based information and is accessible 24 hours a day. It features local events in a calendar format for easy review and scheduling.

Toledo.com 419-776-7000
425 JEFFERSON, 43604
Web site: www.toledo.com

TOLEDO DEPARTMENT OF PARKS

In addition to county and state parks, Toledo maintains many wonderful parks ranging from small neighborhood parks with playground equipment to larger parks with civic centers that host athletic, recreational and holiday events.

**Toledo Department of Parks,
Recreation & Forestry** 419-936-2875
2201 OTTAWA DR., 43606

The Toledo Department of Parks, Recreation & Forestry maintains 144 parks and multiple recreation programs. Its Division of Recreation sponsors, co-sponsors and assists over 60 special events annually including: Pumpkinarama, Winter Festival, Easter Xtravaganza, Senior Dances, Skate with Santa, and Mascot Skate. Athletic facilities include 81 baseball/softball diamonds, 90 tennis courts, and 19 soccer/football fields.

Children's Park: Located across from one of Toledo's major gateways, the Central Union Plaza. It is uniquely designed to honor the children of the Toledo area. This new family-friendly park contains a children's

Services provided include:

Camping: YMCA Storer Camps provide a resident camping program at a 1000-acre camp site near Napoleon, Michigan. Additionally, Outdoor Education Programs are conducted here during the school months.
Aquatics: Instruction in preschool, YMCA progressive swimming, water safety, water exercise, as well as competitive aquatics. Pools are available at four YMCA facilities throughout the Toledo area.
Day Camp Program: Offers nature studies, trips, crafts, games, swimming and value education in a park setting. Five days a week for eight to 10 weeks during the summer, ages 3-13.
Health and Physical Education: Facilities available for group or individual programs for running/jogging, exercise rooms, weight apparatus, swimming pool, skilled instruction for swimming, basketball, volleyball, soccer, football, softball, tennis, handball, racquetball, squash, judo and karate.

garden, a grove of trees and an interactive water sculpture court. Honor a special child in your life by purchasing a tree, a park bench or an engraved brick to be displayed permanently in a park designed specifically to recognize the children of Toledo.
Athletics: Provides a comprehensive schedule of organized sport programs (basketball, volleyball, baseball, softball, tennis, shuffleboard, horseshoes, soccer, etc.) for Toledo's youth and adults throughout the calendar year (contact 419-936-2877).

Boating: A lifetime sport and leisure activity that can be enjoyed by people of all ages. Adults, senior citizens and young people (10 years and older) all have a place at the Community Boating Education Center, located at Walbridge Park on Broadway, across from the Toledo Zoo. Groups, individuals and families are all welcome to experience the fun of boating. The only requirement is that participants be confident swimmers (contact 419-936-3848).

Nature Education: Award-winning nature education programs for school groups by reservation only. Summer Nature Camps at Ottawa Park, Greenwood Park and Highland Park. These summer day camps are for children age 7-12. This program enrolls 25 children, Monday through Friday, 9 a.m. -5 p.m. for five days of exploration, discovery and adventure. Each day is devoted to a different ecology topic. A two-day summer activity camp is available for 13- and 14-year-olds (contact 419-936-2876).

Tennis: Courts are available at Jermain Park and Ottawa Park for "Youth Tennis," designed to teach basic skills quickly to new players in a group setting; 5-18 age group participants will receive certificates of completion. All levels are Tuesdays and Saturdays at Jermain Park.

Ages 5 & under: \$5; 9-9:30 a.m.
 Ages 6 and 7: \$15; 9:45-11 a.m.
 Ages 8 to 11: \$15; 11 a.m. -12:30 p.m.
 Ages 12 to 18: \$15; 1-2 p.m.
 (contact 419-936-2881)

Swimming Pools: Swimming is available at any of the following city pools.

CITY SWIMMING POOLS

Complex Pools (large pools with diving boards) are open to all ages Tuesday through Sunday, noon to 6 P.M. Pools are closed during the winter months. Youth seven years and under must be accompanied by an adult. Fees vary according to age.

- | | |
|---------------------|---------------------|
| Detwiler | 419-936-3417 |
| 3901 290TH ST. | |
| Highland | 419-936-2865 |
| 1800 SOUTH ST. | |
| Ravine | 419-936-3014 |
| 90 DEARBORN AVE. | |
| Willys | 419-936-2928 |
| 1375 HILLCREST AVE. | |

The Intermediate Pool is open to all ages Tuesday through Sunday, noon to 6 P.M. The pool is closed during the winter months. Youth seven years and under must be accompanied by an adult. All ages are free.

