ROCKLAND BABY CARE CONNECTIONS
A Resource Guide for Pregnant Women and Families with Infants and Toddlers

A coalition of Rockland County family-centered organizations has come together to create this resource guide to ensure the healthy development of all our young children and the well-being of all our families.

Because you will most likely have many questions during your pregnancy and/or as a new parent, this information will help you find the right resources.

Carefully review this brochure and keep it very handy!

We have provided phone numbers along with websites for you. You can also call the United Way’s 2-1-1 number, a free and confidential service that helps people find local resources 24 hours a day, 7 days a week, and ask for web addresses.

And, always, in addition to these resources, you can speak with your child’s doctor about any of your issues or concerns.

Visit our website for more information:
http://guides.rcls.org/betterbabycare

BEING THE BEST PARENT YOU CAN BE

Every child’s life is made up of building blocks as they grow and develop. You — the parent and caregiver — are the most important building block in their journey to a safe, happy and healthy future. Being a parent and raising a child is not easy. Some might say it’s the world’s hardest job, and ... at the same time ... the world’s most rewarding job. A child’s development is complicated, with ups and downs, and you will probably find yourself stumbling along the way.

Every one of us will eventually have questions about child birth, parenting, health, nutrition, socialization and learning. We will all need to find out about services and resources that are available nearby.

The better prepared we are as parents, the stronger the foundation — the building blocks — we can offer our children as they take flight.

We hope this information helps you be the best parent you can be!

Emergency and Crisis Services

Medical Emergency: CALL 911

• Poison Center: take the child and the product to the phone and call 800.222.1222

• If you feel you may hurt yourself or someone else, CALL 911, go to the emergency room at Good Samaritan or Nyack Hospital, or call Rockland Paramedic Services’ Behavioral Health Response Team 845.517.0400.

• Are you or your child in danger because of violence in your home? Call the Center for Safety and Change 24/7 Hotline 845.634.3344, and/or 911 for the police.

• Do you have trouble caring for your child due to drugs or alcohol? Call Nyack Recovery Center for Change 845.348.6760 or Rockland Council on Alcoholism and Other Drug Dependence: 845.215.9788.

• Are you overwhelmed and need support to care for your baby? Call United Way of Rockland 211 or 800-899-147 for an appropriate referral to the Rockland County Department of Social Services or call the Postpartum Helpline 631.422.2255.

• If you are distressed and unable or unwilling to care for your newborn (up to age 30 days) you can give up your infant safely, anonymously, and legally at Good Samaritan or Nyack Hospitals or the Sheriff’s Department (New City), or at any staffed police station (Towns of Clarkstown, Haverstraw, Orangetown, Ramapo, Stony Point; Villages of Spring Valley and Suffern), or call 211.

Visit our website for more information:
http://guides.rcls.org/betterbabycare
You and Your Developing Child

FOR EMERGENCY AND CRISIS SERVICES ……… SEE BACK OF THIS BROCHURE

PRENATAL CARE — federally qualified health centers can serve those with limited access to health care
* Prenatal Care at Montefiore Nyack/Breastfeeding on site…………………………………………………………845-368-2550
* Prenatal Care at Good Samaritan Hospital, Meg Moore……………………………………………………………845-368-5450
* Refush Health Centers……………………………………………………………………………………………845-354-9300
* Monsey Family Medical Center……………………………………………………………………………………845-352-6800

MEDICAID AND HEALTHCARE APPLICATIONS
NY State of Health: www.nystateofhealth.ny.gov………………………………………………………………………………855-355-5777
Rockland County Department of Health (RCDOH) Insurance Programs…………………………………………845-364-3394/3312
Navigators and Certified Application Counselors available at Health Centers listed above
Managed Care Organizations: Fidelis, MVP (Hudson Health), Affinity, WellCare, United Healthcare

TRANSPORTATION: TOR Bus Service: www.rocklandbus.com Sign up for mobile text alerts……845-364-3333
Medicaid taxi service (Affinity, United Healthcare, Wellcare)…………………………………………………………845-360-3542
Fidelis…………………………………………………………………………………………………………………………866-883-7865

COMMUNITY RESOURCE CENTERS
provide contact information for programs offering assistance with housing, child care, food pantries, soup kitchens, thrift shops, Food Stamps/SNAP applications, transportation, mental health, legal assistance, immigration rights and veteran benefits. More resources: www.mybenefits.ny.gov
HACSO (Spring Valley – Spanish & Creole speaking)……………………………………………………………………845-352-5897
Catholic Charities (Spanish speaking): www.ccrckln.org……………………………………………………………………845-942-5791
United Way of Rockland: www.uwrc.org……………………………………………………………………………………211 or 800-899-1479
WestCOP at RC Action Program—Haverstraw: 845-728-0688………………………………Spring Valley……845-262-1987

Rockland County DOH WIC Program: Women, Infants and Children up to 5 years old is a supplemental food program.
**Pregnant women are eligible for WIC from day one**……………………………………………………………………845-364-2577
WIC Monsey: Monday-Thursday, and Friday morning only, opens at 8:00 am………………………………845-426-6351
WIC Spring Valley: Monday-Wednesday, Friday am only, opens at 8:00 am……………………………………845-426-0971
WIC Haverstraw: Wednesday & Thursday, opens at 8:30am……………………………………………………………………845-429-5525
WIC New Square: Monday, Tuesday, Thursday, opens at 9:00 am…………………………………………………………845-354-3329
WIC Nyack: Monday until 2:00 pm, opens at 8:30am……………………………………………………………………..845-353-6037

PREGNANCY SUPPORT CENTERS – pregnancy tests, childbirth classes and ongoing support
CareNet: www.carenetrockland.com…………………………………………………………………………………………845-352-6074
Birthright of Rockland: www.birthright.com/nyanuet……………………………………………………………………845-623-9098
Healthy Beginnings Prenatal Program call HACSO (Spanish & Creole)………………………………………………845-352-5897
Rockland County Department of Social Services/Family Shelter……………………………………………………….845-364-3100/3150

BREASTFEEDING PROMOTION AND SUPPORT
Rockland Baby Cafés (Facebook Page: Rockland County Baby Café)……………………………………………………914-922-2240
Breastfeeding Tea Support Group: Good Samaritan Hospital, 2nd Tues of the month, 12:30pm…………………………845-368-5450
Rockland County DOH Breastfeeding Promotion & Support…………………………………………………………845-364-3786
La Leche League of Rockland ……………………………………………………………………………………………845-432-5551
Mother To Baby  Is my milk safe? Ask the experts: www.mothertobaby.org……………………………………866-626-6847
The New York Milk Bank: www.nymilkbank.org……………………………………………………………………………212-956-6455