



**Collaboration
for Early Childhood
Care & Education**

The Collaboration for Early Childhood Care and Education is proud to publish the 2010 Early Childhood Resource Directory.

What We Do: Our mission is to make sure that all children in our local community (birth to age five) arrive at kindergarten safe, healthy, ready to succeed, and eager to learn. Our key initiatives include the advancement of:

- ***High Quality Preschool for All Children***
- ***Professional Development***
- ***Parent Information and Support***
- ***Developmental Screening***

Please visit our website, www.collab4kids.org for more information about our initiatives.

Who We Are: The Collaboration is a unique public-private partnership. Participants include representatives of local governing bodies, preschools, childcare providers, agencies serving the needs of families with young children, institutions of higher learning, early childhood policy experts, and community advocates.

Recognition and Honors:

- ***Model for the statewide Early Learning Council, which developed the Illinois Preschool for All Program.***
- ***Community Impact Award 2007 from the United Way of Oak Park, River Forest, and Forest Park.***
- ***Staszak Award 2008 for contributions to the well being of children in Oak Park.***

Join Us: Volunteers fuel the work of the Collaboration; we welcome anyone who wants to join us. Email us at info@collab4kids.org or call 708-613-6122.

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CONTENTS

**The League of Women Voters of
Oak Park & River Forest**
P.O.Box 3301, Oak Park IL, 60303-3301
www.lwvoprf.org

Join our League and become a member of the most respected and effective grassroots organization in the country!

What are we? A grassroots organization that encourages everyone to be informed and active in our democracy.

Who are we? Women and men of every race, creed and political persuasion who care about the future of our community, county, state, nation and world.

What do we do? Register voters; carry out projects such as getting-out-the-vote and pollwatching; provide non-partisan forums about candidates for local political office, issues and government activities; study issues, arrive at consensus, and advocate for them; advocate for children's issues; sponsor informal discussions on foreign policy and other topics; observe and report on local government meetings.

Have questions about membership or the League in general?

Call us at 708-802-0697
or email us at lwvoprf@sbcglobal.net

Add your voice and make a difference!

INFORMATION AND RESOURCES	
Local Resources and Support Groups	4
Developmental Screening for Special Needs	21
Helping Your Child Love to Read	26
Moving Toward Kindergarten	27
HEALTH CARE AND SAFETY FOR CHILDREN	
Dental and Vision Care for Infants and Young Children	9
Paying for Children's Healthcare	10
Questions to Ask When Choosing Healthcare for Your Child	11
Health and Safety Issues	12
Health and Safety Resources	15
CHILDREN WITH SPECIAL NEEDS	
Developmental Screening for Special Needs	18
Resources for Special Needs	19
CHOOSING A CHILDCARE PROVIDER	
Center-Based Care/Preschools	31
If You Cannot Afford Childcare	31
Home Childcare Providers	35
Care In Your Own Home	36
Childcare Resources	37
Part-time or Evening Sitters	38
CHILDCARE AND PRESCHOOL DIRECTORY LISTINGS	39
MUSIC, GYM, SWIM AND MORE	53
SANITY SAVERS: OUTINGS FOR CHILDREN	57
USEFUL WEBSITES FOR FAMILIES WITH CHILDREN	58
APPENDICES:	
Medical Background Information	60
Emergency Medical Release Form	61
Index	62
Personal Information and Emergency Contacts	64

The content of this publication has been compiled solely by the Collaboration for Early Childhood Care and Education. The information provided herein with regard to hours and programming of listed facilities is listed as it was provided to the Collaboration. Any of the information listed herein may change at any time. The Collaboration in no way intends to convey a rating or endorsement of any provider nor to indicate that these listings are comprehensive.

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RESOURCES AND SUPPORT GROUPS OF SPECIAL INTEREST TO NEW MOTHERS

ABOUT BREASTFEEDING:

The American Academy of Pediatrics has recommended that mothers nurse their infants for at least the first year and as long after that as mother and baby wish. Studies have shown that breastfeeding provides many health benefits to both mother and baby.

Many nursing mothers may want or need additional support. The following organizations provide support to breastfeeding mothers:

La Leche League of Oak Park/River Forest

www.llusa.org

Contact Rebecca: 708-209-1127, or rirwin42@yahoo.com

Information and support for breastfeeding mothers; meets 7:00–8:30 pm the 3rd Tuesday of each month at Pilgrim Congregational Church (460 Lake Street) in Oak Park. Phone support for parents with concerns about breastfeeding available between meetings.

International Lactation Consultant Association

www.ilca.org

Maintains an online directory of lactation consultants.

Parenthesis Family Center

405 S. Euclid Avenue, Oak Park 60302

www.parenthesis-info.org

PHONE: 708-848-2227

EMAIL: info@parenthesis-info.org

New mothers group.

PCC Community Wellness Center

14 W. Lake Street, Oak Park 60302

www.pccwellness.org

Breastfeeding Support Line: 708-524-7679, extension 1

Lactation consultation, breastfeeding peer counseling program, support groups and breast feeding clinics.

PCC South Community Wellness Center

6030 W. Roosevelt Road, Oak Park, 60302

PHONE: 708-386-0854

www.pccwellness.org

Breastfeeding peer counseling program, support groups.

ABOUT MATERNAL DEPRESSION:

Maternal depression (clinical depression that occurs during pregnancy or within a year of giving birth) affects as many as one in eight new mothers. Maternal depression is not the same thing as the “baby blues”; it is an illness that requires medical care and can be treated successfully. This illness impacts not only the mother, but the husband/partner, the baby, and the entire family unit.

In January 2008, Public Act 095-0469: Perinatal Mental Health Disorders Prevention and Treatment Act, was enacted by the State of Illinois. The purpose of the act is to provide information to women and their families about perinatal mental health disorders, to develop procedures for assessing women for these disorders, and to promote early care and treatment when appropriate.

For more information: www.mededppd.org

Website sponsored by the National Institute for Mental Health that provides comprehensive information about postpartum depression.

If you are in a crisis or would like a referral for service, call NorthShore University HealthSystem:

866-ENH-MOMS (866-364-6667)

A list of perinatal depression symptoms and information is also found at www.northshore.org/clinicalservices/maternityservices/postpartum.

SUPPORT GROUPS:

Postpartum Depression Alliance of Illinois Helpline

847-205-4455 or www.ppdil.org

OTHER SOURCES FOR INFORMATION:

Voices for Illinois Children – Building Better Lives

www.voices4kids.org/index.html or 312-456-0600

Voices works across all issue areas to improve the lives of children. Under “Get Involved” you can attend an event on maternal depression or under “Library” you can read/download publications pertaining to perinatal and maternal depression.

HealthCare Alternative Systems Inc. (HAS)

HAScares.org or 773-252-3100

HAS provides behavioral health care services in the Chicago metropolitan area; it provides services in English and Spanish.

OTHER SUPPORT GROUPS AND SERVICES FOR PARENTS AND GRANDPARENTS

CEDA (Community & Economic Development Assn.) Near West
6141 W. Roosevelt Road, Cicero 60804
Phone: 708-222-3824 www.cedaorg.net

A variety of services for income-eligible individuals and families including Family Case Management, Access to Care, Kid Care applications, Head Start, WIC, energy assistance (LIHEAP), weatherization, rent and mortgage assistance, and first-time homebuyers seminars.

Catholic Charities

1400 S. Austin, Cicero 60804 www.catholiccharities.net
PHONE: 708-222-1491 • 708-329-4024 (Direct line to intake)

Emergency assistance program; suburban shelter; family and elder services; counseling and psychotherapy; outreach to survivors of suicide; immigration; children and adolescent pregnancy program (CAPP); adoption services and intact family services program; respite services.

Fussy Baby Network

PHONE: 888-431-BABY www.fussybabynetwork.org

Variety of services including free parent support phone line, home visit program, English and Spanish support groups, and fussy baby clinic.

Grandparents Raising Grandchildren Support Group

at RUSH-Oak Park Hospital, Oak Park 60304 www.roph.org
500 S. Maple Avenue, North Conference Room
Phone: 708-660-4636

Group meets 6:30 – 8:30 pm on the 2nd Thursday of each month Sept–May. Grandparents have the opportunity to network and get answers to many child-rearing questions; discussion groups and guest speakers. Children are provided a light supper and supervised activities.

Grasshopper Shuttle

www.grasshoppershuttle.com
PHONE: 800-567-0020 FAX: 630-563-1743

Transportation services for children ages 3 – 18 to/from home, school, activities. Serves Oak Park and the western suburbs.

Hephzibah Children's Association

1144 W. Lake Street, 5th floor, Oak Park 60301
PHONE: 708-649-7140 www.hephzibahhome.org

Services for children and families; case management/social work; parent support & training; foster care; information and referral; advocacy.

Kiddie Kab

205 S. Ridgeland Avenue, Oak Park 60302
PHONE: 708-848-9126

FAX: 708-386-6344

Transportation services (7:30 am – 6:00 pm) for children ages 2 – 12 to/from home, school, recreation centers; will accept children with special needs; maximum of twelve passengers at one time.

MOPS (Mothers of Preschoolers)

www.oakparkmops.org
at First Presbyterian Church, 7551 Quick Avenue, River Forest 60305
Contact Heather Radzinski: 708-386-7501 or heatherrad01@yahoo.com

Support for mothers of children birth – 5 years; provides a supportive “morning off” with craft projects, speakers on family issues, and fellowship from a Christian perspective; meets 9:00 – 11:00 a.m. on the 1st and 3rd Fridays of every month, Sept–May. Children participate in supervised activities; variable fee structure. Online chat forum also available.

Oak Park Families with Children from China (OPFCC)

Contact Barbara Best: 708-366-9135 EMAIL: barbarabest5@mac.com

Playgroups, cultural activities, social events, and support groups for families with adoptive children from China, as well as families who are in the process of adopting from China.

Oak Park Food Pantry

848 Lake Street, Oak Park (basement of First United Church)
Contact Kathy Russell: 708-386-1324 EMAIL: kathy@oprffoodpantry.org
HOURS: Saturdays: 9:00 am – 12:00 pm
1st Wednesday of month: 7:00 – 8:00 pm
2nd, 3rd, and 4th Wednesday of month: 3:30 – 5:00 pm

Eligible families receive an allotment: 1-2 bags of canned and boxed food once per month. Clients must reside within service boundaries and meet income guidelines set by the Illinois Emergency Food Assistance Program.

Oak Park Women's Guild

at First United Church, 848 W. Lake Street, Oak Park 60301
Contact Margaret Ciacciarelli, 708-524-1710

Non-profit volunteer organization with a focus on community service as well as social opportunities. Meets every other Wednesday morning throughout the school year at First United Church. Babysitting provided for a small fee.

Parenthesis Family Center

405 S. Euclid Avenue, Oak Park 60302 www.parenthesis-info.org
PHONE: 708-848-2227 EMAIL: info@parenthesis-info.org

Parent-child center offering parenting education and support for all families. Morning Family Drop-in offers networking, workshops, work time and discussion groups. Parenting On Our Own support group for single parents; Parenteen support group for pregnant and parenting teens; New Moms Group; Family Wrap in-home support also available.

Pillars

120 S. Marion Street, 4th Floor, Oak Park 60302
 PHONE: 708-386-2100 or 708-745-5277 www.pillarscommunity.org
 24 Hour Domestic Violence Hotline: 708-485-5254
 24 Hour Mental Health Crisis Hotline: 708-795-4800
 24 Hour Sexual Assault Hotline: 708-482-9600

Community mental health center that provides a range of services including social services for children age 2 – 17 and their families; child psychologist on staff; early childhood mental health; Safe From the Start (services for children (birth-age 5) who have witnessed or been a victim of violence); bereavement and crisis counseling; individual and family counseling; (SASS); domestic violence shelter.

Rainbow Families of Illinois

PHONE: 773-472-6469 x464 EMAIL: info@rainbowfamilies-il.net
 www.rainbowfamilies-il.net

Support and social events for lesbian, gay, transgender parents and their children.

Sarah's Inn

P.O. Box 1159, Oak Park 60304
 24-HOUR HOTLINE: 708-386-4225 PHONE: 708-386-3305
 EMAIL: sarahsinn@sarahsinn.org www.sarahsinn.org

Comprehensive domestic violence services for children and women; individual and group counseling; parenting classes; court advocacy; transitional housing; abuser services; art therapy; computer training.

TAPP (Teenage Parent Program)

at Oak Park-River Forest High School, 201 N. Scoville, Oak Park 60302
 Contact Parenthesis Family Center: 708-848-2227 • info@parenthesis-info.org
 Provides care for children (6 wks–5 yrs) of teenage parents while they attend classes at OPRFHS; sliding fee scale. See listing for Parenthesis on page 7.

West Suburban Home Day Care Association

P.O. Box 1156, Oak Park 60304
 PHONE: 708-848-8931 EMAIL: wshdca@comcast.net

A not-for-profit organization of more than fifty home-based childcare providers; provides monthly training opportunities and networking; a referral line helps parents find provider options among local members.

West Suburban MOMS (Mothers of Multiples)

(Mothers of Twins and Triplets Support Group) www.wsmoms.org
 PHONE: 708-405-3370 EMAIL: wsmoms@gmail.com

Provides support and encouragement to parents of twins, triplets, and multiple birth children. Online support group, monthly meetings at the Oak Park Arms (408 S. Oak Park Avenue, Oak Park), and other social & special events. Parent meetings held on the 2nd Wednesday of each month, 7:15 – 8:45 p.m.

PROTECTING BABY'S TEETH

Start wiping your child's gums and teeth with a clean, damp washcloth or gauze pad as soon as teeth appear. Once your child is 18 months old, begin using a small soft-bristled toothbrush and water to brush your child's teeth. At age three, add a pea-sized amount of toothpaste when brushing. Baby teeth need fluoride. If your baby is being exclusively breast-fed, your pediatrician or dentist may prescribe a fluoride supplement. Consult with a dentist or health care professional by the age of one to discuss oral health. Start dental visits by the age of two.

BABY BOTTLE CAVITIES

Baby teeth are susceptible to decay very early on. Prolonged and frequent exposure to milk, breastmilk, formula, fruit juices or sweetened liquids can cause rapid and severe decay. Never allow your child to fall asleep with a bottle containing anything other than water.

DENTAL EXAM REQUIREMENTS

Illinois law now requires that children in kindergarten, second, and sixth grades have proof of a dental exam; report cards can be withheld if parents do not comply with this mandate.

