A background illustration featuring several stylized, cartoon-like figures of children and youth of various ethnicities and ages. The figures are arranged in a group, with some in the foreground and others slightly behind. They are wearing simple, solid-colored clothing in shades of blue, orange, green, purple, and pink. The overall style is friendly and inclusive.

Jefferson Parish Children & Youth Planning Board Community Resource Booklet

Produced by:
Jefferson Parish
Children & Youth Planning Board

September, 2015

The Mission of the Jefferson Parish Children & Youth Planning Board is to collaboratively promote and administer effective prevention and treatment programs to children and youth in a timely and appropriate manner with dignity and respect for the welfare of all children and their families resulting in healthier children and youth for a strong, vibrant community.

Request Copies of this Document:

Internet Download: Children & Youth Planning Board website, <http://cypb.jpjc.org/Publications.aspx>

E-Mail: Department of Juvenile Services at JPJuvenileServices@JeffParish.net

Phone: (504) 364-3750, extension 241



CHILD GROWTH

The following guides help parents with their child or children's growth. Please see your child's pediatrician for any questions about their development:

3 months

- Turns head toward bright colors and lights.
- Grasps a rattle
- Wiggles and kicks
- Lifts head while on stomach
- Responds to loud sounds
- Makes cooing sounds
- Smiles

6 months

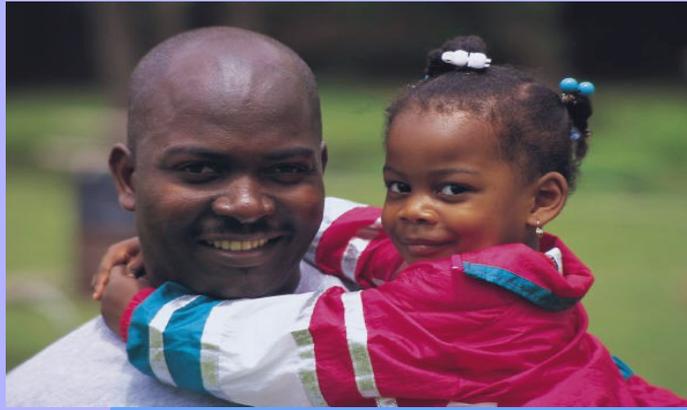
- Follows moving object with eyes
- Reaches to pick up objects
- Sits up with support
- Rolls from front to back
- Recognizes familiar faces
- Turns to sounds like voices or other noises
- Startles at sudden noise
- Laughs, squeals, and babbles
- Reaches out to mother
- Smiles spontaneously

9 months

- Sits alone
- Passes a toy from one hand to the other
- Plays peek-a-boo
- Bangs two objects together
- Waves goodbye
- Eats small foods with fingers

12 months

- Focuses on small objects when picking them up
- Pulls to standing position
- Crawls on hands and knees
- Walks with both hands held
- Says a few words like "mama" or "dada" and copies simple sounds
- Looks at a person who calls his or her name
- Responds to simple commands such as "no"
- Shakes head "yes" and "no"
- Drinks from a cup
- Pushes toys
- Waves goodbye and plays pat-a-cake



(continued)

18 months

- Walks without help
- Turns when name is called
- Uses 5-6 words that can be understood
- Follows simple directions
- Likes to look at pictures
- Scribbles on paper without help
- Pulls, pushes, and dumps things
- Pulls off shoes and socks
- Expresses wants in some way besides crying
- Cooperates with parent during dressing

24 months

- Kick a large ball
- Puts 2-3 words together when talking
- Uses 6-20 words and knows the meaning of many more

- Points to parts of the body when they are named by someone else
- Copies household activities like wiping or sweeping
- Tries to draw with crayons or pencil
- Feeds self with spoon and fork
- Takes off clothes without any help

30 months

- Jumps short distances
- Takes steps backwards
- Identifies pictures of familiar objects by name.
- Joins in saying nursery rhymes and signing songs.



In other words, teach young children how to handle emotions without hurting anyone, teach them how to behave correctly, and give them room to explore without being in danger.