- | | |
|------------------|---------------------|
| Roosevelt | 419-936-2501 |
| 910 DORR ST. | |

Junior Pools are open to ages 13 and under, Monday through Saturday, noon to 6 P.M. The pools are closed during the winter months. Youth seven years and under must be accompanied by an adult. All ages are free.

- | | |
|-------------------|---------------------|
| Ashley | 419-936-2503 |
| 141 KNOWER ST. | |
| Collins | 419-936-3013 |
| 624 REINECK DR. | |
| Navarre | 419-936-3064 |
| 1001 WHITE ST. | |
| Pickford | 419-936-2863 |
| 3000 MEDFORD DR. | |
| Jamie Farr | 419-936-3072 |
| 2000 SUMMIT ST. | |
| Savage | 419-936-2502 |
| 645 VANCE ST. | |
| Wilson | 419-936-3071 |
| 3253 OTTO ST. | |

STATE PARKS

For recorded information on Ohio State Parks near Toledo, call 614-265-7000. For information or to make reservations for special packages and events at the Ohio State Resort Parks, call 1-800-282-7275.

METROPARKS OF TOLEDO

The Toledo Metroparks are safe, clean, close-to-home areas where natural wonders can be discovered in what is virtually your own back yard. They are metropolitan Toledo's remaining "wild places"—sand dunes, prairies, upland woods, swamp forests, floodplains, meadows, ponds and streams—where nature is preserved much as our early settlers found it.

Metroparks offer places for grandparents/kinship caregivers and their children to escape from the hustle and rattle of the world. Pick a park and enjoy a pleasant walk or an invigorating jog, a picnic, program, or just relax a while on a park bench. And don't forget to consider cross-country skiing, snowshoeing, ice skating, fishing, hiking, nature photography, and canoeing, to name a few more activities.

Metroparks of Toledo **419-535-3050**
 5100 W. CENTRAL AVE., 43615

Encompasses nine natural area parks totalling over 6,700 acres. Each Metropark has something all its own to enjoy. Together they provide residents with a wealth of opportunities for enjoying the outdoors. Every Metropark offers natural areas with walking trails and picnic facilities, including many with play equipment and shelters. Many Metroparks have trails with improved surfaces ideal for bicycling and jogging. Two hiking trails—the Towpath Trail along the Maumee River and the 17-mile Trail in Oak Openings Preserve—take a day or more to complete. In winter, when snow conditions permit, some Metroparks remain open beyond normal closing time to allow night skating; a special phone line is established each winter for callers to obtain information.

The main park locations are:

Bend View, Farnsworth and Providence

141 KNOWER ST.

Interconnected by the Towpath Trail along the Maumee River. Call 419-832-6004 for information.

Oak Openings 419-407-9747

4139 GIRDHAM RD.

Pearson 419-407-9714

4600 STARR AVE.

Providence 419-832-6004

US STATE RTE. 24, GRAND RAPIDS

Secor 419-407-9756

10001 W. CENTRAL AVE.

Side Cut 419-407-9731

1025 W. RIVER RD.

Swan Creek 419-407-9750

4659 AIRPORT HWY.

Wildwood 419-407-9700

5100 W. CENTRAL AVE.

Kinship Navigator Program **419-725-7042**

MORE OUTDOOR FUN

Toledo Botanical Garden

419-936-2986

5403 ELMER DR., 43615

The Toledo Botanical Garden encompasses approximately sixty acres. The Garden offers programs in the arts, horticulture and the environment. In addition, the 19 nonprofit arts, horticultural and environmental groups which call the Garden home also offer classes and programs.

Programs for children include:

Early Sprouts: Designed specifically for preschoolers and kindergartners. The environment comes alive with puppets, costumes, and other interactive play techniques, creating an atmosphere of easy learning. The skills of observation and theory formation are fostered as an extension of play and curiosity. Classes offered September through May on both a.m. and p.m., on weekdays for 90 minutes. A fee of \$70 is charged (contact 419-936-2969).