The Children's Clinic

sponsored by Oak Park River Forest Infant Welfare Society
 320 W. Lake Street, Oak Park 60302 www.childrenscliniwiws.org
 PHONE: 708-848-0528 EMAIL: info@childrenscliniwiws.org

Hours: 9:00 am – 5:00 pm, Monday – Friday
 9:00 am – 3:00 pm, 1st Saturday of each month

Provides medical, dental and social services to low-income children (birth – age 18) whose families have incomes that meet federal poverty guidelines. No child is refused care for inability to pay. Sliding fee scale; the clinic accepts ALL KIDS state insurance. Provided services include dental examinations and treatment, physical examinations and health histories, immunizations, growth and development assessment, counseling and referral assistance.

OTHER DENTAL RESOURCES:

American Dental Association: 312-440-2500
Chicago Dental Society: 312-836-7300
University of Illinois Dental School: 312-996-7530
University of Illinois Pediatric Clinic: 312-996-7532
University of Illinois Orthodontics Clinic: 312-996-7505

VISION CARE RESOURCES

Check with your health insurance provider to see if ophthalmology and/or optometry services for vision care are covered. If your health insurance does offer vision coverage, check the American Optometric Association's website at www.aoa.org. Click on "Find an Optometrist" and search by zip code. If you have All Kids/Medicaid insurance, call the member hotline at 1-877-912-1999 to find a vision care provider in your area.

PAYING FOR CHILDREN'S HEALTHCARE

The **All Kids** program offers Illinois uninsured children comprehensive healthcare that includes doctors visits, hospital stays, prescription drugs, vision care, dental care, and medical devices like eyeglasses and asthma inhalers. Parents pay monthly premiums for the coverage, but rates for middle-income families are significantly lower than they are on the private market. For example, at the time of this writing, a family of four that earns between \$42,000 and \$63,000 a year pays a \$40 monthly premium per child and a \$10 co-pay per doctor visit. You can apply online or download a paper application. The program officially began on July 1, 2006. There are no immigration requirements for the All Kids program.

Moms & Babies is a program for pregnant women and their babies. This program pays for both outpatient and inpatient hospital services while they are pregnant, and for 60 days after the baby is born. It also pays for services to babies for the first year of the baby's life if the mother is covered by Moms & Babies when the baby is born. There are no co-payments or premiums in Moms & Babies. There are no immigration requirements; however, there are income requirements for the Moms & Babies program. To apply, contact the Oak Park Dept. of Public Health (708-358-5484) and complete an MPE (Medically Presumed Eligible) application.

Parents can get **FamilyCare** if they live in Illinois and meet the Family Care income limits. They must be U.S. citizens or meet immigration requirements. AllKids or FamilyCare health benefits will not affect your immigration status unless you receive services in a nursing home or mental health facility.

For more information, call 1-866-ALL-KIDS (1-866-255-5437) or go to www.allkidscovered.com.

All Kids:

- is intended to provide health insurance for uninsured children regardless of family income or immigration status.

Moms & Babies:

- pays for all healthcare (inpatient and outpatient) for income-eligible women who are pregnant until 60 days after the baby is born regardless of immigration status.

FamilyCare:

- will provide health insurance for uninsured parents/caregivers who meet income eligibility guidelines.
- is available only for legal residents and U.S. citizens.

SOME QUESTIONS TO ASK WHEN CHOOSING YOUR CHILD'S HEALTHCARE

It is very important to find out whether your doctor's views on parenting issues mesh with your own. Do the doctor's views on issues like circumcision, breastfeeding, immunizations, nutrition, use of antibiotics, and alternative medicine match your own? Is the doctor aware of and sensitive to any cultural issues your family may have?

Other questions to ask include:

- What are the office hours? Are weekend or evening hours available?
- How are sick children separated in the office from children who are visiting for a checkup?
- Who will see your child if the doctor is on vacation or otherwise not available?
- With which hospitals are your doctor affiliated? If your child needs to be hospitalized, who will care for your child there?
- How does the office handle phone calls during and after hours? Are there special call times for parents with non-emergency questions or is someone available during office hours? How quickly can you expect a call back during the day? After hours?
- Will your child's doctor handle emergencies or will your child be referred to an urgent care center or emergency room?
- Are lab tests done in the office?
- What are the policies regarding referrals to specialists? Is the doctor penalized by your health plan for referrals to specialists? If you are in an HMO, how does your doctor handle out of network referrals?
- What are the fees for services and the payment policies? Must fees be paid in full or are payment plans available?
- Are there extra charges for things like advice calls, after-hour calls, paperwork, etc?

RESOURCES:

American Academy of Pediatrics

www.aap.org

Centers for Disease Control

www.cdc.gov

Childbirth.org

www.childbirth.org

Merck Medical Library

www.merck.com/mmhe/index.html

HEALTH AND SAFETY ISSUES

IMMUNIZATIONS:

- The websites of the Centers for Disease Control (www.cdc.gov) and Children's Hospital of Philadelphia (www.chop.edu) have extensive information about vaccination. The CDC's recommended immunization schedule is revised every year and is available in January on their website and from your healthcare provider.
- Parents should keep their own immunization records. Please ask your child's health care provider for a free shot booklet.
- If your child is beginning vaccinations late or has missed vaccinations, your health care provider will use a "catch up schedule" in order to get your child up-to-date as quickly as possible. Ask your healthcare provider for more information.
- The Oak Park Health Department provides free immunizations to all Oak Park residents. Call 708-358-5491 for more information.

ACCIDENTS ARE THE NUMBER ONE CAUSE
OF INJURY AND DEATH FOR CHILDREN.

CAR SAFETY:

- Many injuries can be prevented by proper use of safety seats.
- Children under age 12 should not ride in the front seat of a car.
- Illinois law states children 8 years old and under must be restrained in a child restraint system (car safety seat or booster seat, depending on age and weight); children over the age of 8 must use seatbelts.
- Children under 20 lbs. or less than one year old should use an infant seat or a convertible car seat in a rear-facing position.
- From 40-80 lbs, and about 4'9", children should be seated in a belt-positioning booster seat.
- Check the car seat label for the date it was made. If the car seat is more than 10 years old, it should not be used. Some makers recommend that seats only be used for 5-6 years. Check with the manufacturer.
- Check for car safety seat recalls by calling the US Department of Transportation hotline at 1-800-424-9393. You can also visit the National Highway Traffic Safety Administration website, www.nhtsa.gov, SeatCheck, www.seatcheck.org or the American Academy of Pediatrics website, www.aap.org/family/famshop.htm.
- The American Academy of Pediatrics has a list of car seats suitable for children with special needs: www.aap.org/family/SpecialCarSeatsChart.pdf

CHOKING:

- Children under age 3 should not play with toys with small parts. Read packaging labels for age appropriateness – if a toy can slide through the inside of a toilet paper roll, it's too small.
- Do not keep soft things in an infant's bassinet or crib.
- Do not allow small children to have small round or hard pieces of food that can block the airway. Children should be seated and supervised while eating.
- Children should be supervised while playing with latex balloons.
- Regularly check the floors for buttons, coins, or other small objects.
- Be sure that you and your child care providers know rescue procedures and CPR.

FIRES/BURNS:

- Avoid drinking hot beverages around infants and children; keep hot beverages out of their reach. Do not hold hot liquids while carrying your child.
- Keep pot handles turned toward rear of stove and keep children away from cooking area.
- Install smoke detectors on every floor of your home; check twice a year when you change your clocks.
- Turn the temperature of your hot water heater down to 120 degrees. (Young children have thinner skin than adults and can receive third degree burns from just three seconds exposure to 140 degree water.)
- Test the water temperature before putting a child in the bathtub.
- In case of burns, put the burned area in cold water, bandage loosely and contact your health care provider.

POISONING:

- If you have a poisoning emergency, call Poison Control **immediately** (1-800-222-1222).
- Do not take medicine in front of children; they might try to imitate your actions.
- Keep activated charcoal at home in case of accidental poisoning. Do not use without advice from a health care professional. (The American Academy of Pediatrics no longer recommends the use of syrup of ipecac.)
- Keep poison hotline numbers posted in home and diaper bag. (You may use the form in the appendix of this directory.)
- There have been some instances of toxic chemicals and excessive amounts of lead discovered in children's toys. Stay informed about product recalls and other children's safety issues.

LEAD POISONING:

- Two main sources of lead in our community are water from lead pipes and dust from lead paint. Home testing kits that allow you to test for lead dust are available at local hardware stores.
- Research indicates that lead dust in soil is another possible source of exposure for children in urban environments. Have your children remove their shoes and wash their hands after playing outside.
- Ask your health care provider about sources of lead in your child's environment and what to do to minimize exposure.
- If you are rehabbing an older home, please be sure to have your health care provider test your child's blood levels for lead.

WATER SAFETY:

- Supervise children **at all times** when they are near water, whether it's the bathtub, the swimming pool, or even buckets of water. (Very young children can drown in as little as two inches of water.)
- Make sure that there is a physical barrier (like a fence) around swimming pools and other bodies of water.
- Empty and turn all buckets & tubs after use.
- Teach children never to run, push, or jump on others near water.

OTHER ACCIDENTS:

- **The website for the Consumer Protection Safety Commission, www.cpsc.gov, has a link where one can sign up to receive regular email alerts about recalls for children's toys and other products.**
- Websites like KidsHealth.org have extensive checklists on child proofing your home; click on the link for First Aid & Safety.
- Get on your hands and knees to see your home and any safety hazards from your child's perspective.
- Never leave a baby unattended in a high place such as a changing table, bed or sofa, even in a bouncy seat or car seat.
- Do not keep a loaded gun in a home where children live or visit. If you choose to keep a gun, store ammunition separately from the gun. (This is American Association of Pediatrics policy. In Oak Park, it is illegal to keep a handgun in the home.)
- Use baby gates on all stairways when your child begins rolling or crawling.
- Install carbon monoxide detectors in your home, near the bedrooms.
- Cover all unused electrical outlets with outlet covers.

Action for Children

PHONE: 312-823-1100

www.actforchildren.org

Hours: 8:30 am–4:45 pm, Monday–Thursday, 8:30am – 12:30 pm Friday
Resource and referral agency for services including food stamps, All Kids, childcare referrals, and subsidized childcare; must meet income/eligibility requirements for certain services; other services available to everyone.

All Kids Covered and Illinois Health Benefits Hotline

PHONE: 1-866-ALL-KIDS (255-5437)

www.allkidscovered.com

See page 10 for more information.

American Red Cross Greater Chicago Chapter

PHONE: 312-729-6100

www.chicagoredcross.org

Provides training in CPR and first aid and a babysitting course for teenagers.

Centers for Disease Control

PHONE: 800-CDC-INFO (800-232-4636)

www.cdc.gov

Provides health/safety information in English and Spanish 24/7.

The Children's Clinic

sponsored by Oak Park River Forest Infant Welfare Society

320 W. Lake Street, Oak Park 60302

www.childrenscliniciws.org

PHONE: 708-848-0528

EMAIL: info@childrenscliniciws.org

Hours: 9:00 am – 5:00 pm, Monday – Friday

9:00 am – 3:00 pm, 1st Saturday of each month

Provides medical, dental and social services to low-income children (birth – age 18) whose families have incomes that meet federal poverty guidelines. No child is refused care for inability to pay. Sliding fee scale; the clinic accepts ALL KIDS state insurance. Provided services include dental examinations and treatment, physical examinations and health histories, immunizations, growth and development assessment, counseling and referral assistance.

Children's Memorial Hospital

Main Hospital: 700 W. Fullerton, Chicago 60614

PHONE: 1-800-KIDS DOC

www.childrensmemorial.org

One of the region's major children's hospitals.

Cook County Health Department

Multiple clinic sites; call 708-450-5300 for clinic times and locations

Preventive health services for Cook County residents ; includes well-child care, immunizations, dental and post-partum care; some services have income/eligibility guidelines; other services available to everyone at no cost.

Family Case Management

Oak Park residents: 708-358-5484

Hours: 8:00 am – 4:30 pm, Monday – Friday

Helps parents locate and use local care providers for themselves and for their children; must meet income/eligibility requirements.

Loyola Univ. Medical Center Ronald McDonald Children’s Hospital
 2160 S 1st Ave, Maywood 60153 www.lumc.edu/rmch/
 PHONE: 1-877-216-KIDS

One of the region’s major children’s hospitals.

Oak Park Fire Department

100 N. Euclid, Oak Park 60302 www.oak-park.us/Fire_Department
 PHONE: 708-445-3300 EMAIL: fire@oak-park.us

Regularly scheduled CPR classes (free for residents, \$50 fee for non-residents); certified safety technician will do free car seat check by appointment; bring child and car seat to fitting; if possible, bring manuals for car and car seat.

Oak Park Police Department – Community Policing

123 Madison Street, Oak Park 60302
 Contact Phyllis Howard: 708-358-5514 or 708-386-3800

Resident beat officers work with residents to resolve neighborhood safety issues.

Oak Park Department of Public Health

123 Madison Street or 6026 W. Roosevelt Road
 PHONE: 708-358-5480 EMAIL: health@oak-park.us
 FAX: 708-358-5515 www.oak-park.us
 FAX: 708-358-5116 (for confidential health information)

Preventive health services, including family case management (see listing on page 15); information about lead screenings; free immunizations for Oak Park residents by appointment only (call 708-358-5481); WIC nutrition services (see listing on page 17); call for more information and appointment.

PCC Community Wellness Center

14 W. Lake Street, Oak Park 60302 www.pccwellness.org
 PHONE: 708-383-0113
 6030 W. Roosevelt Road, Oak Park 60304 PHONE: 708-386-0845
 HOURS: 8:30 am – 7:30 pm Mon, Tu, Th, 9:30 am – 7:30 pm Wed,
 8:30 am – 4:30 pm Fri; 9:00 am – noon Sat

Comprehensive health care for all ages, including prenatal care; accepts private insurance, Medicaid, ALL KIDS; sliding fee scale for people who are uninsured. Call for appointment.

Resurrection Immediate Care Center

7230 W. North Avenue, #106B, Elmwood Park 60707
 PHONE: 708-453-3000 www.reshealth.org/locations/immediate_care.cfm

Hours: 8:00 am – 8:00 pm, Mon – Sat; 9:00 am–5:00 pm Sun; 365 days/year
 Provides immediate medical care for those without life-threatening injuries or illnesses. If unsure whether to go to the emergency room or to immediate care, call 1-877-RES-INFO (1-877-737-4636).