From Terrible Twos to School Success: Building Self-Regulation Skills

“First, children must be emotionally secure enough to make the movement from external control to self-management. Second, they must be behaviorally skilled enough to know how to act when they’re on their own. And, third, children must be self-assured enough to seek and take responsibility for their own behavior.” - Lawrence Steinberg, Age of Opportunity

To develop self-regulation in children, parents need to be warm, firm, and supportive of their children’s growth toward self-reliance.



Teens

This period of growth for girls usually begin at age 10 and boys at age 12. The following are areas of growth during this time and some of what kids are going through:

Movement Towards Independence

- Struggle with a sense of identity
- Worry about how their body looks
- Concerns about self-esteem
- Show less outward affection towards their parents
- Complain about parents interfering with their independence.
- May go back to childish behavior especially when stressed.

Interests and Thought Changes

- Think mainly about the present and limited thought about the future.
- Their interests change and vary depending upon their importance.
- Often act without thinking and focus more on immediate rewards than consequences

Sexuality

- Displays shyness, blushing, and modesty
- Girls develop physically sooner than boys
- Increased interest in sex
- Movement towards and concerns about sexual identity
- Concerns about physical and sexual attraction to others
- Frequently changing relationships
- Worries of being normal

Morals, Values and Self-Direction

- Rule and limit setting
- Development of ideals and selection of role models
- Development of a conscience
- Possible experimentation with sex and drugs

Helpful Hints for Parents

☺ **Nurturing and Attachment** – building a close bond with your child helps you better understand, respond to, and communicate with your children.

☺ **Learn About Parenting and Child Development** - Learn what to look for at each age and how to help your child reach his or her full potential.

☺ **Dealing with Problems** - Your ability to deal with and solve a problem affects your child's ability to handle them effectively and deal with everyday stress. Recognizing the signs of stress and knowing what to do about it can help you build their ability to handle it.

☺ **Support and Help** – Recognize when you need help and support. Have family, friends, and neighbors that may be able to provide support when times get tough. Often times, religious or spiritual support is helpful.

☺ **Learn Your Resources** – Know what resources are out there to address your family's needs. Once you find the resources such as housing, financial, and other resources, you may be able to better attend to your role as parent.





Parenting Tips

The following tips will help you develop as parents and assist in strengthening the relationship between you and your children. Remember, happy and healthy children depend on you.

Children 0– 5 Years

Bond with your baby – It is important that a parent bond with their child. This means holding and touching your child, responding to cries of your child, reading or singing to your child, looking into your child's eyes and smile and talk to them, and as they get older play games, puzzles, and interact with them.

Dealing with Temper Tantrums

When a child throws a temper tantrum, try to direct their attention to something else that may prevent or stop the tantrum. Give them a choice about something they are having a tantrum about such as a choice of food. Try to resist overreacting to tantrums and try to keep a sense of humor.

Finding Help When You Need It

Talk to someone when having difficulty. That someone can be a knowledgeable friend, relative, counselor, health care provider, or church leader within your religious faith.

Take a Time-Out

When you need time to get things done, you can ask other trustworthy parents. You can also rely on parent support groups. Getting a babysitter is another form of help.

Understanding Adolescents

The main goal of adolescence is becoming an adult. Teens practice being adults by challenging parents. Understand teens need room to grow, but still need your guidance and caring to be successful adults.



How to Make \$100,000 in 18 Years

Investing in your child's future will save thousands of dollars years from now. Here are a few tips:

1. Spending time reading or counting with your child can save the cost of tutoring, repeating school grades, or taking off work to talk with teachers.
2. Feeding your child healthy foods can save costs of future injuries, illnesses, or doctor visits.
3. Talking with your child about their thoughts, feelings, and dreams can save costs of therapy, legal problems, or court involvement.



Parent Resources

Parenting Resources

Parenting Center at Children's Hospital
200 Henry Clay Ave. New Orleans, LA. 70118
3747 W. Esplanade Ave. Metairie, LA. 70002
parenting@chnola.org
(504) 896-9591

KIDLINE 1-800-CHILDREN
Statewide parent support/crisis intervention services.