School Age: The Garden is an ideal setting for school

children pre-K through grade 6 during the school year. Students will learn about plants, history, and nature in an outdoor, living laboratory. They might dress in pioneer clothes and use traditional pioneer tools or might compare the differences between beaks to determine what types of food birds eat. Each program will provide a hands-on activity that can be incorporated or continued in the classroom. Best of all, the Children's Education Programs are designed to focus on concepts that are covered by State of Ohio proficiency exams. A \$70 fee is charged (contact 419-936-2969).

The Toledo Zoo

419-385-5721

2700 BROADWAY, 43609

A visit to The Toledo Zoo is a great adventure for children of all ages. There are many specialized programs including preschool offerings like "Animal Tales." These are held on selected weekdays at times ranging from 9-11 a.m., aimed at ages 3-4, accompanied by an adult. Programs for school-age children are also available on a rotating basis. For information contact the Zoo Hot Line, 419-385-4040.

Arts, Culture and Science

Creative activities, such as art, history, music, theater, and the visual arts, are important to the development and growth of all children. Educators agree that involving children in such activities helps them learn about the world and about themselves. A wealth of long-established cultural institutions and arts organizations exist in the Toledo area. Give your children the chance to develop a lifelong love of the arts by exposing them to these enriching activities.

Toledo Museum of Art

419-255-8000 or 1-800-644-6862

2445 MONROE ST., 43620

Admission to the Museum is free at all times. Special exhibitions or events may require purchased tickets. The Museum galleries are fully accessible. Wheelchairs and strollers are available free of charge at each entrance. Backpacks are not allowed in the Museum. There is a Museum Store on the ground floor lobby featuring a wide variety of art books, including specific artists and eras, and basic art instructional titles. The Museum offers Young Artists classes in a number of areas. These programs often include the art supplies needed by the children.

Early Childhood Programs: Classes are on Fridays and Saturdays in both the a.m. and p.m. Sample topics, which change during the year, include African Adventure, Modern Art and Best Dressed. Ages 3-5 require an adult companion. Fees are \$40-48 for six, 1-1/2 hour sessions.



Young Artist Program for Ages 7-12: Classes are given from 4-6 p.m. on Tuesday and Wednesday for 12 weeks. Sample subjects include Beginning and Intermediate Oil Painting, Printmaking. Fees vary between \$108-127.

Young Artist Program for Ages 13-18: These classes are given from 4-6 p.m. on Wednesdays for 12 weeks. Sample subjects include Computer Graphics, Drawing, and Metalsmithing. Fees vary between \$108-127.

Young Artist Program, Weekend for Grades 1-12: With topics appropriate to each age group. Classes are on 12 Saturdays, generally from 10 a.m. -noon and 12:30 -2:30 p.m. Fees vary between \$81-127. (For Young Artist Programs, call 419-254-5080).

The Toledo Symphony

419-241-1272

1838 PARKWOOD, STE. 310, 43624

Provides many opportunities for area youth, ranging from the Young People's Concert series, which is attended by approximately 15,000 children annually, to side-by-side concerts, where members of the Toledo Youth Orchestra perform a concert along with the members of the Symphony. The Symphony offers extensive opportunities for economically challenged youth through our Community Music Lessons Program at local clubs, like Boys and Girls Clubs. Adelente, and Chance for Change. Symphony musicians teach free music appreciation classes geared specifically to a concert on the Classics series, and the students then attend the concert. For younger children, the Symphony offers a formal Suzuki Violin program, which is taught by a member of the

orchestra who is a certified teacher, at area preschools. The students do their lessons and practice as part of their daily routine at the school. For those not interested in violin, there is a similar Kindermusik program that is a general introduction to the world of music.

The Symphony also programs Family Concerts. For high school students, the Symphony provides special concerts at the students' schools that involve preparation by symphony personnel and a formal performance at the school, as well as the annual Young Artists' Competition, which is sponsored and run by the Symphony League, the volunteer support organization. Winners of the competition perform a solo with the orchestra on a regular subscription series concert, and also receive scholarship awards. All of these programs are provided at exceptionally low or no cost due to the generosity of the individuals, businesses, and institutions in the Toledo area, the state of Ohio and Ohio Arts Council and the National Endowment for the Arts, and other national foundations.

Community Music Lesson Program: The Toledo Symphony Community Lesson Program exists to provide opportunities for free and low-cost musical training to school-age residents of the Toledo metropolitan area who demonstrate an interest in music and have economic need. Beyond the goals of improved technical abilities and artistic development, the program provides regular interaction with adult mentors that will inspire the creativity of participants and build their confidence and self-reliance to help develop a positive personal image, providing an expanded view of the world where anything is possible. (Contact 419-418-0037).