River Forest Fire Department

PHONE: 708-366-7629 www.river-forest.us/departments/fire/
 CPR classes offered to River Forest residents (\$40 fee includes textbook and materials). Free car seat checks by appointment; bring child and car seat to fitting; if possible, bring manuals for car and car seat.

Rush Oak Park Hospital

520 South Maple Avenue, Oak Park 60304
 PHONE: 708-383-9300 www.roph.org
 One of Oak Park’s two major hospitals; affiliated with Rush Hospitals.

Rush University Medical Center Rush Children’s Hospital

1750 W. Harrison Street, Chicago 60612
 PHONE: 1-888-RUSH-KID www.rush.edu/rumc/page-R10001.html
 One of the region’s major children’s hospitals.

Shriners’ Hospital

2211 N. Oak Park Avenue, Chicago 60707
 PHONE: 773-622-5400 www.shrinershospitals.org
 Medical care free of charge for children under age 18 for certain orthopedic and neurological conditions (cerebral palsy, spina bifida, etc.), spinal cord injury rehabilitation, craniofacial surgery. Integrated treatment team on-site.

Suburban Cook County Tuberculosis Clinic

7556 Jackson Blvd., Forest Park 60130
 PHONE: 708-366-5000
 Free tuberculosis screening and treatment for suburban Cook County residents; several locations; please call for appointment.

WIC – Supplemental Food Program for Women, Infants, Children: OP/CEDA WIC Program

6026 W. Roosevelt Road, Oak Park 60302
 PHONE: 708-445-3314 www.cedaorg.net/www2/HNS.html
 Supplemental food, nutrition, education and counseling for pregnant women, teenage mothers, new mothers, breastfeeding women, and children up to age five who meet income/eligibility requirements.

West Suburban Medical Center

3 Erie Court, Oak Park 60302
 PHONE: 708-383-6200 www.reshealth.org
 One of Oak Park’s two major hospitals; affiliated with MacNeal Hospital.

DEVELOPMENTAL SCREENING FOR SPECIAL NEEDS

Developmental screening provides an opportunity for parents to check their child's development. Although the development of skills (for example, language skills) varies from one child to another, there are some expected ranges for skill development. This process allows a family to have their child checked by a professional who specializes in assessing the development of children, including pediatricians, therapists, or educators. As stated by the American Academy of Pediatrics, **early identification of and intervention in developmental disorders is critical to the well-being of children and their families.** If a developmental screening indicates the possibility of delayed development, a full evaluation should occur.

In order to enroll a child under the age of three in the early intervention system, contact your local Child and Family Connections office (1-888-KONTACT). Tell them you want to find out if your child is eligible for early intervention services for children with developmental concerns. Child and Family Connections will conduct an initial intake and provide you with a list of area service providers who will be able to conduct eligibility determinations and assessments for Individualized Family Service Plan (IFSP) development.

Child and Family Connections #7

4415 W. Harrison, Hillside 60162
PHONE: 708-449-0625 or 1-888-KONTACT

Part of a statewide system responsible for ensuring that all referrals of children under the age of three to the Early Intervention Services System receive a timely response, CFC helps families with children under the age of three obtain evaluations and assessments in order to determine eligibility for the early intervention system, and, if eligible, obtain recommended services.

Contact your local school district's department of special education if your child is 3 years of age or older; see the section on resources for children with special needs beginning on the next page for contact information. School districts in Forest Park, Oak Park, and River Forest all provide screening to children ages 3 – 13 years in the areas of communication, social/emotional development, cognition, motor skills, hearing, and vision on a regular basis, in compliance with federal law. Further diagnostic evaluations are completed for eligible children.

All three local school districts house early childhood programs for eligible children in at least one of their elementary schools.

RESOURCES FOR CHILDREN WITH SPECIAL NEEDS

Families of children with special needs have unique needs. The following is a compilation of resources that families may find useful. There are many additional resources, although we have attempted to list most local groups or national organizations for many specific needs. The listings are divided into sections on general resources which may benefit many families and specific resources pertaining to one area of development or diagnosis.

Please note that many of these resources depend upon local, state, or federal funding and that availability of services may vary based upon funding levels.

SPECIAL NEEDS—GENERAL RESOURCES

Forest Park (District 91) Director of Special Education

925 Beloit Avenue, Forest Park 60130

PHONE: 708-366-5703

www.forestparkschools.org

Oak Park (District 97) Department of Special Services

970 Madison, Oak Park 60302

PHONE: 708-524-3030

www.op97.org/sped/index.html

River Forest (District 90) Special Education Director

7776 Lake St., River Forest 60305

PHONE: 708-771-8283

www.district90.org/overview.html

AblePlay

EMAIL: info@ableplay.org

www.ableplay.org

Maintains a list of developmentally-appropriate toys for children with special needs. Provides email newsletters; maintains electronic chat board.

Community Support Services

9021 W. Ogden, Brookfield 60513

PHONE: 708-354-4547

www.communitysupportservices.org

Case management/social work; developmental disabilities services; parent support/training; limited respite care.

Council for Exceptional Children-The Division for Early Childhood

27 Fort Missoula Road, Suite 2, Missoula MT 59804

PHONE: 406-543-0872

www.dec-sped.org

Promotes policies and practices that support families and enhance optimal development of young children who have or are at risk for developmental delays and disabilities.

Division of Specialized Care for Children (DSCC)

at University of Illinois Chicago (UIC)

PHONE: 800-322-3722

www.uic.edu/hsc/dscc

Care coordination for children (birth – age 21) with physical disabilities.
Financial assistance with medical costs for qualifying income-eligible families.
Information available in English and Spanish.

Equip for Equality

20 N. Michigan Avenue, Suite 300, Chicago 60602

PHONE: 1-800-537-2632

www.equipforequality.org

Private not-for-profit legal advocacy organization designated by the state to operate the federally mandated protection and advocacy system (P & A) to safeguard the rights of people with physical and mental disabilities, including developmental disabilities and mental illnesses.

Fussy Baby Network

PHONE: 888-431-BABY

www.fussybabynetwork.org

Variety of services including free parent support phone line, home visit program, English and Spanish support groups, and fussy baby clinic.

Illinois Early Intervention Clearinghouse

PHONE: 877-275-3227

EMAIL: illinois-eic@illinois.edu

FAX: 217-522-4670

www.eicclearinghouse.org

Provides library and information services to Illinois residents on health, educational and developmental concerns of infancy and early childhood; call to order materials at no cost.

Lekotek (National Center)

2001 N. Clybourn, Chicago 60614

PHONE: 773-528-5766

EMAIL: lekotek@lekotek.org

FAX: 773-276-8644

www.lekotek.org

Toy Resource Helpline: 800-366-PLAY

National resource on toys and play for children with special needs.
Services include toy lending libraries, family playgroups, home visits, parent support groups, special events, and advocacy. Also administers the AblePlay toy database (see listing on page 19).

National Dissemination Center for Children with Disabilities

1825 Connecticut Ave NW, Suite 700, Washington DC, 20009

PHONE: 800-695-0285

www.nichcy.org

FAX: 202-884-8441

EMAIL: nichcy@aed.org

Clearinghouse of information about disabilities in children and youth, services for infants, children, and youth with disabilities, special education law, and research-based information on effective practices for children with disabilities in English and in Spanish.

National Organization for Rare Diseases

PHONE: 800-999-NORD(6673)

www.rarediseases.org

Federation of organizations for people affected by rare “orphan” diseases.
Maintains database of information about rare diseases; online support community; nurse and genetic counselor available to address questions or concerns.

Oak Leyden Developmental Services

411 Chicago Avenue, Oak Park 60302

PHONE: 708-524-1050 ext. 107

www.oak-leyden.org

Individualized, family-centered services for young children (birth – age 3) with a qualifying medical diagnosis or developmental delay. Program services include: physical, occupational, speech, and developmental therapies, play groups, family training and support, and family events. Developmental screenings available upon request; contact program director.

Project CHOICES/Project EARLY CHOICES

1590 S. Fairfield Avenue, Lombard 60148

PHONE: 630-629-0551

www.projectchoices.org

A least-restrictive environment initiative funded by the Illinois State Board of Education; increases the capacity of a school district to serve children in community-based settings.

Supported Education Association (SEA)

PHONE: 708-383-0255

www.sea-oprf.org
EMAIL: seaoakpark@gmail.com

Parent group for families in Oak Park and River Forest with children with special needs: physical, emotional, and learning development needs (ADHD, LD); meets every 3rd Thursday of the month 7:00 – 9:00 pm at Fox Center (Jackson and Oak Park Avenue) in Oak Park.

Theraplay Institute

3330 Old Glenview Road, Suite 8, Wilmette 60091 www.theraplay.org

PHONE: 847-256-7334

EMAIL: info@theraplay.org

Information and referrals to Theraplay-trained professionals; structured play therapy to address social and emotional concerns.

West Suburban Special Recreation Association (WSSRA) & Lekotek

2915 Maple Street, Franklin Park 60131

www.wssra.net

PHONE: 847-455-2100

EMAIL: wssra@wssra.net

Tax-supported cooperative extension that provides recreational opportunities for adults and children with special needs, disabilities, or handicapping conditions. WSSRA also offers Lekotek, a lending library of toys for children with disabilities. Call for program information.

ADHD

Children and Adults with Attention Deficit Disorders (CHADD)

Chicago Area Satellite

PHONE: 312-545-4261

www.chadd.org

EMAIL: chicago@chadd.net

Check website for information about meetings.

Southwest Region Satellite

EMAIL: southwest-region@chadd.net

Meetings held the 2nd Tuesday of every month. Check website for details.

AUTISM

The Answer Inc.

P.O. Box 6224, Broadview 60155

www.theanswerinc.org

PHONE: 708-296-5651

EMAIL: info@theanswerinc.org

Support, information, events, recreation, & advocacy for families dealing with autism and other developmental disorders. Support group held 4th Monday of each month at Mohr Community Center (7640 Jackson Blvd., Forest Park).

Also holds support group specifically for fathers; call or email for more information.

The Autism Project of Illinois (TAP)

TAP Service Center at Easter Seals Metropolitan Chicago

1001 W. Roosevelt Road, Chicago 60608

PHONE: 312-564-4060

FAX: 312-733-0247

EMAIL: theautismprogram@thehopeinstitute.us

www.theautismprogram.org/eastersealsmetrochicago.asp

Comprehensive autism service provider. Autism Family and Community Resource Room with materials available on loan to family members, service providers, and the general public. Therapeutic school for children (ages 3–22).

TAP Training Center at the University of Illinois-Chicago

1747 W. Roosevelt Road, Room 155, Chicago 60608

PHONE: 312-413-4624

www.theautismprogram.org/chicago.asp

Diagnostic assessments and family training services.

Autism Society of Illinois

PHONE: 866-691-5553

www.autismillinois.org

Clearinghouse for information. Support groups, newsletters, and local events.

AUTISM

Chicagoland Autism Connection

Contact Miriam McCann

www.chicagoautism.org

PHONE: 773-726-2550

EMAIL: info@chicagoautism.org

Support group meets the 3rd Saturday of each month (except July, August and December) 10 AM – 2 PM at UIC (1747 W. Roosevelt Road, Chicago).

First Signs

www.firstsigns.org

PHONE: 978-34638

EMAIL: info@firstsigns.org

Advocacy and information about early detection of and early intervention for autism spectrum disorders.

APRAXIA

Chicagoland Apraxia Network

Contact Holly Olmstead-Hickey

EMAIL: chicagoapraxia@comcast.net

Parent support group and online discussion forum.

Childhood Apraxia of Speech Assn. of North America

www.apraxia-kids.org

National clearinghouse for information about childhood apraxia of speech in Spanish and English.

DOWN SYNDROME

National Association for Down Syndrome (NADS)

PO Box 206, Wilmette 60091

www.nads.org

PHONE: 630-325-9112

EMAIL: info@nads.org

Parent Support Program for families dealing with pre/post-natal diagnosis of Down Syndrome; new parent information; outreach to Spanish-speaking families; Family Retreat (respite care); newsletter, online discussion forums.

UPS for DownS (United Parent Support for Down Syndrome)

PHONE: 847-895-2100

www.upsfordowns.org

EMAIL: info@upsfordowns.org

Parent-directed organization providing information and support. Events and support group meetings.

LEARNING DISABILITIES

Learning Disabilities Association of Illinois

PHONE: 708-430-7532 EMAIL: LDAofIL@ameritech.net
 FAX: 708-430-7592 www.ldail.org

Dedicated to the advancement of the education and general welfare of children with learning disabilities.

National Center for Learning Disabilities

PHONE: 888-575-7373 www.nclld.org

Resource for people seeking authoritative information on learning disabilities. Publishes an annual journal, "Their World".

MENTAL HEALTH

NAMI–Metro Suburban (Nat’l Alliance on Mental Illness)

816 W. Harrison Street, Oak Park 60304 www.namimetsub.org
 Phone: 708-524-2582 EMAIL: namioped@sbcglobal.net

Information, advocacy, resources & support (individual or group) for families dealing with mental illness.

Pillars

120 S. Marion Street, 4th Floor, Oak Park 60302
 PHONE: 708-386-2100 or 708-745-5277 www.pillarscommunity.org
 24 Hour Domestic Violence Hotline: 708-485-5254
 24 Hour Mental Health Crisis Hotline: 708-795-4800
 24 Hour Sexual Assault Hotline: 708-482-9600

Community mental health center that provides a range of services including social services for children age 2 – 17 and their families; child psychologist on staff; early childhood mental health; Safe From the Start (services for children birth-age 5 who have witnessed or been a victim of violence; bereavement and crisis counseling; individual and family counseling; (SASS).

Thrive Counseling Center

120 S. Marion Street, Oak Park 60302
 PHONE: 708-383-7500 www.familyserviceopr.org

Comprehensive mental health center offering a broad range of services and programs including alcohol and substance abuse treatment and prevention; family, marital and individual counseling and emergency psychiatric services. Phone line available 24 hours/7 days per week.

SPINA BIFIDA

Shriners’ Hospital

2211 N. Oak Park Avenue, Chicago 60707
 PHONE: 773-622-5400 www.shrinershospitals.org

Medical care free of charge for children under age 18 for certain orthopedic and neurological conditions (cerebral palsy, spina bifida, etc.), spinal cord injury rehabilitation, craniofacial surgery. Integrated treatment team on-site.