Via Link 2-1-1 Call Center
Dial 211 or 1-800-749-2673
-24 hour crisis counseling and referral service to programs that help to provide basic needs.
www.vialink.org

Boys Town National Hotline (see below)

Parents. The Anti- Drug
theantidrug.com

Educational Resources

Head Start Centers

- Barataria/Lafitte Area
4977 City Park Rd.
Lafitte, LA. 70057
689-3384

- Bridge City Area
301 Third Emanuel St.
Bridge City, LA. 70094
349-5473
- Causeway Head Start
3420 N. Causeway Suite B
Metairie, LA. 70002
838-1000
- Clay St. Head Start 606 Clay St.
Kenner, LA. 70062
736-8770
- Kenner Head Start 200 Decatur St.
Kenner, LA. 70062
736-877
- Grand Isle Head Start 149 Ludwig Ln.
Grand Isle, LA. 70358
689-3384
- Gretna Head Start 2315 Park Place
Terrytown, LA. 70056
392-9898
- Thirty-First St. Head Start 1037 31st St.
Kenner, LA. 70065
736-8770
- Westbank Head Start
1425 Walkertown Way.
Marrero, LA. 70072
349-5185





Educational Resources (continued)

Jefferson Parish Public Library-
www.jefferson.lib.la.us

Eastbank

- Eastbank Regional 4747 West Napoleon Ave.
Metairie, LA. 70001
838-1190
- Harahan Branch 219 Soniat Ave.
Harahan, LA. 70123
736-8745
- Lakeshore Branch 1000 W. Esplanade Ave.
Metairie, LA. 70005
838-4375
- Old Metairie Branch 2350 Metairie Rd.
Metairie, LA. 70001
838-4353
- Rosedale Branch 4036 Jefferson Hwy
Jefferson, LA. 70121
838-4350
- Charles Wagner Branch 6646 Riverside Dr.
Metairie, LA. 70003
838-1193
- North Kenner Branch 630 W. Esplanade
Kenner, LA. 70065
736-8730
- River Ridge Branch 128 Sauve Rd.
River Ridge, LA. 70123
736-6455

Westbank

- Westbank Regional 2751 Manhattan Blvd.
Harvey, LA. 70058
364-2660

- Belle Terre Branch 5550 Belle Terre Rd.
Marrero, LA. 70072
349-5010
- Grand Isle Branch Main Rd.
Grand Isle, LA. 70358
(985) 787-3450
- Gretna Branch 102 Willow Dr.
Gretna, LA. 70053
364-2716
- Lafitte Branch 4917 City Park Dr. Suite B
Lafitte, LA. 70057
689-5097
- Live Oak 125 Acadia Dr.
Waggaman, LA. 70094
736-8475
- Terrytown 680 Heritage Ave.
Gretna, LA. 70056
364-2717
- Westwego 635 Fourth St.
Westwego, LA. 70094
349-5912

Jefferson Parish Public School System
www.jpss.k12.la.us
349-7600

Fredrick Douglas Adult Education Center
1400 Huey P. Long Ave. Gretna, LA. 70053

Café Hope
1101 Baratavia Blvd.
Marrero, LA. 70072
458-9853
www.cafehope.org

FREE INTERNET!! Residents of Jefferson Parish are eligible to access the wide world web at local Jefferson Parish libraries.



Educational Resources (continued)

Jefferson Chamber Academy
Westbank Campus
475 Manhattan Blvd.
Harvey, LA. 70058
410-3121

Jefferson Chamber Foundation Academy
Eastbank Campus
3330 N. Causeway Boulevard
Metairie, LA 70002
410-3121

www.jeffersonchamberfoundationacademy.org

Louisiana National Guard Youth Challenge
Program
1-800-CAMP-KID (1-800-226-7543)

Federal Information Hotline
1-800-FED-INFO (1-800-333-4636)