Performing Arts Council of Toledo, Inc. 419-241-3777

ONE SEAGATE PL., 43604

The Performing Arts Council's primary function is to support the performing arts in the Toledo area. Contact this organization to learn about performing arts events suitable for children.

COSI Toledo

419-244-2674

1 DISCOVERY WAY, 43604 (SUMMIT AND ADAMS STS.)

Web site: www.cosi.org

COSI is a dynamic center of hands-on science, learning and fun where visitors enjoy extraordinary learning opportunities as they are immersed in hands-on, larger-than-life experiences. A COSI Toledo membership is your key to year-round hands-on science, fun and value. Enjoy world-class exhibits, top-notch educational programs, unique events, and constant surprises as part of the COSI family. Becoming a member is easy. Purchase your membership at the Visitor Service Desk during your next visit to COSI. **Up Close:** COSI also offers a youth program, Up Close, for young people ages 13 -15. It is a youth development initiative designed to provide youth from under-served populations access to opportunities in science, math and technology. For details, please contact the Youth Program Supervisor at 419-244-2674, ext. 238.

Membership categories and their annual fees are:

Grandparent: \$55; Admits two grandparents and their grandchildren 14 years of age and younger when accompanied by a grandparent.

Family: \$65; Admits two adults and their dependent children 14 years of age and younger in the same household.

Hours of operation are Monday through Saturday, 10 A.M.-5 P.M.; Sunday, noon-5 P.M. Open every day except New Year's Day, Easter Sunday, Thanksgiving Day, Christmas Eve and Christmas Day. Strollers and wheelchairs are available on a first-come, first-served basis. Family restrooms with baby changing areas are available.

Common Space Center for Creativity 419-531-2046

1700 N. REYNOLDS

Saturday art club, 9:30 A.M.-noon. \$7.00 per person.

Painting, drawing, and clay, \$2.00 per person.



Children's Theatre Workshop 419-244-5061

The Toledo Repertoire Theatre 419-243-9277

16 TENTH ST., 43624

Classes and theatrical opportunities offered for children, teens and adults.

The Right Sport at the Right Time

	BASEBALL	FOOTBALL	RUNNING	VOLLEYBALL
Start-up Age Range	Tee-ball: 6–8 years old Softball: 8–10 years old Hardball: 8–10 years old	Touch/Flag: 8–10 years old Tackle: 10–14 years old	8–12 years old	8–10 years old
Benefits	A lifetime team sport. Helps develop coordination, balance and fundamental motor skills that are transferable to other sports.	Teaches teamwork, as long as emphasis is not placed on sheer aggression. Also teaches running and tackling skills. Great fitness benefits.	Lifetime activity that can be done anywhere. Develops overall fitness and endurance.	Develops upper body and leg strength as well as hand-eye coordination. Fosters cooperation and social skills. Great lifetime potential.
Injury Potential	Low in slow-pitch but higher in fast-pitch. Moderate risk of getting hit with a ball or bat. Overuse injuries of the elbow and shoulder a risk. Pitchers shouldn't pitch for more than 2–3 innings a game or on consecutive days.	Low to moderate for tag football. Moderate in tackle football prior to puberty. High after puberty. Strained or pulled muscles and sprains are possible. Risk of contact injuries exists, along with those due to poorly fitting equipment.	Overuse injuries to shins, knees and hips a serious problem for kids who run a lot. Compression injuries and sprained ankles a possibility.	Low. Knee and ankle injuries result from inadequate strength and flexibility; finger injuries from inappropriate technique or using ball that is too large and heavy.
Physical Considerations	Requires hand-eye coordination and the ability to hang onto a bat once it has been swung. Power, strength, agility and speed are important. Must be able to bat a pitched ball and throw accurately. Groupings by ability level advisable.	Although strength, running and perceptual skills are required, those lacking coordination, speed or endurance may still be able to play certain positions. Grouping should be by size: short, light players playing ends and backs; heavier, slower ones playing the line.	Good for late maturers who lack speed and agility and who may not enjoy team sports. Young children may tire easily but recover more quickly than adults. Competition can start at age 10 if distances are not over one mile at a stretch. Aerobic capacity needed.	Agility, hand-eye coordination and jumping ability are important. Tall individuals may be more successful, although lack of height can be compensated for by position.
Social and Emotional Considerations	Highly competitive sport, draws team-spirited kids who have strong self-esteem and are comfortable with individual attention. Boys and girls can participate together.	Socially desirable sport that attracts youngsters who like group activities. Children must enjoy physical contact and be able to play a specific role.	Usually attracts introverted youngsters who are comfortable being alone. Can be cooperative or competitive. Pace for the recreational athlete is self-determined.	Good for gregarious, outgoing individuals who like to participate in group activities and take on specific roles.
Safety Requirements	Properly fitting helmets with face guards should be worn for batting and base running. Child-size bats, shin guards, chest protectors, cups (for boys), and rubber cleats advisable. For younger participants, use reduced playing fields and inspect them for dangerous obstacles such as glass.	Protective gear— including properly fitting helmets and shoulder pads— should be worn during practice as well as games. Helmet should be checked for safety every year. Tackling and lower-body blocking should be prohibited until age 14.	Well-cushioned footwear and appropriate outerwear to protect against the elements are necessary. Fluids should be provided. Distance should be limited to less than 25 miles a week.	Knee and elbow pads help prevent injury. Courts should be clean, dry and in good condition. Lower nets, smaller courts and smaller balls recommended for young participants.
National Resources/ Governing Bodies for information, referral and publications about the sport	USA Baseball (919) 474-8721; www.usabaseball.com Amateur Softball Association (405) 424-5266; www.softball.org; www.ohiosoftball.com 	POP Warner Football (215) 752-2691; www.popwarner.com	USA Track & Field (317) 261-0500; www.usatf.org 	US Volleyball Association (719) 228-6800; www.usavolleyball.org