Spina Bifida Association of Illinois (SBAIL)

8765 W. Higgins Road #403, Chicago 60631 sbail.org
 PHONE: 773-444-0305 EMAIL: sbail@sbail.org

Newsletter, online forum, & assistance for families affected by spina bifida.

TRAINING & TECHNICAL ASSISTANCE

Family Resource Center on Disabilities

20 East Jackson Blvd., Room 300, Chicago 60604
 PHONE: 312-939-3513 www.frcd.org

Provides information, training, and support for families who have children with disabilities.

SpecialQuest

EMAIL: info@specialquest.org www.specialquest.org

Early childhood inclusion training resources.

STAR NET, Region 2

2626 S. Clearbrook Drive, Arlington Heights 60005
 PHONE: 224-366-8579 www.thecenterweb.org/starnet

Support and Technical Assistance Regional NETWORK provides training and technical assistance to parents of children with special needs (birth-age 8), who live in western Cook County.

VISUAL IMPAIRMENTS

Chicago Lighthouse for People Who are Blind or Visually Impaired

1850 W. Roosevelt Road, Chicago 60608
 PHONE: 312-666-1331 www.chicagolighthouse.org
 FAX: 312-243-8539 TDD: 312-666-8874

Birth To Three early intervention program; development center for blind, multi-disabled children.

Illinois Parents of Children with Visual Impairments (IPVI)

P.O. Box 2947, Naperville 60567 www.ipvi.org
 PHONE: 877-411-4874 EMAIL: ipvi@ipvi.org

Supportive services for parents of visually impaired children.

HELP YOUR CHILD LOVE TO READ

- Talk to your child from the day she or he is born.
- Read aloud to your child every day.
- Children are never too young or too old to hear a book read aloud. Start when your infant is young enough to grab the book and chew on it (or even earlier). Don't stop even when they are old enough to read by themselves.
- Make storytime a time to cuddle and be close to your child.
- Don't be afraid to read the same books over and over again. Young children take comfort in and learn from repetition.
- Use interesting and funny voices when you read aloud. Act out the story and use different voices for different parts.
- Involve your child when you read. For example, ask her/him to guess what will happen next. Talk about what you see on the page.
- Point to the words on the page as you read them aloud. This helps your child associate the spoken word s/he hears with the printed word on the page.
- Give your child paper and crayons so that she or he can scribble, draw pictures, and pretend to write.
- Talk about letter sounds and names when you read to your three or four year old. Preschoolers are ready to start learning about sounds within words.
- Fill your house with books, new or used.
- Let your child see you reading. Show him/her by example that reading is important (and fun).
- Let your child read before bedtime. Make sure everyone has a good bedside light for reading.
- Use your public library. Look for storytimes, reading incentive programs, and special events that might interest children. Many local libraries allow children to have library cards in their own names. (Public libraries also provide free internet access to adults.)
- Let your child choose his/her own books. They will read with more interest when they have picked the books themselves.

MOVING TOWARD KINDERGARTEN

There is no one quality or skill that children need to do well in school; a combination of factors contributes to school success. These include physical well-being, social and emotional maturity, language skills, an ability to solve problems and think creatively, and general knowledge about the world.

As a parent, you are your child's first teacher. Up to 85% of brain development occurs between birth and age five.

Parents and educators are encouraged to engage in eight key practices that support growth and learning. These are:

READING

PLAYING

LISTENING

TALKING

HUGGING

EXPLORING

COOKING HEALTHY

LIMITING TV

The potential payoffs are enormous. If children are regularly exposed to these practices, they can then be healthy, safe, confident, creative, kind, active, curious and problem solvers.

For more information and parent tips on these eight practices, go to www.collab4kids.org

The ***Be Involved Campaign*** is an outgrowth of the Collaboration's Dialogues Project in which educators of children birth through kindergarten have met to discuss the characteristics of successful young learners and the environments and activities to foster those characteristics. Children who have had the benefit of exposure to the practices identified in ***Be Involved*** are much more likely to succeed in school and their adult lives than children who have not.

Read

Many people believe that children learn to read in kindergarten and first grade, but research tells us that young children learn about language, communication, speaking and writing long before age five or six.

The very first lessons in reading do not happen in school; they begin at home.

Reading aloud....

- stimulates your child’s imagination.
- develops your child’s interest in reading and in books.
- improves your child’s listening skills.
- builds vocabulary.
- helps your child to understand stories and ‘book language’.
- creates a bond between you and your child.
- provides your child with a positive role model.

Play

Children at play are highly motivated, developing physical, social, emotional and cognitive skills at the same time as they are expressing ideas and creativity and learning concepts.

- Play is practice: thinking, choosing, inventing, planning, negotiating, problem-solving and rehearsing.
- Play is constructing knowledge about self and others.
- Play is fantasy and make believe.
- Play fosters curiosity and wonder.
- Play promotes practical intelligence and the “love of learning”.
- Play is “discovery learning” instead of rote learning.

Children learn through play. Promote learning by giving your child uninterrupted time for play and by providing toys which can be used in a variety of ways.

Listen

Communication skills are crucial for a well-adjusted life. Parents who spend time listening to their children are making an important investment to equip children for success.

A child feels valued and important when parents give their undivided attention. Listening to your child builds their confidence and strengthens their self worth. Parents gain valuable insights into their child’s ideas, fears, joys and questions.

Talk

Talking to babies, toddlers, and other young children boosts their brain power and feeds their heart. Surrounding children with our words is one very important way that we nurture them and help them grow smarter. Language is the building block of relationships and the basis of all learning.

Hug

A hug is a universal expression of human connection that non-verbally affirms a person’s worth and validates their feelings.

A hug:

- empowers children with a positive self-image.
- promotes pro-social behavior.
- demonstrates a healthy approach to physical contact between people.

Explore

Children are born with an active sense of wonder, an innate curiosity. Through exploring–touching, tasting, looking, listening and smelling—an infant begins to learn about the world. This process expands and continues for the toddler and the young child. From playful exploration, children gain understandings they’ll need to grasp formal scientific concepts later in school. In exploration, children ask, “What is this?” or “What can it do?”. The inquiry process enables familiarization and feelings of competence and security (“This is something I know.”).

Parents support children’s explorations by giving them time to explore, taking them to visit interesting places, talking with the child about their discoveries, and being sure the home environment is free of dangers so that “No” is rarely necessary.

Cook Healthy

Dietary habits are established early in life and will significantly affect your child’s success today as well as their future health. To improve your child’s energy, physical health and success in school, pay close attention to your child’s diet, as proper nutrition and water are essential for healthy brain development. **Family meal times, healthy snacks and a good breakfast, mixed with ample exercise, are all ingredients that help add up to a healthy child.**

Check out the US Food Guide Pyramid, (www.usda.gov/cnpp/KidsPyra) for information on daily requirements for a well balanced diet.

Physical activity has a lot to do with appetite and nutritional status. Active children need more calories and are hungrier than inactive children. Children with a big appetite are more likely to eat a variety of foods and therefore have a better balanced diet. **The American Academy of Pediatrics recommends young children have at least one hour of active exercise daily.**

Limit TV

Children today are being raised in a media enriched environment. In order for a child to develop their potential for creativity, curiosity, physical vitality and social skills, parents would be wise to limit the amount and type of screen time (TV, videos, movies and computer games) for their children.

The American Academy of Pediatrics advises against any television for children under the age of two. It also recommends that children older than two have screen time limited to 30 to 60 minutes per day and that what is viewed be closely monitored by the parent.

Screen time is time not spent on more valuable activities such as active physical play, creative play, social interaction with family and friends, assisting with household chores, reading, art activity, working a puzzle, or playing a game. All of these activities help develop a healthy mind, a strong body and social skills. Television is a passive and sedentary activity which does not contribute to a child's growth.

For more information go to www.collab4kids.org and click on *Be Involved*.

BEFORE THE FIRST DAY OF KINDERGARTEN

Children must be five by September 1 in order to enter kindergarten. Registration for kindergarten typically begins in late January for River Forest, early February for Oak Park, and April for Forest Park. In order to register your child for school, you will need proof of residency and your child's birth certificate. Call your local school district for more details.

Forest Park and Oak Park school districts have full-day kindergarten. River Forest currently has half-day kindergarten.

- Illinois law requires proof of a dental exam, as well as proof of immunization for entering kindergarteners.
- Before the first day of school, it helps to familiarize your child with the school, the bathrooms, the teacher, and the classroom.
- If possible, introduce your child to other children who will be in the same kindergarten class. Take your child to play on the school's playground; this will help your child feel more comfortable with school.
- Talk to your child about how s/he will get to and from school and the daily routine in school.
- Help your child develop habits of independence, for example, being responsible for personal belongings and putting on his/her coat and shoes.

CENTER-BASED CARE/PRESCHOOLS

The first years of a child's life are a crucial development period, and children who are nurtured and stimulated during these years are much more prepared for formal reading and math and are more likely to have the social skills they will need when it's time for kindergarten.

Parents are a child's first teachers, but early childhood education programs are also important, especially with the growing number of families with one parent, and families where both parents work full-time.

Look for a place where your child is loved and cared for, where safety and health are priorities and where your child has a program that values learning through play.

Make appointments to visit each facility that you are considering and plan to stay for a while to get a sense of the place. An overview of what to look for and questions to ask can be found on pages 32 – 34.

NAEYC has developed accreditation standards of quality. Voluntary accreditation with NAEYC or other accrediting organizations indicates that a facility has met additional standards of quality that go beyond state licensing standards.

The summary of DCFS licensing standards for homes and centers can be found at online at the DCFS website, www.state.il.us/dcfs. These standards are also available at the Oak Park Library.

Much of the content in the sections on choosing various types of childcare is adapted with permission from material from the National Association for the Education of Young Children (NAEYC) and from the National Resource Center for Health and Safety in Childcare.

IF YOU CANNOT AFFORD CHILDCARE

If you feel you cannot afford to pay for long-term childcare, contact Action for Children at 773-687-4000. This agency administers the Child Care Assistance Program for the state of Illinois, which helps low income working families pay for childcare. They can tell you if you qualify for the program and send you the forms necessary to apply.

ONLINE RESOURCES WHEN CHOOSING CHILDCARE:

Child Care Aware

PHONE: 1-800-424-2246 • www.childcareaware.org

National Association for the Education of Young Children

PHONE: 1-800-424-2460 • www.naeyc.org

National Child Care Information Center

PHONE: 1-800-616-2242 • www.nccic.org

National Resource Center for Health and Safety in Child Care

PHONE: 1-800-598-5437 • www.nrc.uchsc.edu

STAFF/CHILD/GROUP RATIOS

The ratio of adults to children and group size is important since it determines the amount of attention your child receives. Young children tend to do better in a smaller group where they can get to know the adults and the other children well.

NAEYC accreditation standards for optimal child and group ratios are as follows:

<u>Age of child</u>	<u>Child/Adult Ratio</u>	<u>Optimal group size</u>
Birth-12 months	3/1	6
12-24 months	3/1	6
24-30 months	4/1	8
30-36 months	5/1	10
3-5 years	7/1	14

The Illinois Department of Children and Family Services (DCFS) sets minimum standards for health and safety. State law requires the following ratios:

<u>Age of Child</u>	<u>Child/Adult Ratio</u>	<u>Maximum group size</u>
6 wks-14 months	4/1	12
15-23 months	5/1	15
24-36 months	8/1	16
3-5 years	10/1	20

SOME POINTS TO CONSIDER DURING THE DECISION MAKING PROCESS:

ATMOSPHERE:

- Do you and your child feel welcome? Do the children look happy and busy?
- Does the provider show respect for each child's uniqueness (cultural, ethnic or religious background)?
- Are adults talking with rather than at children?
- Do children have the same caregiver over the course of the day or years?
- Are parents welcome to drop in at any time?
- What is the center's discipline policy? Discipline should be positive, consistent, and fair.
- Is communication between the center, teachers and families clear and ongoing through newsletters, conferences, and family events?

STAFF/CENTER QUALIFICATIONS:

- The facility should be licensed and/or accredited.
- The director should have at least a Bachelor's degree in a child-related field.
- Are staff knowledgeable about how children develop and grow? Do staff take part in professional development?
- Staff turnover should be low.
- All caregivers must have background checks, including the Child Abuse and Neglect Tracking System (CANTS).
- Staff must be trained to recognize child abuse and how to report suspected abuse.

HEALTH:

- The facility must be clean. Equipment and play materials should be regularly disinfected.
- Immunizations must be current for staff and children.
- Proper hand washing technique should be emphasized for staff and children.
- Are there cleanliness standards for diapering and toilet training?
- Staff must have training in First Aid and CPR.
- Policies should exist for administration of medication and caring for sick children.

HOME CHILDCARE PROVIDERS

SAFETY:

- Children need to be under adult supervision at all times, even while sleeping.
- Caregivers should be knowledgeable about safe sleep practices.
- The playground should be surrounded by a fence and equipment securely anchored. All play equipment should be in good repair.
- Toys and play equipment must be safe for young children and age appropriate.
- Staff need to check regularly for safety recalls of toys, cribs, and playground equipment.
- Potentially toxic substances like medications and cleaning supplies must be securely locked away from children.
- Are there clear emergency procedures for accidents, missing child or custody situations.
- What is the emergency plan for fires and other disasters?

PROGRAM:

- Ask about the program goals. It is important that play and learning are valued.
- Children should have periods of time to become deeply engaged in play.
- Children should have many opportunities to make choices throughout the day. Books, blocks, puzzles, art, music and dramatic play activities should be plentiful.
- Adults should read to children daily, and extend their thinking by providing questions and comments.
- Sand and water play are available on a regular basis, and children should spend little or no time watching TV or videos.
- Space and equipment for gross motor play is available indoors and outdoors.

NUTRITION:

- Snacks and meals need to be nutritious and appetizing.
- There must be procedures to handle food allergies.
- Special diets and ethnic preferences are given consideration.
- Breakfast and lunch menus should be posted. Ask to see one.
- Children should be allowed flexibility in eating patterns; food can be left on the plate and second helpings are available.

A home-based childcare provider offers childcare in the caregiver's home, often with a single adult supervising the children. DCFS states that a single caregiver can provide care for a total of twelve children under the age of 12, including the children of the caregiver. However, the Village of Oak Park only allows a total of eight children to be cared for by a single caregiver, including the children of the caregiver. If there are four or more children cared for in a home by someone other than a family member, that home is treated as a facility that must be licensed by DCFS. The National Association for Family Child Care provides accreditation for home-based childcare providers that meet additional standards of quality.