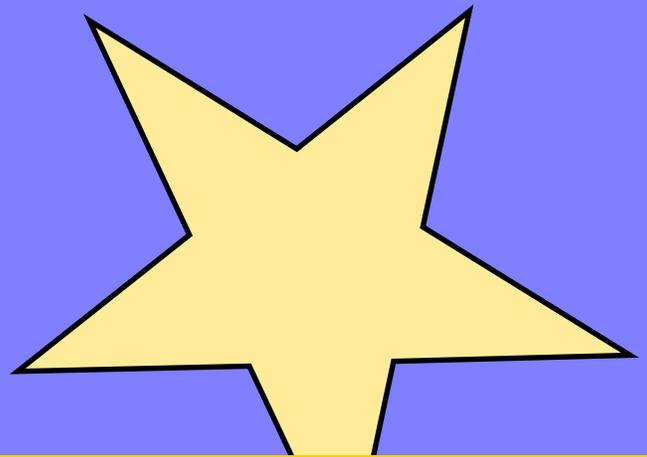
Louisiana School Attendance Law

According to Louisiana law (R.S. 17:221), a child is to enroll and attend school by the age of 7 and can not drop out of school until the legal age of **18**.



**Free Online Tutoring, Job
Search Assistance and
Academic & Career
Resources**

Whether you need help with Math Homework, an English Paper, Finding a Job or Preparing for a Test, HomeworkLouisiana can help!



Recreational Resources

Jefferson Parish Recreation Department
www.jprecreation@jeffparish.net

- Eastbank 6921 Saints Dr.
Metairie, LA. 70003
736-6999
- Westbank 7437 Lapalco Blvd.
Marrero, LA. 70072
349-5000

Children's Museum 420 Julia St.
New Orleans, LA. 70130
523-1357

Aquarium of the Americas
1 Canal St.
New Orleans, LA. 70131
565-3800

Audubon Zoo
6500 Magazine St.
New Orleans, LA. 70118
581-4629

Boys and Girls Club of America - New Orleans

- 1222 N. Dorgenois St.
New Orleans, LA. 70119
371-5175

Boys and Girls Club of
America - Westbank

- 900 10th St.
Gretna, LA. 70053
368-3434

Lafreniere Park 3000 Downs Blvd.
Metairie, LA. 70003
838-4389
www.lafrenierepark.org

Jefferson Performing Arts Society
885-2000
www.jpas.org

Bayou Segnette State Park
7777 Westbank Expressway
Westwego, LA. 70072
736-7140 or 1-888-677-2296
www.bayousegnette@crt.la.gov

Kenner Recreational Department
1905 24th St.
Kenner, LA. 70062
468-7211
www.recreation@kenner.la.us

East Jefferson YMCA
6691 Riverside Drive
Metairie, LA. 70003
888-9622

Belle Chasse YMCA
8101 Highway 23
Belle Chasse, LA. 70037
392-9622

Castle Kids Child Development Ctr YMCA
7400 Leake Ave.
New Orleans, LA. 70118
862-2103



**Doing an activity or outing together as a family is a
homerun for success!**



Medical/Health Resources

Jefferson Parish Human Services Authority
www.jphsa.org

- Eastbank 2400 Edenborne Ave.
Metairie, LA. 70001
838-5257
- Westbank 5001 Westbank Expressway
Marrero, LA. 70072
349-8755

(24 hour/7 days a week Crisis Line 832-5123)

Metropolitan Human Services District
1010 Common Street #600
New Orleans, LA 70112
599-0245

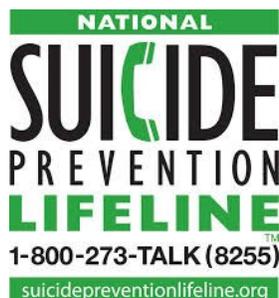
In Crisis 826-2675

Health Units

- Eastbank 111 N. Causeway Blvd. Metairie,
LA. 70001 838-5100
- Westbank 1855 Ames Blvd. Marrero, LA.
70072 349-8802

Department of Child & Family Services

- Eastbank: 3229 36th St.
Metairie, LA. 70001
838-5111
- Westbank: 2150 Westbank
Expressway
Harvey, LA. 70058
361-6111



JeffCare (Medical Clinics)