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...Helping Your Child Choose

GYMNASTICS	SKATING	SOCCER	BASKETBALL	
3–10 years old	5–7 years old	6–8 years old	7–9 years old	Start-up Age Range
Develops strength, flexibility and body awareness. Instills confidence and discipline. Promotes movement exercise that involves all body parts. Ability groupings available for all ages.	Ice, roller and in-line skating are lifetime fitness sports that promote endurance, creativity and assist in developing balance and coordination skills. Good family and social activity.	Promotes teamwork and builds endurance, eye-foot and body coordination, and aerobic conditioning. Great fitness sport to carry into adulthood.	Good physical fitness activity that demands high levels of team cooperation. Develops hand-eye and body coordination. Provides a solid cardiovascular workout.	Benefits
Low except at the high competitive level. Overuse injuries, especially of the hands, wrists and spine, are a problem because of long hours of practice. Falls also add to high injury rate.	Overuse injuries to spine, hip and pelvis area, and knees and ankles. Moderate for roller. Injuries to wrists, knees and elbows are common due to falls.	Moderate risk mostly due to kicks in the shin and head injuries caused by collisions. Strong possibility of overuse injuries to the knees, although hip, pelvis, ankles, feet and shins are also at risk. Other injuries are usually related to poor fitness.	Low to moderate. Potential for overuse and trauma injuries to feet, ankles, knees and fingers. Collisions and falls are also a risk. Increasing incidence of shin splints is attributable to synthetic surface courts.	Injury Potential
Requires body strength, especially in the arms and legs. Builds on existing flexibility and balance.	Balance and ankle strength required. Ability groupings are more appropriate than age groupings.	Endurance, agility, leg strength helpful. Child should be able to stand on one foot and swing the other without falling. Ability and size groupings preferable to age groupings.	Speed, agility, body coordination and aerobic capacity important. Short children or those who are slow on their feet may have trouble; practice and position on team can compensate. Coed teams work well if all participants have comparable experience.	Physical Considerations
Attracts youngsters who enjoy small or large individual progressions being appreciated and those who enjoy having their performance observed. May help children with poor body image.	Good social activity. Competitive participants must be self-disciplined and comfortable with individual attention. In-line skating tends to attract youngsters who are healthy risk-takers.	Attracts more gregarious types who like group activities. Allows less talented athletes a chance to participate in a team sport without being singled out for their performance.	Good for team players. Boys and girls can play together until age 12, at which point boys have more power. A mismatch can lead to injury.	Social and Emotional Considerations
Program should provide appropriate spotting, padded vertical supports and standards, well-maintained apparatus and mats. Crash pads should be available for all equipment over three feet. Chalk and gloves should be available to prevent blisters.	Skates should have adequate ankle support. Clothing should provide full body coverage and ease of movement as well as protection from the elements if outdoors. Roller skaters need elbow and knee pads, headgear and wrist guards. Children should be taught how to fall.	Shin guards and good shoes with rubber, soccer-style cleats are essential. Mouth guards should be worn. Goals should be adequately padded. Young players should use smaller balls on reduced fields. Check fields for glass and other dangerous obstacles.	Shoes should provide traction. Floors should be clean, dry and in good condition. Young participants should play on shortened courts with lower baskets and smaller balls.	Safety Requirements
USA Gymnastics USA Trampoline & Tumbling (317) 237-5050; www.usa-gymnastics.org	USA Roller Sports (402) 483-7551; www.usarollersports.com US Figure Skating Association (719) 635-5200; www.usfsa.org	US Soccer (312) 808-1300; www.ussoccer.com American Youth Soccer Org. (800) 872-2976; www.soccer.org US Youth Soccer Association (800) 4-SOCCER; www.usysa.org Northwest Ohio Youth Soccer www.nwoysl.org	USA Basketball (719) 590-4800; www.usabasketball.com	National Resources/ Governing Bodies for information, referral and publications about the sport