Extended family members who are caring for children are exempt from licensing requirements, as are home-based providers caring for fewer than four children. Therefore, it is important that you request two or three references and observe the home while children are present, in addition to considering the points listed below when looking at a license-exempt home childcare provider.

Many of the guidelines for childcare centers are applicable for home-based childcare providers, but also examine the following:

- Is a current child care home license on display?
- Does the caregiver have written policies and a contract for parents?
- Are bathrooms, diapering areas, and food preparation areas kept clean, safe and separate? Is the house "baby-proofed"?
- Are toys for older children kept out of reach of younger children?
- Are there any guns in the home? Any guns must be locked and stored separately from ammunition. (In Oak Park, it is illegal to keep a handgun in the house.)
- Are there arrangements for substitutes if the caregiver is ill?
- Is a daily schedule posted for parents to see?
- Is there enough safe space for play (indoors and out) and for naps?
- Can parents visit at any time when their children are in care?
- Are there opportunities for parents and caregivers to talk to each other about what is happening in the child's life?

West Suburban Home Day Care Association

P.O. Box 1156, Oak Park, IL 60304

PHONE: 708-848-8931

EMAIL: wshdca@comcast.net

A not-for-profit organization of more than fifty home-based childcare providers; provides monthly training opportunities and networking; a referral line helps parents find provider options among local members.

CARE IN YOUR OWN HOME

Some parents may prefer the one on one contact an in-home provider can offer. A nanny works on a live-in or live-out basis performing child care and some minimal household duties. Usually unsupervised during the day, the nanny generally has a 40-60 hour work week.

An au pair lives as an extended member of the family and provides up to 45 hours of in-home care per week. Au pairs cannot be left alone overnight with children or alone with an infant under the age of 3 months; they do not do housework that does not pertain to the care of children. The au pair program in the United States is closely regulated by the U.S. Department of State; it is intended to be a cross-cultural exchange program with a child care component.

Many of the guidelines for center-based care apply for care in your home, but there are additional issues that should be addressed.

- Interview the prospective caregiver at least twice. Obtain and speak to at least two or three references.
- Conduct a criminal background check with the Illinois State Police, as well as a DCFS Child Abuse and Neglect Tracking System (CANTS) check. In order to do a CANTS check, the prospective employee must sign a release form giving permission.
- Ask if the employee has any training in early childhood development.
- Offer “what if” scenarios on discipline, eating habits, etc. to elicit responses on how the caregiver would handle different situations.
- Make sure your caregiver understands and is comfortable with your rules, expectations, discipline guidelines, and parenting philosophy. Conversely, help your caregiver establish his/her authority with your child.
- Draw up a specific contract outlining expected duties, hours, salary, paid vacation and sick leave. Include parental obligations and set up periodic review dates. Many websites have sample nanny contracts.
- Observe the caregiver’s interaction with your child routinely and without advance notice.
- As your child grows older, consider whether your caregiver will adapt to changing demands and responsibilities.

CHILDCARE RESOURCES

REFERRALS:

Action for Children

PHONE: 312-823-1100

www.actforchildren.org

Will provide parents with a list of providers anywhere in Cook County for a fee; will also help parents determine if they qualify for assistance in paying for child care and to receive the appropriate forms to apply. This service is free.

Department of Children and Family Services (DCFS)

PHONE: 877-746-0829

www.state.il.us/dcfs

Will provide a list of DCFS licensed centers and home childcare providers.

Oak Park Department of Public Health

PHONE: 708-358-5480

Will provide a list of licensed centers and home childcare providers in Oak Park.

West Suburban Home Day Care Association

PHONE: 708-848-8931

EMAIL: wshdca@comcast.net

An association of more than 50 home-based childcare providers; a referral line helps parents find provider options among local members.

PROVIDER BACKGROUND CHECKS AND TRAINING:

American Red Cross Greater Chicago Chapter

PHONE: 312-729-6100

www.chicagoredcross.org

Provides training in CPR and First Aid and babysitter training for teenagers.

Child Abuse and Neglect Tracking System (CANTS)

To determine if a prospective caregiver has ever been investigated for child abuse and neglect in Illinois, call the local DCFS Field Office (708-338-6600), or access the DCFS website at www.state.il.us/dcfs/. Click on the link for “Forms” to request **Form CFS-689, Authorization for Background Check for Programs NOT Licensed by DCFS.**

Illinois State Police

PHONE: 1-217-782-6637

Provides criminal background checks on prospective caregivers.

Home Child Care Provider Nurse Consultant

Oak Park residents call: 708-358-5480

Helps home child care providers with communicable disease prevention, policy development, risk assessments, education and support with home visits.

Oak Park Park District

218 Madison, Oak Park 60302

www.oakparkparks.com

PHONE: 708-383-0002

FAX: 708-383-5702

Offers periodic babysitter training classes.

OCCASIONAL OR EVENING SITTERS

The top priority when seeking a babysitter is to find someone who can keep your child safe and happily entertained.

A good babysitter will:

- Be reliable.
- Have the attention span needed to actively watch your child.
- Have the patience to handle difficult behavior.
- Be able to keep him/herself and your child safe.
- Have the presence of mind to stay calm in an emergency.
- Know when to ask for help.

Before you leave the babysitter with your child:

- Allow enough time to orient a new babysitter to your child, your home, and your routines.
- Discuss expectations, additional responsibilities, and family rules.
- Discuss what to do in case of fire or another emergency.
- Take the sitter on a tour and show him/her the location of all doors, the burglar/fire alarms, the fuse box, and the first aid kit.
- Make sure the sitter knows where diapers, clothes, bottles, and snacks are kept.
- Leave written instructions for warming up food and bottles.
- Leave a list by the phone with your home's address and phone number, the number where you can be reached, emergency numbers including Poison Control (1-800-222-1222), your pediatrician, and a readily available neighbor. Include a signed consent form to be used in the event of a medical emergency (A blank form is included in the appendix of this directory).

The Red Cross offers a babysitting course for teenage sitters, as does the Park District of Oak Park. All sitters should be trained in CPR and be aware of your house safety rules.

Parents who need regular babysitting services can post their openings on job boards in the student career centers at Concordia and Dominican Universities.

Concordia Babysitting Job Board

at Koehneke Community Center, Concordia University
PHONE: 708-209-3090 EMAIL: campus.events@cuchicago.edu

Dominican Babysitting Job Board

at Dominican University Career Center, room 216
PHONE: 708-524-6786 EMAIL: rscotto@dom.edu

DIRECTORY LISTINGS: CENTER-BASED CHILDCARE CENTERS/PRESCHOOLS

The Illinois Department of Children and Family Services (DCFS) requires that all childcare centers and preschools must meet minimum standards of health, safety, and developmentally appropriate practice for group care of children in order to be licensed. If you have questions about DCFS licensing standards or policy, call the DCFS Office of Child and Family Policy at 217-524-1983.

The National Association for the Education of Young Children (NAEYC) has developed accreditation standards of quality. Voluntary accreditation with NAEYC or other organizations indicates that a facility has met standards of quality that are better than the state licensing standards. Please see page 32 for information about child/staff ratios and other markers of quality childcare.

The following centers/preschools currently have NAEYC accreditation:

Concordia University Early Childhood Education Center
First United Church Nursery School
Glasser Preschool (at Oak Park Temple)
Oak Park River Forest Day Nursery
Pilgrim Community Nursery School
St. Giles School
West Suburban Temple Har Zion Nursery School

Preschools that offer an extended day option serve as the equivalent of full-time childcare and are also listed in this section. When looking at a preschool with extended hours, consider both the preschool's program and its suitability as a childcare facility. Preschools that are part of an existing school system (public, faith-based, or Montessori), as well as government programs, are exempt from licensing requirements by DCFS and are noted as "DCFS license-exempt" in this listing. Some preschools have undergone national accreditation processes that examine child care procedures and facilities; some license-exempt preschools have chosen to become licensed by DCFS.

By law, all agencies that care for children must be willing to consider children with special needs. However, some facilities may be more suitable than others for a child with special needs. Unless indicated otherwise, all of the childcare facilities listed have ongoing enrollment.

For some programs that run on a school calendar year with limited spaces, registration fills as early as January or February for the following fall. Typically, the age eligibility listed is the child's age as of September 1. Many programs housed in religious institutions, whether non-sectarian or religious, will give preference to congregants. Call for specific information.

Parenthesis Parent-Child Drop-In Center usually hosts a Preschool Fair with information about area preschools in January. Call Parenthesis (708-848-2227) for more information about its Preschool Fair.

ABC Toon Town ●■

146-148 W. Harrison Street, Oak Park, 60304
 PHONE: 708-848-9714 EMAIL: abctoons98@sbcglobal.net
 FAX: 708-848-9783 www.abctoontown.com
 Childcare: 6 weeks – 2 1/2 years 7:00 am – 6:00 pm
 Full-time/part-time Flexible hours
 Accepts state subsidies Before and after school care available
 Child/staff ratios: meets DCFS standards

ABC Toon Town II ●■

208 W. Harrison Street, Oak Park, 60304
 PHONE: 708-848-0701 EMAIL: abctoons98@sbcglobal.net
 FAX: 708-848-0702 www.abctoontown.com
 Childcare: Ages 3 – 6 7:00 am – 6:00 pm
 Full-time/part-time Flexible hours
 Accepts state subsidies Before and after school care available
 Child/staff ratios: meets DCFS standards

Academy of Movement and Music Preschool ■

605 Lake Street, Oak Park 60302
 PHONE: 708-848-2329 EMAIL: stephanieclermens@hotmail.com
 FAX: 708-848-2391 www.academyofmovementandmusic.com
 Preschool: Ages 2 – 6 8:45–11:00 am, 12:45–3:00 pm
 Toilet training not required Days vary by age
 Registration usually 1st Sunday in February
 Child/staff ratios: 5/1 (2 – 3 yrs); 8/1 (4 – 6 yrs)

Alcuin Montessori School ●■

324 N. Oak Park Avenue, Oak Park 60302
 PHONE: 708-366-1882 EMAIL: admission@alcuin.org
 FAX: 708-386-1892 www.alcuin.org
 Preschool: Ages 2 – 3, 3 – 5 8:30–11:30 am, 8:30 am–3:00 pm
 Childcare: Ages 2 – 14 7:15 am–6:00 pm
 Ongoing enrollment Days and times vary by age
 Financial aid available Toilet training required for children over age 3
 Montessori school Accredited by American Montessori Society
 Extended day option available (age 3 and up)
 Parent/caregiver-child classes available for children 12-24 months
 Child/staff ratios: 5/1 (age 2); 8/1 (3 – 6 yrs)

Ascension School ●■

601 Van Buren Street, Oak Park 60304
 PHONE: 708-386-7282 EMAIL: info@ascension-school.com
 FAX: 708-524-4796 www.ascension-school.com
 Preschool: Ages 3 – 5 9:00 – 11:40 am, 12:20 – 3:00 pm
 Childcare: Ages 3 – 14 7:00 am – 6:00 pm
 Toilet training required Must be enrolled at Ascension School
Parochial Catholic school Some scholarships available for parish members
 Open house on last Sunday in January; registration for parish members in
 February; open enrollment in March
 Child/staff ratio: 10/1

Back 2 Basics Learning Academy ●■

1009 Garfield Street, Oak Park 60304 www.b2bdaycare.org
 PHONE: 708-848-8888 FAX: 708-848-8988
 Childcare: 6 weeks – 12 yrs 6:00 am – 6:00 pm, 3:30 – 6:00 pm
 Full time/part-time Accepts state subsidies
 Toilet training not required After school care available (ages 5 – 12)
 Child/staff ratios: meets DCFS standards

Blocks 24-Hour Child Care ●■

815 S. Oak Park Avenue, Oak Park 60304
 PHONE: 708-445-1572 EMAIL: blocks_corporation@um.att.com
 FAX: 708-445-1573 www.blocks24hourcare.qpg.com
 Childcare: 6 weeks – 5 years Open 24 hours/day
 Full time/part time Flexible hours available
 Provides toilet-training services
 German language and music & movement classes available
 Child/staff ratios: meets DCFS standards

Building Blocks Child Care ●■

at Cornerstone Church, 171 N. Cuyler Avenue, Oak Park 60302
 PHONE: 708-386-1033 FAX: 708-386-1532
 EMAIL: childcare.building.blocks@gmail.com
 Childcare: 6 weeks – 5 years 7:00 am – 5:45 pm
 Full-time/part-time Accepts state subsidies
 Toilet training not required for full-time care
Non-denominational Christian center
 Child/staff ratios: meets DCFS standards

● – Full-time childcare ■ – Preschool or part-time childcare

Children's Garden Montessori School ● ■

165 N. Lombard Avenue, Oak Park 60302 EMAIL: rmawani@aol.com
 PHONE: 708-383-6570 www.childrengardenmontessori.com

Preschool: Ages 2 – 6 8:45 – 11:45 am
 Childcare: Ages 2 – 6 7:00 am – 6:00 pm
 Full-time/part-time Toilet training not required

Montessori school DCFS license-exempt

Accredited by Association Montessori International

Optional Spanish language immersion program
 (child must be 3 yrs. old and toilet trained for immersion program)

Child/staff ratios-preschool: 10/1

Child/staff ratios-childcare: 6/1 (ages 2 – 3); 8/1 (ages 3 – 6)

Concordia University Early Childhood Education Center ● ■

Christopher Building, 7400 Augusta Blvd., River Forest 60305
 PHONE: 708-209-3099 EMAIL: crfecec@cuchicago.edu
 FAX: 708-209-3176 www.cuchicago.edu

Preschool: Ages 3 – 6 9:00 – 11:30 am, 1:00 – 3:30 pm
 Childcare: 6 weeks – 6 years 7:00 am – 6:00 pm
 Full-time/part-time Toilet training required for children over age 3
 Accepts state subsidies Ongoing registration (for child care only)

Applications accepted on last Wednesday in February for preschool

Religious Lutheran school Accreditation from Natl Lutheran School Assn
NAEYC accreditation

Child/staff ratios meets NAEYC optimal standards

Creative Children's Day Care Center ●

6139 W. North Avenue, Oak Park 60302
 PHONE: 708-445-9522 FAX: 708-445-1637

Childcare: 6 weeks – 6 years 7:00 am – 6:00 pm
 Full-time only Toilet training not required
 Accepts state subsidies Before and after school care available
 Child/staff ratios: meets DCFS standards