- Eastbank: 3616 S. I-10 Service Road W.
Suite 100
Metairie, LA 70001
838-5257
- Westbank: 5001 Westbank Expressway
Marrero, LA 70072
349-8708
- Behavioral Health Mobile Crisis Unit
East/West Jefferson
838-5123

(Weekdays after 4:30 p.m., weekends and holidays)

Urgent Care Facilities

- Eastbank: 1937 Veterans Memorial Blvd.
Metairie, LA. 70005
837-7817
- Westbank: 148 Wall Blvd.
Gretna, LA. 70056
393-2273

Hospitals

- East Jefferson General Hospital
4200 Houma Blvd.
Metairie, LA. 70006
454-4000
- West Jefferson General Hospital
1101 Medical Center Blvd.
Marrero, LA. 70072
347-5551
- Ochsner Hospital—Main Facility
1516 Jefferson Hwy
Jefferson, LA. 70121
842-4000



Medical/Health Resources (continued)

Hospitals (continued)

- Ochsner Hospital - Westbank
2500 Belle Chase Hwy
Gretna, LA. 70056
392-3131
- Ochsner Hospital - Kenner
180 W. Esplanade Ave.
Kenner, LA. 70064
- Children's Hospital
200 Henry Clay Ave.
New Orleans, LA. 70118
899-9511

Louisiana Children's Health Insurance Program
(LaChip)
1-877-252-2447
(Health insurance for *children*)

LA MOMS
1-888-342-6207
(Health insurance for *expecting mothers*)

WIC Services

- Eastbank 111 N. Causeway Blvd.
Metairie, LA. 70001
838-5100
- Westbank 1855 Ames Blvd.
Marrero, LA. 70072
349-8802
- Nurse-Family Partnership program
471-2839

(This program for first time mothers provides education, support and help to prepare for pregnancy and early-childhood.)

- Tooth Bus
342-7874 (34-BRUSH)

Vaccination Bus
733-3268

Magellan
1-800-424-4399
www.magellanlouisiana.com



Parenting is hard. We can help.

anonymous • safe • confidential • information
resources • parenting • family concerns

Reporting Child Abuse or Neglect

E-MAIL | PRINT | SHARE

HOW CAN I REPORT CHILD ABUSE OR NEGLECT?

**Call 1-855-4LA-KIDS (1-855-452-5437) toll free 24 hours a day,
365 days a year.**

Preventing Child Abuse

Here are some ways children are mistreated with a few of the signs to look for:

- **Neglect:** Children are not getting enough food, not taking baths and keeping clean, and they are not going to the doctor when sick or the hospital when they get really hurt.
- **Physical abuse:** A child has bruises, marks, welts, and/or burns that do not have a reason for being there.
- **Sexual abuse:** Some signs of this abuse are pain, swelling, redness or bleeding in the genital area. Also, unusual sexual play with toys, self or others; unusual knowledge of sex.
- **Emotional abuse:** Signs of this type of abuse are extremes in behavior ranging from overly aggressive to overly passive. Delay in physical, emotional, or intellectual development.

If you or a child are in immediate danger call 911.

If you suspect Child Abuse contact the Department of Children and Family Services (DCFS) hotline:

- (855)452-5437 or (855) 4LA-KIDS
- www.childhelp.org

Children's Advocacy Center
364-3857
www.jeffersoncac@att.net

Effects of Child Sexual Abuse on Victims

- ⇒ Difficulty sleeping,
- ⇒ Eating problems,
- ⇒ School performance problems,
- ⇒ Fear, anxiety, and inability to trust adults,
- ⇒ Anger toward abuser or adult who failed to protect them,
- ⇒ Feeling powerless or looked down upon by peers,
- ⇒ Low self-esteem, feeling of worthlessness, and an abnormal or distorted view of sex.

**IF YOU SUSPECT CHILD SEXUAL ABUSE,
CONTACT CHILDREN'S HOSPITAL AT
896-9237 OR 9-1-1.**



200 Henry Clay Avenue
New Orleans, LA 70118
(504) 899-9511
www.chnola.org



CONTACT PHONE
(504) 364-3857
**Jefferson
Children's
Advocacy
Center**

NOTES

Disclaimer Notice

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