Sports and Fitness

It only makes sense to encourage good health in children through physical fitness. Physical activity strengthens bones, relieves stress, wards off heart disease and high blood pressure and helps children maintain an appropriate weight. By participating in sports, kids also learn teamwork, cooperation, discipline and self-esteem; spend time with friends and meet new ones; and have fun.

In addition to the local sources identified at the beginning of this section, NATIONAL ORGANIZATIONS include:

National Alliance for Youth Sports 1-800-729-2057

Web site: www.nays.org

Comprised of: The National Clearinghouse for Youth Sports Information; National Youth Sports Coaches Association; National Youth Sports Officials Association; National Institute for Youth Sports Administration; and a Parents Association for youth sports.

HOW HEALTHY IS YOUR DIET?

In a typical week, do you eat:	YES	NO
1. Two 3-ounce servings of lean meat, fish, turkey, chicken or dried beans or peas everyday?		
2. Two servings of milk, cheese or yogurt everyday?		
3. Two kinds of fruit or juice everyday?		
4. Three different kinds of vegetables everyday?		
5. Dark green leafy or deep yellow vegetables such as spinach, broccoli or carrots three or four times a day?		
6. At least six servings of bread, cereals, rice, crackers, pasta or other foods made from whole grains everyday?		

If you answered **"YES"** to the questions, then you are eating a healthy diet.

CONGRATULATIONS!

If you answered **"NO"** to some of the questions, you may want to seek Nutrition Services from the Area Office on Aging.

**To find a senior dining site near you,
call the Area Office on Aging
at 419/382-0624**

Family Development Resources 1-800-748-4843

Web site: www.nurturingparenting.com

Promotes child-centered coaching and is dedicated to keeping children's sports safe, positive and enjoyable for children, parents and coaches.

SPORTS SAFETY

Traditional sports have never been more popular and more children are participating in new sports every day. With all this activity, injuries, many preventable, can occur. Here are some steps Grandparents and other Kinship caregivers can take to help keep your child safe:

- Get involved. Check qualifications of coaches and athletic trainers. Pay attention to your child's medical needs and never pressure kids to play a sport they don't like.
- Get a pre-season check-up. This allows a doctor to spot medical problems early and may prevent new ones.
- Train the right way. Athletes should always warm-up and cool-down and an endurance-building program should progress gradually and be modified for different climates. Remember to drink plenty of fluids.
- Use the right equipment and facilities. Inspect playing surfaces, be sure the equipment fits correctly and wear appropriate clothing.
- Play by the rules. Make sure athletes know the rules of their sports and encourage teamwork and sportsmanship so that competitors have fun and stay safe.

A NATIONAL ORGANIZATION that provides good information is:

National Youth Sports Safety 617-277-1171

Web site: www.nyssf.org

Sponsors Sports Safety Awareness Week in April. Publications include sports safety guides for athletes, coaches and parents. Call for a publications list.

PARTICIPATION

Many opportunities can be found for kids of all ages and skill levels to participate in sports and fitness activities. Many of these are competitive, while others are just for fun or to learn new skills. Check with schools, churches, youth groups, community centers and other city recreation programs for information on leagues and classes. Also consult, along with your child, the charts on the following two pages to help determine their interest in participating in one or more sports activities.