Christ Lutheran Learning Center ■

at Christ Lutheran Church, 607 Harvard Street, Oak Park 60304
 PHONE: 708-386-3306 EMAIL: christinedame@yahoo.com
 FAX: 708-386-3306 www.christlutheranoakpark.org

Preschool: Ages 3 – 4 (by 12/1) 8:45 – 11:15 am
 Toilet training required Days vary by age
Religious Lutheran preschool Registration begins Feb. 1

Child/ staff ratio: 10/1

First Baptist Preschool and Kindergarten ● ■

820 Ontario Street, Oak Park 60302
 PHONE: 708-383-1190 FAX: 708-848-0586
 EMAIL: firstbaptistschool_oakpark@yahoo.com

Childcare: Ages 2 1/2 – 12 6:30 am – 6:00 pm
 Full-time/part-time Toilet training must be in process
 Accepts state subsidies Transportation from school to center

Non-denominational Christian center

After school program for 1st – 6th graders (child/staff ratio 20/1)
 Child/staff ratios: 16/3 (30 – 39 mos); 6/1 (40 mos – 4 yrs); 8/1 (ages 4 – 6)

First Circle Education for Young Children ■

56 Lake Street, Oak Park 60302
 PHONE and FAX: 708-848-9422

Preschool: Ages 3 – 6 8:30 – 11:30 am, 12:30 – 3:30 pm
 Child/staff ratio: 4/1 Open house in February

First United Church Nursery School ■

848 Lake Street, Oak Park 60301
 PHONE: 708-848-4910 EMAIL: jwhite@firstunitedchurch.com
 FAX: 708-386-7480 www.firstunitedschool.com

Ages 2 – 5 2 1/2, 3, and 3 1/2 hour options available
 Open house 3rd Wed. in Jan. Toilet training required for ages 3-5
NAEYC accreditation Financial aid available
 Optional 2 hour Lunch Bunch program available
 Child/staff ratios: 4/1 (age 2); 5/1 (age 3); 6/1 (ages 4 – 5)

Forest Park District 91 Junior Kindergarten ■

at Garfield School, 543 Hannah Avenue, Forest Park 60130
 PHONE: 708-366-6945
 FAX: 708-366-8044 www.forestparkschools.org

Preschool: Age 4 8:15 – 11:00 am, 12:00 – 2:45 pm
 Registration begins in Aug. Toilet training required
 Must reside in Forest Park Preference given to children w/ special needs
 Free to residents Book materials fee of \$35 per semester
 Child/staff ratio: 10/1

● – Full-time childcare ■ – Preschool or part-time childcare

Forest Park Montessori Child Development Center ●■
 16 Lathrop Avenue, Forest Park 60130 www.forestparkmontessori.com
 PHONE: 708-771-8337 EMAIL: marian_zeitman@yahoo.com
 Preschool: Ages 2 – 6 8:30 am – 4:00 pm, flexible days
 Childcare: 6 weeks – 6 years 7:00 am – 6:00 pm
 Full-time/part-time Toilet training not required
Montessori school Accredited by American Montessori Society
 Child/staff ratios: meets DCFS standards

The Giving Tree Early Learning Center ●
 7510 W. Randolph Avenue, Forest Park 60130
 PHONE: 708-209-1555 EMAIL: katecozzani@thegivingtreeinc.com
 FAX: 708-209-1551 www.thegivingtreeinc.com
 Childcare: 6 weeks – 6 years 7:00 am – 6:00 pm
 Full-time only Toilet-training not required
 Accepts state subsidies Child/staff ratios: meets DCFS standards

Glasser Preschool ■
 at Oak Park Temple, 1235 N. Harlem Avenue, Oak Park 60302
 PHONE: 708-386-3937 EMAIL: glasserps@ameritech.net
 FAX: 708-386-0955 www.oakparktemple.com/preschool
 Age 2 (by June 1) – 5 8:45 – 11:15 am, 12:15 – 2:45 pm
 Ongoing enrollment Extended day option (8:45 am – 1:30 pm)
 Financial aid available Toilet training not required
 Parent/caregiver-child classes available for children age 9 mos – 2 1/2 years
NAEYC Accreditation Religious Jewish preschool
 Child/staff ratios: 4/1 (age 2); 7/1 (age 3); 8/1 (ages 4 – 5)

Rose K. Goedert Center for Early Childhood Education ●■
 at Priory Campus, 7200 W. Division Street, River Forest 60305
 PHONE: 708-714-9150 EMAIL: preschool@dom.edu
 FAX: 708-714-9151
 Preschool: Ages 2 – 6 years 7:00 am – 6:00 pm, 3 days or 5 days
 Childcare: Ages 2 – 5 years 7:00 am – 6:00 pm, 3 days or 5 days
 Full-time/part-time Call for part-time hours
 Accepts state subsidies Affiliated with Dominican University
 Toilet training required for children older than age 3 1/2
 Child/staff ratios: meets DCFS standards

Good Shepherd Learning Center ●
 326 Lake Street, Oak Park 60302
 PHONE: 708-386-2060 FAX: 708-386-2059
 Childcare: 6 weeks – 6 years 7:00 am – 6:00 pm
 Full-time only Toilet-training not required
 Accepts state subsidies
 Child/staff ratios: meets DCFS standards

Grace Lutheran School ●■
 at Grace Lutheran Church, 7300 W. Division Street, River Forest 60305
 PHONE: 708-366-6900 EMAIL: office@graceschool.net
 FAX: 708-366-0966 www.graceriverforest.org/school
 Preschool: Ages 3 – 4 8:30 – 11:30 am, days vary by age
 Childcare: Ages 4 – 14 12:00 – 6:00 pm
 Toilet training required **Religious Lutheran School**
 Full-day kindergarten, extended care available for 4 – 5 yr. olds
 Registration begins end of January for congregants; open registration 3/15
 Accredited by Evangelical Lutheran Education Association
 Child/staff ratios: 10/1 (age 4)

Hephzibah Children's Association ■
 8144 Lake Street, 5th floor, Oak Park 60301
 PHONE: 708-649-7140 FAX: 708-649-7194
 www.hephzibahhome.org
 After-school care: K-5th grade Ongoing enrollment
 Sliding fee scale Maintains waiting list
 Voluntary DCFS license Accredited by Council on Accreditation
Applications accepted at age 4 for kindergarten after school care
 After school care: 3:00 – 6:00 pm available at all eight D97 elementary schools
 Full-day childcare available on school holidays 7:30 am – 6:00 pm
 Child/staff ratio: 10/1

Head Start (CEDA) ■
 44 W. Madison Street, Oak Park 60302
 PHONE: 708-848-6476 EMAIL: kbanks@cedaorg.net
 FAX: 708-848-1064 www.cedaorg.net
 Preschool: Ages 3 – 5 8:00 – 11:30 am, 12:30 – 4:00 pm
 Ongoing enrollment Toilet training highly recommended
 Transportation available No cost to income-eligible families
 Must reside in Oak Park, River Forest, Forest Park, or Elmwood Park
 Child/staff ratio: 17/3

● – Full-time childcare ■ – Preschool or part-time childcare

Intercultural Montessori Language School ●■

301 S. Ridgeland Avenue, Oak Park 60304
 PHONE: 708-848-6626 EMAIL: info@interculturalmontessori.org
 FAX: 708-848-0407 www.interculturalmontessori.org
 Preschool/School: Ages 3 – 12 8:15 am – 12:30, 2:30, or 4:30 pm
 Childcare: Ages 3 – 12 7:00 am – 6:00 pm
 Toilet training required Financial aid available
 Ongoing enrollment Chinese, Japanese, Spanish immersion
Montessori school DCFS license-exempt
 Child/staff ratio: 12/1

Kangaroo Korner Child Care ●

900 Beloit Avenue, Forest Park 60130
 PHONE: 708-366-4452 EMAIL: suzanne.logan@comcast.net
 FAX: 708-344-4447 www.kangarookorner.org
 Childcare: Ages 15 mos-8 yrs 6:30 am – 6:00 pm
 Full-time only Toilet-training not required
 Accepts state subsidies After school care avail. for kindergarteners
 Child/staff ratios: 5/1 (15 – 23 mos); 6/1 (age 2); 10/1 (ages 3 – 4)

Keystone Montessori School ●■

7415 W. North Avenue, River Forest 60305
 PHONE: 708-366-1080 FAX: 708-366-1083
 Preschool: Ages 2 – 4 8:30 – 11:30 am or 2:45 pm, 12:00 – 2:45 pm
 Childcare: Ages 5 – 14 7:30 am – 8:30 am, 2:45 – 6:00 pm
 Toilet training not required Days, times vary by age
 Ongoing registration Before & after school care avail. (over age 5)
 Montessori school DCFS license-exempt
 Before & after school care for Keystone Montessori students
 Parent/caregiver & infant classes available (4 – 22 months)
 Accredited by American Montessori Society, Assn. Montessori Internat'l
 Child/staff ratios: 6/1 (age 2); 11/1 (3 – 6 years)

Little Beginnings Day Care and Preschool ●■

847 W. Madison Street, Oak Park 60302
 PHONE: 708-445-0909 EMAIL: beginningsinc@aol.com
 FAX: 708-445-7457
 Childcare: 6 weeks – 6 years 7:00 am – 6:00 pm
 Full-time/part-time Toilet training not required
 Accepts state subsidies
 Child/staff ratios meet DCFS standards

Little Legends Preschool Day Care ●

206 Chicago Avenue, Oak Park 60302
 PHONE: 708-660-0083 FAX: 708-660-8274
 Childcare: 6 weeks – 6 years 7:00 am – midnight
 Full-time only Toilet training not required
 Accepts state subsidies
 Child/staff ratios meet DCFS standards

Mohr Community Center ●■

7640 Jackson Blvd., Forest Park 60130
 PHONE: 708-771-7737 EMAIL: bpowers@forestpark.net
 FAX: 708-771-7736 www.forestpark.net
 After school care: K-6th grade Register in late summer for school year
 Accepts state subsidies Transportation available
 Must reside in Forest Park Tutoring available
 6:30 – 8:15 am (before school care), 2:30 – 6:00 pm (after school care)
 Child/staff ratio: 7/1

The Language and Music School ■

150 N. Oak Park Avenue, Oak Park 60301
 PHONE: 708-524-3340 or 708-524-LALA www.lmschool.com
 Preschool: Ages 3 – 6 9:30 am – 12:30 pm, 12:00 – 3:00 pm
 Ongoing enrollment Toilet training not required
 DCFS license-exempt Extended day available
 Spanish immersion available Accredited by Illinois Music Association
 Child/staff ratio: 8/1

Montessori Language Academy ●■

314 Circle Avenue, Forest Park 60130
 PHONE: 708-771-5030 EMAIL: yoko_avramov@hotmail.com
 FAX: 708-771-5230 www.montessorilanguageacademy.com
 Preschool: Ages 3 – 6 7:30 am – 3:00 pm
 Childcare: Ages 3 – 6 7:30 am – 6:00 pm
 Full-time/part-time Ongoing enrollment
Montessori school Affiliated w/American Montessori Society
 Japanese language immersion program

● – Full-time childcare ■ – Preschool or part-time childcare

Morningside Children's Academy ●■

1192 S. Cuyler Ave., Oak Park 60304 www.morningsideacademy.net
 PHONE: 708-386-3979 EMAIL: admissions@morningsideacademy.net

Preschool: Ages 3 – 6 8:45 – 11:45 am
 Childcare: Ages 3 – 6 7:00 am – 6:00 pm
 Full-time/part-time Toilet training required
Montessori school Spanish Immersion program available
 Accredited by Assn. Montessori International
 Before and after school care for Irving School students
 Child/staff ratio: 10/1

Mosaic Montessori Academy ●■

at River Forest United Methodist Church
 7970 Lake Street, River Forest 60305 www.mosaicmontessori.org
 PHONE: 312-351-0074 EMAIL: info@mosaicmontessori.org

Preschool: 18 months-6 years 7:00 am – 6:00 pm
 Full-time/part-time Toilet training required
Montessori school Child/staff ratio: 10/1

Oak Park Elementary Schools (District 97)

Pre-Kindergarten Partnership (PKP) ■

at Longfellow School, 715 S. Highland Avenue, Oak Park 60304
 PHONE: 708-848-2112 EMAIL: dfarmer@op97.org
 FAX: 708-524-3037 www.op97.org

Preschool: Ages 3 – 5 8:15 – 10:45 am, 12:00 – 2:30 pm
 Must reside in Oak Park Ongoing enrollment if spaces are available
 Illinois State Funded Preschool for All Program
 Developmental screening, parent interview used to determine eligibility;
 designed to meet the needs of children and families with stress/risk factors.
 Child/staff ratio: 10/1

Oak Park Park District ■

218 Madison Street, Oak Park 60302
 PHONE: 708-725-2106 EMAIL: jenniferp@oakparkparks.com
 FAX: 708-383-5702 www.oakparkparks.com

Contact Jennifer Pawlowski about Early Childhood programs
 Preschool: 2 – 5 years Days, times vary by age
 January registration Toilet training required for 3 – 5 year olds
 Child/staff ratio: 19/2 Several locations throughout Oak Park

Oak Park and River Forest Day Nursery ●■

1139 Randolph Street, Oak Park 60302
 PHONE: 708-383-8211
 FAX: 708-383-0692 www.oprfdaynursery.org

Childcare: Ages 2 1/2 – 6 yrs 7:00 am – 6:00 pm
 Full time/part-time Sliding fee scale
NAEYC accreditation Child/staff ratio: 7/1

Pilgrim Community Nursery School ■

460 Lake Street, Oak Park 60302
 PHONE: 708-848-5869 EMAIL: pcns@sbcglobal.net
 FAX: 708-848-6880 www.pilgrimschool.net

Preschool: Ages 2 1/2 – 5 yrs 2 1/2, 3 1/2, and 4 hour options, M-Th
 January registration Toilet training required
NAEYC accreditation Financial aid available
 Child/staff ratios: 7/1 (age 3); 8/1 (age 4)

Positive Attitudes Working Daycare and Preschool ●■

112 Chicago Avenue, Oak Park 60302
 PHONE: 708-763-8983 EMAIL: pawincorp@sbcglobal.net
 FAX: 708-763-9053

Childcare: Ages 2 – 6 yrs 6:00 am – 6:00 pm
 Full time/part-time Toilet training not required
 Before/after school care avail. Accepts state subsidies
 Transportation (pick-up/drop-off service) available
 Child/staff ratios meet DCFS standards

RFCC Early Learning Center ●

at Oak Park River Forest High School, 201 N. Scoville, Oak Park 60302
 Contact Erin Graziano: 708-434-3199 EMAIL: egraziano@oprffhs.org

Childcare: 6 weeks – 5 years 7:00 am – 5:00 pm
 Full-time only Toilet training not required
 Registration begins in Jan-Feb Maintains a mailing/waiting list
 Follows OPRFHS teacher calendar (closed during OPRFHS summer break)
 Child/staff ratios: 4/1 (6 wks – 3 years); 10/1 (3 – 5 years)

● – Full-time childcare ■ – Preschool or part-time childcare

River Forest Community Early Childhood Learning Center ● ■

8020 Madison Street, River Forest 60305
 PHONE: 708-771-5127 EMAIL: lmadonia@rfcc.info
 FAX: 708-771-8958 www.rfcc.info

Preschool: Ages 3 – 12 9:15 – 11:30 am, 7:00 am – 6:00 pm
 Childcare: Ages 3 – 12 7:00 am – 6:00 pm
 Full time/part time Flexible hours available
 Toilet training required Before and after school care available
 Transportation available in River Forest and some Oak Park schools
 Parent/child classes available for children 15-23 months
 Child/staff ratio: 10/1

St. Bernadine School ● ■

815 Elgin Avenue, Forest Park 60130
 PHONE: 708-366-6890 EMAIL: stbern@stbern.com
 www.stbern.com

Preschool/School: Ages 3 – 14 8:20 – 11:30 am, 8:20 am – 3:05 pm
 Childcare: Ages 4 – 14 7:00 – 8:15 am, 3:05 – 6:00 pm
 Toilet training required Days, times vary by age
 Ongoing enrollment Financial aid available for parishioners
Parochial Catholic school Half and full-day options avail. for ages 3 – 5
 Before and after school care available
 Child/staff ratios: 10/1 (age 3); 15/1 (ages 4 – 5)

St. Catherine/St. Lucy School ■

27 Washington Blvd., Oak Park 60302
 PHONE: 708-386-5286 EMAIL: cypscr.2001@yahoo.com
 FAX: 708-386-7328

Preschool/School: Ages 3 – 14 8:05 am – 2:15 pm
 Toilet training required Registration begins in March
Parochial Catholic school Child/staff ratio: 15/1

St. Edmund Parish School ■

200 S. Oak Park Avenue, Oak Park 60302
 PHONE: 708-386-5131 EMAIL: schoolinfo@stedmund.org
 FAX: 708-386-5616 www.stedmundschool.org

Preschool/School: Ages 3 – 14 8:00 – 11:30 am, 8:00 am – 3:00 pm
 Toilet training required Financial aid available
 Register by September 1 Affiliated with Dominican University
Parochial Catholic school Child/staff ratio: 9/1

St. Giles School ● ■

1034 N. Linden Avenue, Oak Park 60302
 PHONE: 708-383-6279 EMAIL: office@stgilesschool.org
 FAX: 708-383-9952 www.stgilesschool.org

Preschool/School: Ages 3 – 14 8:15 – 11:15 am or 3:00 pm, 12:15 – 3:10 pm,
 Childcare: Ages 3 – 14 7:00 – 8:20 am, 3:00 – 6:00 pm
 Toilet training required Days vary by age
 Before and after school care available
 Optional extended morning program for age 4 afternoon class
 Full-day kindergarten with half-day option
Parochial Catholic school Registration begins end of January
NAEYC accreditation Child/staff ratios: 8/1 (age 3); 10/1 (ages 4–5)

St. Luke School ■

519 Ashland Avenue, River Forest 60305
 PHONE: 708-366-8587 EMAIL: brasinski@stlukeparish.org
 FAX: 708-366-3831 www.school-stlukeparish.org

Preschool: Age 4 8:10–11:00 am, 12:20 – 3:00 pm
 Toilet training required Registration begins last week in January
Parochial Catholic school Child/staff ratio: 10/1

St. Vincent Ferrer School ● ■

1515 Lathrop Avenue, River Forest 60305
 PHONE: 708-771-5905 EMAIL: fmazzula@svfsschool.org
 FAX: 708-771-7114 www.svfsschool.org

Preschool: Ages 3 – 4 8:00–10:30 am (age 3), 8:00–11:00 am (age 4)
 Childcare: Ages 3 – 14 7:00 – 8:20 am, 10:45 am – 6:00 pm
 Toilet training required Registration begins last week in January
 Before and after school care for St. Vincent Ferrer students
Parochial Catholic school Child/staff ratio: 9/1

Walther Lutheran Academy at Forest Park ● ■

305 Circle Avenue, Forest Park 60130
 PHONE: 708-366-2774 EMAIL: academy@walther.com
 FAX: 708-366-27640 www.walther.com/academy

Preschool/School: 3 – 4 years 8:30 – 11:45 am, 11:45 am – 6:00 pm
 Childcare: 3 – 12 years 6:00 am – 6:00 pm, 11:45 am – 6:00 pm
 Ongoing enrollment Toilet training required
Religious Lutheran school Subsidy avail. through Action for Children
 Full-day kdg. & extended child care options available
 Child/staff ratio: 8/1 (ages 3 – 5), 12/1 (ages 5 – 12)

● – Full-time childcare ■ – Preschool or part-time childcare

West Suburban Montessori School ●■

1039 S. East Avenue, Oak Park 60304
 PHONE: 708-848-2662 EMAIL: info@wsms.org
 FAX: 708-848-1977 www.wsms.org

Preschool: Ages 3 – 6 8:30 – 11:30 am, 8:30 am – 2:30 pm
 Childcare: Ages 3 – 6 7:00 am – 6:00 pm
 Ongoing enrollment Toilet training required
Montessori school DCFS license-exempt
 Scholarships available Accredited by Assn. Montessori Internat'l.
 Extended day, flexible hrs, full-time child care available
 Child/staff ratio: 15/1 (classroom), 10/1 (childcare)

West Suburban Temple Har-Zion Nursery School ■

1040 N. Harlem Avenue, River Forest 60305
 PHONE: 708-366-9000 EMAIL: office@wsthz.org
 FAX: 708-366-9006 www.wsthz.org

Preschool: Ages 2 – 5 9:00–11:00 am, 8:30–11:00 am, 11:00 am–12:30 pm
 Toilet training required Days, times vary by age
 Ongoing registration Some scholarships available to congregants
NAEYC accreditation Preschool w/ some Jewish observance
 Parent/caregiver-child classes for children 15 – 24 months
 Child/staff ratios: 5/2 (age 2); 4/1 (age 3); 13/3 (age 4)

YMCA Playschool/Preschool Programs ●■

255 S. Marion Street, Oak Park 60302
 PHONE: 708-434-0230 EMAIL: ggallen@westcookymca.org
 FAX: 708-383-0159 www.westcookymca.org

Preschool: Ages 2 – 5 9:00 – 11:45 am
 After school care: Ages 5 – 12 7:00 – 9:00 am, 2:45 – 7:00 pm
 Before & after school care Financial aid available
 Toilet training required after age 3 1/2
 Scholarships, Action for Children subsidy available
 Before & after school programs available for ages 6 – 12
 Transportation available for after school program
 Child/staff ratios: 2/1 (age 2); 6.5/1 (age 3); 8/1 (age 4); 13/1 (5 – 12 yrs)

● – Full-time childcare ■ – Preschool or part-time childcare

MUSIC, GYM, SWIM AND MORE

Academy of Movement and Music

605 Lake Street, Oak Park 60302
 PHONE: 708-848-2329 EMAIL: stephanieclemons@hotmail.com
 FAX: 708-848-2391 www.academyofmovementandmusic.com

Classes in creative movement (ages 2 1/2 – 5), ballet (ages 3 and up) and boys' production workshop (ages 5 and up).

Concordia University Swim Lessons

7400 Augusta Avenue, River Forest 60305 www.cuchicago.edu
 PHONE: 708-209-3118 FAX: 708-209-3154

IPAP–Infant Preschool Aquatic Program w/ Parents (age 1 – 5), independent swim classes (ages 3-adult); year-round; call or visit website; water exercise classes for parents.

De Maira Dance Studio

1146 Chicago Avenue, Oak Park 60302 EMAIL: demaira@comcast.net
 PHONE: 708-386-1833 www.demaira-dance.com

Tot combination class–ballet, tap, and tumbling (ages 3 and up).

The Gasse School of Music

7641 Polk Street, Forest Park 60130 EMAIL: gasse@gassesm.com
 PHONE: 708-488-8117 www.gassesm.com

Classes for children birth-high school Mon-Sat; family music classes; parent/child instrument lessons in cello, piano, violin, and viola (age 4); ongoing enrollment; class schedules follow public school calendar.

Fenwick High School Swim Classes

505 W. Washington Blvd., Oak Park 60302
 Contact Dave Perry 708-386-0127 x195
 Three 2-week summer sessions, eight lessons per session (age 5 and up).

Flex & Pointe Dance, Inc.

7515 Madison Street, Forest Park 60130 www.flexandpointe.com
 PHONE: 708-771-4811 EMAIL: info@flexandpointe.com

Creative movement and tap/ballet classes for children ages 3 and up.

Forest Park Park District

7501 W. Harrison Street, Forest Park 60130 www.pdofp.org
 PHONE: 708-366-7500 FAX: 708-366-1142

Parent/child swim classes, recreational programs for children of all ages.
 Call or visit website for more program details.

Forest Park Public Library

7555 Jackson Boulevard, Forest Park 60130
 PHONE: 708-366-7171 www.forestparkpubliclibrary.org
 Toddler (ages 1 – 3) and preschool (ages 3 – 6) storytimes; Twilight Tales family storytime (3rd Monday monthly, 7:00 – 7:30 pm).

INTUITdance

237 Harrison Street, Oak Park 60304 EMAIL: info@intuitdance.org
 PHONE: 312-505-0186 www.intuitdance.org
 Creative movement (ages 3 – 6) and pre-ballet/pre-tap classes (ages 4 – 5).

Huskie Swim Camp at Oak Park-River Forest High School

East Pool, 201 N. Scoville Avenue, Oak Park 60302
 Contact Michael Averbach 708-434-3379 or Pete Quinn 708-434-3529
 Three 2-week summer sessions (eight lessons per session) at seven different start times; mail-in registration at beginning of April; walk-in registration at the beginning of June (age 4 – 10).

The Language and Music School

150 N. Oak Park Avenue, Oak Park 60301 www.lmschool.com
 PHONE: 708-524-3340
 Family music classes (4 mos–4 years); language immersion classes (age 2–8).

Legere Dance Centre

7377 W. North Avenue, River Forest 60305
 PHONE: 708-771-9500 www.legeredancecentre.com
 Beg. to advanced levels in Ballet, Pointe, Jazz, Modern, Tap and Hip-Hop (ages 3-adult). Classes focus on technique, placement, flexibility, strength, and dramatic interpretation of music.

Kindermusik of Oak Park

927 N. Grove Avenue, Oak Park 60302 www.kindermusikfoakpark.com
 PHONE: 708-822-0655 EMAIL: info@kindermusikfoakpark.com
 Family music classes for babies (birth – 18 mos), toddlers (18 mos – 3 yrs), preschoolers, and young children.

Music Together at Oak-Leyden

411 Chicago Avenue, Oak Park 60302 www.musictogether.com
 PHONE: 708-524-1050, ext. 107 EMAIL: cguillen@oak-leyden.org
 Inclusive family music classes (8 mos – 5 yrs).

Musikgarten at Concordia

7400 Augusta Street, River Forest 60305
 PHONE: 708-209-3618 EMAIL: musikgarten@cuchicago.edu
 Family music classes (16 mos – age 3 1/2); independent music classes (age 3 – 5).

Musikgarten of Oak Park

344 Harrison Street, Oak Park 60304 www.musikgartenoakpark.com
 Contact Amy Pappageorge 708-445-1633 msamy2@sbcglobal.net
 Family music classes for babies (birth–18 mos) and toddlers (16 mos–3 yrs); children’s music classes (3 – 5 yrs) continuing through Music Makers at the Keyboard (ages 6+), a bridge from gen’l music learning to instrumental skill.

My Gym Children’s Fitness Center

7625 W. Lake Street, River Forest 60305
 PHONE: 708-209-1600 EMAIL: mygymopr@aol.com
 FAX: 708-209-1100 www.my-gym.com
 Classes that incorporate movement and gymnastics; family music classes (3 mos-3 1/2 yrs) and independent classes (for children older than 3 1/2 years); also available for birthday parties and scheduled group playdates.

Oak Park Art League

720 Chicago Avenue, Oak Park 60302 www.opal-art.com
 PHONE: 708-386-9853 EMAIL: opal2004@sbcglobal.net
 Children’s art classes (age 3 1/2 and up) involving a variety of art materials.

Oak Park Park District

218 Madison Street, Oak Park 60302
 PHONE: 708-383-0002 EMAIL: info@oakparkparks.com
 FAX: 708-383-5702 www.oakparkparks.com
 Family music classes (3 months – 5 years), children’s dance, preschool arts and crafts, swimming, ice skating, hockey, sports at several locations (age 3 and up); online brochure and registration available.

Oak Park Public Library

Main Library, 834 Lake Street, Oak Park 60301 www.oppl.org
 PHONE: 708-383-8200 or 708-452-3420 (children’s department)
 Dole Branch, 255 Augusta Avenue, Oak Park 60302
 PHONE: 708-386-9032
 Maze Branch, 845 S. Gunderson Avenue, Oak Park 60304
 PHONE: 708-386-4751
 Offers year-round activities for children of all ages, including storytimes and summer reading incentive programs. Call or visit the website for more information.

Panda Dance Studio

1003 Garfield Street, Oak Park 60302
 PHONE: 708-386-0743 FAX: 708-386-0760
 Combined ballet, tap, and tumbling classes (ages 3 – 5).

River Forest Community Center

8020 Madison Street, River Forest 60305

PHONE: 708-771-6159

EMAIL: jconrad@rfcc.info

FAX: 708-771-8958

www.rfcc.info

Parent/child programs (ages 15 – 23 mos); art, dance, music, gymnastics, karate (age 3 and up); birthday parties; summer camps.

River Forest Park District

401 Thatcher Avenue, River Forest 60305

PHONE: 708-366-6660

EMAIL: info@rfparks.com

FAX: 708-366-6661

www.rfparks.com

Activities for children (age 4 and up), including pee-wee sports; arts and crafts; after school sports; summer camp for tots.

River Forest Public Library

735 Lathrop Avenue, River Forest 60305 www.riverforestlibrary.org

PHONE: 708-366-5205 EMAIL: ellen.cutter@riverforestlibrary.org

Storytimes for infant – 6 years weekdays; first three weeks of each month; Pajama Storytime 3rd Mondays; special events: Family FiresideHalloween, Stories & Santa; Butterfly Picnic, & more – see website for details. All programs are free; some require registration.

Steckman Studio of Music

829 S. Oak Park Avenue, Oak Park 60304

PHONE: 708-524-1954

EMAIL: kathy@steckman-studio.org

FAX: 708-524-5412

www.steckman-studio.org

Parent/caregiver-child music classes (12 – 35 mos), independent music classes (ages 3 – 5), individual and group instrument lessons; non-profit organization.

Tri-Star Gymnastics

1401 Circle Avenue, Forest Park 60130

www.tri-stargym.org

PHONE: 708-771-STAR(7827)

FAX: 708-771-5909

Parent/tot classes (18 mos – 3 1/2 years), independent gymnastics classes (ages 3 1/2 yrs+), weekly drop-in parent/child family fun classes; birthday parties.

West Cook YMCA

225 S. Marion Street, Oak Park 60302

PHONE: 708-383-5200

www.opymca.org

Various activities offered to members and non-members including day camps, preschool family gym, ballet, storytime, dance and drama, gym & swim, and seasonal events.

Wonder Works

6445 W. North Avenue, Oak Park 60302 www.wonder-works.org

PHONE: 708-383-4815

EMAIL: info@wonder-works.org

Parent/child classes in creative play, arts & crafts, music, and acting for children, ages 6 months and older; non-profit organization.

SANITY SAVERS - OUTINGS WITH CHILDREN

Brookfield Zoo

First Avenue, between Ogden Avenue and 31st Street, Brookfield

PHONE: 708-485-0263

www.brookfieldzoo.com

Open 365 days/year. Free general admission on Tuesdays and Thursdays October–March. Many exhibits suitable for visits during inclement weather.

Garfield Park Conservatory

300 N. Central Park Avenue, Chicago 60624

PHONE: 312-746-5100

www.garfield-conservatory.org

Hours: 9:00 am – 5:00 pm, Thursdays: 9:00 am – 8:00 pm, 365 days/year
Six greenhouses (including a children's garden) and two exhibition halls.

Oak Park Conservatory

615 Garfield Street, Oak Park 60304, across from Rehm Park

PHONE: 708-386-4700

EMAIL: johns@oakparkparks.com

Hours: 10:00 am – 4:00 pm, Tuesday–Sunday; 2:00 – 4:00 pm, Monday
Tours available for groups of 10 by appt. Fish, birds, and turtles on display.
Ask about the plant “scavenger hunt”. Adult supervision required.

Ridgeland Common

415 W. Lake Street, Oak Park 60302

PHONE: 708-848-9661 EMAIL: ridgelandcommon@oakparkparks.com

Indoor playground, late September–mid April. Call for times and fees.

Harold “Hal” Tyrrell Trailside Museum

738 Thatcher Ave., River Forest 60305

PHONE: 708-366-6530

Summer Hours (March–October) 9:00 am – 4:45 pm, Saturday – Thursday
Winter Hours (Nov.–February) 9:00 am – 3:45 pm, Saturday – Thursday
Nature tours; sanctuary for injured and orphaned animals unable to survive in wilderness; wildlife museum; Cook County Forest Preserve. Closed on Fridays except for programs scheduled in advance.

Oak Park Gymnastics Center

218 Madison, Oak Park 60302

PHONE: 708-383-0218

EMAIL: gymnastics@oakparkparks.com

Indoor playtimes for children ages 1 – 6. Nov – April. Call for times and fees.

Wonder Works

6445 W. North Avenue, Oak Park 60302 www.wonder-works.org

PHONE: 708-383-4815

EMAIL: info@wonder-works.org

Hours: 10:00 am – 5:00 pm, Wednesday – Saturday; noon – 5 pm, Sunday
Children's museum in Oak Park; regular and special exhibits; birthday parties.

SOME USEFUL WEBSITES FOR FAMILIES

ALA Notable Children's Lists

www.ala.org/ala/alsc/awardsscholarships/childrensnotable/notablebooklist/currentnotable.htm

Links to the American Library lists of notable children's books & recordings.

American Academy of Pediatrics

www.aap.org

Referrals to pediatricians, health/safety information, policy and more.

Centers for Disease Control

www.cdc.gov

Comprehensive information about a range of health and safety issues, administered by the federal government.

Childbirth.org

www.childbirth.org

Resources on pregnancy, childbirth, pre- and post-natal care.

Children's Defense Fund

www.childrensdefense.org

Advocacy on behalf of children, especially children at risk and children with disabilities.

Children's Hospital of Philadelphia

www.chop.edu/consumer/your_child/index.jsp

Noted online resource for children's health issues.

Collaboration for Early Childhood Care & Education

www.collab4kids.org

PHONE: 708-708-613-6122

Local public/private partnership whose mission is to assure that all families have access to high quality affordable childhood care and education.

Consumer Protection Safety Commission

www.cpsc.gov

Free email alerts announcing recalls of children's products.

Disability Resource Monthly

www.disabilityresources.org/ILLINOIS.html

Lists a variety of disability resources in Illinois.

Dr. Toy's Guide on the Internet

www.drtoy.com

Information on recommended products and toys for children.

Early Childhood Learning and Knowledge Center

www.eclkc.ohs.acf.hhs.gov/hslc

Administered by the US Dept. of Health and Human Services.

Illinois Department of Human Services Early Intervention

www.dhs.state.il.us/ei

Website for families with children (birth–age 3) with diagnosed disabilities and developmental delays.

Illinois Department of Children and Family Services

www.state.il.us/dcfcs

KidsHealth.org

www.kidshealth.org/parent

Information about children's health, written for parents.

KidSource Online

www.kidsource.com

Information about children's health, education, and product safety.

Mamapedia

www.mamapedia.com

Free online community for parents.

Merck Medical Library

www.merck.com/mmhe/index.html

Free online version of layperson's edition of *The Merck Manual of Medical Information*.

National Association for the Education of Young Children

1509 16th St. NW, Washington DC 20036

www.naeyc.org

PHONE: 1-800-424-2460

Organization of early childhood educators and others dedicated to improving the quality of programs for children from birth to 3rd grade.

National Information Center for Children with Disabilities

www.nichcy.org

Referral center and clearinghouse for information about disabilities.

Voices for Illinois Children

www.voices4kids.org

Information and advocacy about issues affecting children and their families.

Wrightslaw

www.wrightslaw.com

Information about law and advocacy for children with disabilities.

Zero to Three

www.zerotothree.org

Clearinghouse for information on the first years of life.

EMERGENCY MEDICAL BACKGROUND INFORMATION

Name _____

Birth date _____

Allergies _____

Medication _____

Known conditions _____

Age _____ Weight _____ Height _____



Name _____

Birth date _____

Allergies _____

Medication _____

Known conditions _____

Age _____ Weight _____ Height _____



Name _____

Birth date _____

Allergies _____

Medication _____

Known conditions _____

Age _____ Weight _____ Height _____

MEDICAL RELEASE FORM

We, _____, residing at

hereby give permission to

to authorize medical care for our child/children

in the event of an emergency.

Permission is hereby granted to authorize the appropriate medical care, as ascertained by a certified physician in consultation with the above named caregiver.

Signed _____ Date _____

Witness _____ Date _____

ABC Toon Town	40	First Circle Education		Loyola Medical Center		Resurrection Immediate Care Ctr.	16
ABC Toon Town II	40	for Young Children	43	Children's Hospital	16	RFCC Early Learning Center	
AblePlay	19	First United Church Nursery School	43	Mental Health	24	at OPRFHS	49
Academy of Movement and Music	40	Flex & Pointe Dance, Inc.	53	Mohr Community Center	47	Ridgeland Common	57
Action for Children	15, 37	Forest Park Director		Montessori Language Academy	48	River Forest Community Center	56
Alcuin Montessori School	40	of Special Education	19	MOPS (Mothers of Preschoolers)	7	River Forest Community Early	
All Kids Insurance	10, 15	Forest Park District 91		Morningside Children's Academy	48	Childhood Learning Center	50
American Red Cross	15, 37	Junior Kindergarten	43	Mosaic Montessori Academy	48	River Forest Fire Department	17
Apraxia	23	Forest Park Fire Department	16	Music Together at Oak-Leyden	54	River Forest Park District	56
Ascension School	41	Forest Park Montessori Child		Musikgarten at Concordia	54	River Forest Public Library	56
Autism	22-23	Development Center	44	Musikgarten of Oak Park	55	River Forest Special Ed. Director	19
Back 2 Basics Learning Academy	41	Forest Park Park District	53	My Gym Children's Fitness Center	55	Rush Children's Hospital	17
Blocks 24 Hour Child Care	41	Forest Park Public Library	54	Nat'l Dissemination Center for Children		Rush Oak Park Hospital	17
Brookfield Zoo	57	Fussy Baby Network	6, 20	with Disabilities (NICHCY)	20	Sarah's Inn	8
Building Blocks Child Care	41	Garfield Park Conservatory	57	Nat'l Alliance on Mental Illness	24	SEA (Supported Education Assn.)	21
Car Safety	12	The Gasse School of Music	53	Nat'l Assn. for the Education of		Shriners' Hospital	17, 25
Catholic Charities	6	Giving Tree Early Learning Center	44	Young Children (NAEYC)	32	SpecialQuest	25
CEDA Near West	6	Glasser Preschool at Oak Park Temple	44	Nat'l Child Care Information Ctr.	32	Spina Bifida Association of Illinois	25
Centers for Disease Control	15	Goedert Center for Early Childhood		Nat'l Org. for Rare Diseases	21	St. Bernadine School	50
CHADD	22	Education	44	Nat'l Resource Center for Health and		St. Catherine/St. Lucy School	50
Child Abuse and Neglect Tracking		Good Shepherd Learning Center	45	Safety in Child Care	32	St. Edmund Parish School	50
System (CANTS)	37	Grace Lutheran School	45	NorthShore University HealthSystem	5	St. Giles School	51
Child and Family Connections	18	Grandparents Raising Grandchildren	6	Oak Leyden Developmental Services	21	St. Luke School	51
Child Care Aware	32	Grasshopper Shuttle	6	Oak Park Art League	55	St. Vincent Ferrer School	51
Children's Clinic (Infant Welfare)	9, 15	Head Start (CEDA)	45	Oak Park Community Policing	16	STAR NET	25
Children's Garden Montessori	42	Healthcare Alternative Systems	5	Oak Park Conservatory	57	Steckman Studio of Music	56
Children's Memorial Hospital	15	Hephzibah Children's Association	6, 45	Oak Park Dept. of Public Health	16	Teenage Parent Program (TAPP)	8
Choking	13	Home Child Care Provider		Oak Park District 97		Theraplay Institute	21
Christ Lutheran Learning Center	42	Nurse Consultant	37	Pre-Kindergarten Partnership	48	Thrive Counseling Center	24
Community Support Services	19	Huskie Swim Camp at OPRFHS	54	Oak Park Families		Trailside Museum	57
Concordia Babysitting Job Board	38	IL Early Intervention Clearinghouse	20	with Children from China	7	Tri-Star Gymnastics	56
Concordia University Early Childhood		IL State Police	37	Oak Park Fire Department	16	Tuberculosis Clinic	17
Education Center	42	Immunizations	12	Oak Park Food Pantry	7	Vision Care Resources	9
Concordia University Swim Lessons	53	Int'l Lactation Consultant Assn.	4	Oak Park Gymnastics Center	57	Visual Impairments	25
Consumer Products Safety Commission	14	Intercultural Montessori		Oak Park Health Department	37	Voices for Illinois Children	5
Cook County Health Department	15	Language School	46	Oak Park Park District	37, 49, 55	Walther Lutheran Academy	
Council of Exceptional Children	19	INTUITdance	54	Oak Park Public Library	55	at Forest Park	51
Creative Children's Day Care Center	42	Kangaroo Kormer Child Care	46	Oak Park River Forest Day Nursery	49	Water Safety	14
DCFS	37	Keystone Montessori School	46	Oak Park Dist. 97 Special Services	19	West Cook YMCA	55
De Maira Dance Studio	53	Kiddie Kab	7	Oak Park Women's Guild	7	West Suburban Home	
Division of Specialized Care for		Kindermusik of Oak Park	54	Panda Dance Studio	56	Day Care Assn.	8, 35
Children (DSCC)	20	La Leche League	4	Parenthesis Family Center	4, 7	West Suburban Medical Center	17
Dominican Babysitting Job Board	38	Language and Music School	47, 54	PCC Community Wellness Ctr.	4, 16	West Suburban MOMS	
Down Syndrome	23	Lead Poisoning	14	PCC South Community Wellness Ctr.	4	(Mothers of Multiples)	8
Equip for Equality	20	Learning Disabilities	24	Pilgrim Community Nursery School	49	West Suburban Montessori School	52
Family Case Management	15	Legere Dance Centre	54	Pillars	8, 24	West Suburban Special Recreation	
Family Resource Center on Disabilities	25	Lekotek	20	Poisoning	13	Association (WSSRA)	21
Fenwick High School Swim Classes	53	Little Beginnings Day Care		Positive Attitudes Working Daycare	49	West Suburban Temple	
Fire/Burns	13	& Preschool	47	Postpartum Depression Helpline	5	Har-Zion Nursery School	52
First Baptist Preschool and Kdg.	43	Little Legends Preschool Day Care	47	Project CHOICES	21	WIC	17
				Rainbow Families of Illinois	8	Wonder Works	56, 57
						YMCA Playschool/Preschool	52

EMERGENCY NUMBERS

Emergency/Police/Fire: 911
Poison Control: 1-800-222-1222
Child Abuse Hotline: 1-800-25 ABUSE

PERSONAL INFORMATION

Your home address: _____

Your phone number: _____

Your work number: _____

Your cell phone number: _____

EMERGENCY CONTACTS

Nearest relative _____

Phone Number _____

Neighbor/friend _____

Phone Number _____

Neighbor/friend _____

Phone Number _____

Neighbor/friend _____

Phone Number _____

Health care provider _____

Phone Number _____

Insurance company _____

Agent/phone number _____

Policy number _____