



Nurture
Your Child's Potential

Explore these Opportunities and Resources for Parents and Children

Parenting in the Gorge GUIDE

Hood River &
Wasco Counties

September 2011 to August 2012



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GUIDE

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Additional Resources

Hood River County Commission on Children and Families:

Call (541) 386-2500 or visit www.co.hood-river.or.us (see County Departments, then Commission on Children & Families, then "related links" for the 2008-10 Five-County Resource Directory and other helpful links)

Wasco County Commission on Children and Families:

Call (541) 506-2670 or visit www.co.wasco.or.us (see Departments, then Commission on Children & Families for helpful information and links)

Welcome to "Parenting in the Gorge!" Please enjoy this Guide as a resource for finding fun new ways to nurture your children's development and strengthen your family's relationships. Our vision is that all children are raised in supportive homes where they receive from their parents and caregivers, from an early age on, the foundation for success in school and life.

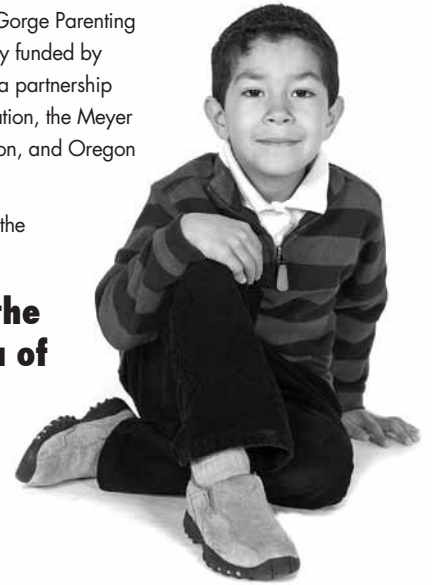
"Parenting in the Gorge" is part of the Columbia Gorge Parenting Education Program of The Next Door. It is primarily funded by the Oregon Parenting Education Collaborative - a partnership of the Collins Foundation, The Ford Family Foundation, the Meyer Memorial Trust, The Oregon Community Foundation, and Oregon State University.

The Parenting in the Gorge Guide is endorsed by the Hood River County School District.

These symbols throughout the guide indicate primary area of service for each offering:

H Hood River County

W Wasco County



Columbia Gorge Parenting Education Program
Hood River and Wasco Counties
The Next Door
(541) 436-0319
1-855-308-2236 (toll free)
www.nextdoorinc.org



Nurture Your Child's Potential

The Nurture Your Child's Potential campaign is a community initiative to promote the welfare and development of children. To participate or learn more, visit: www.nurtureyourchildspotential.com

Dial 211

Or Dial
Hood River: 866.442.4018
Wasco: 866.698.5754

rent and utility

shelters

information for you and your family

housing

health care

clinics

counseling

211

Community Service Knowledge. Free. Confidential. Live.

www.211info.org

Free Welcome Baby Packet

The Next Door offers all Oregon first-time parents a free "Welcome Baby" packet of information about parenting, bonding with your baby, healthy infant growth and development, child care and other resources in the Gorge. Your packet can be mailed or delivered in person, and may also include: baby's first year calendar, your baby's first book, newborn care samples, and more. If you are pregnant with your first child, or your first child is under one month old, call:

H Hood River residents
call **New Parent Services**
at (541) 436-0320

W Wasco County residents
call **Families First**
at (541) 296-8118 ext. 202
www.nextdoorinc.org



Play Groups

Join a growing group of moms and dads watching their children play and grow. Make friendships that will last a lifetime...share the joys and challenges of raising kids! Free! For parents and caregivers of children from newborn to age 5. All newcomers welcome!

H New Parent Services Play Groups

Tuesdays, 10:30 a.m. - 12:30 p.m.
City Hall Gym, 140 SW Wa-Na-Pa St., Cascade Locks

Fridays, 10:00 - 12:00 noon
Mt. Hood Town Hall, 6575 Hwy. 35, Parkdale
(In summer meet at Toll Bridge Park - Mt. Hood)

Call **New Parent Services** at (541) 436-0323

W Families First Play Group

Tuesdays, 10:30 a.m. - 12:00 p.m.
The Dalles City Park, 707 Union St., The Dalles
Other locations to be announced

Call **Families First** at (541) 296-8118

W Mothers of Preschoolers - "MOPS" (faith-based group)

First Thursday of every month "Play Days"
check website for details

Third Thursday of every month, 9:00 - 11:30 a.m.
September through May
Gateway Church, 1111 Dry Hollow Road, The Dalles
Call (541) 298-8531 or visit

www.gatewaypresbyterianchurch.com

H Gorge Parents of Multiples

Meets the 2nd Thursday of every month
For times and locations call Gayle Huwe at
(541) 386-8700 or gaylehuwe@hotmail.com

Library Story Times

H Hood River Library, 502 State Street
Preschool Story Time (all ages are welcome)
Thursdays, 10:30 a.m.

W The Dalles Library, 722 Court Street
All ages are welcome at each program

Toddler Time: Tuesdays, 10:30 - 11:00 a.m.
For newborns through age 3, with stories, songs, puppets, rhymes

Preschool Story Time: Fridays, 10:30 - 11:00 a.m.
For ages 3-5, with stories, songs, puppets and crafts

W Wonderworks Playstation - Indoor Community Playroom

Wednesday - Saturday, 9:30 - 11:30 a.m.

For newborns to age 4 and their parents
Admission - \$5 for one child and guardian; additional
children \$1 each. Free to members.

United Congregational Church, 111 E. 5th Street, The Dalles
(future Wonderworks location - 206 Madison Street)
Call (541) 980-5922 or visit
www.wonderworkschilddrensmuseum.org



Parenting Classes

H W Make Parenting a Pleasure

These 10-week family-oriented series are held twice a year: The fall series runs from late September to early December and the spring series runs from late February to early May. Learn to motivate your child, set limits, learn positive approaches to discipline, and help your child prepare for school success. Explore the latest parenting techniques while sharing the joys and challenges of parenting with other parents, grandparents, and care providers of children from newborn to age 8.

Classes are offered in both English and Spanish, throughout Hood River and Wasco Counties.

- Free family dinner!
- Free quality child care is provided for children from 6 months to age 9
- Classes are in the evening and run for 10 weeks
- A \$25 gift card and class certificate is given to each adult who attends at least 7 of the 10 sessions
- Early childhood care and education professionals may use this series as part of their training hours with the State Child Care Division
- Pre-registration is required. Registration is \$25 per family. Help with fee is available

H W Parenting TODAY

These classes can be joined any week and they run year-round. Strengthen your parenting skills and learn about your children's needs and development. Learn how to motivate your child through a positive approach to discipline, establishing family routines and household rules, problem solving, learning through play, and preparing your child for school success. For parents, grandparents, and care providers of children from newborn to age 12. Classes are offered in English, in both Hood River and The Dalles.

- Refreshments are served. Meals are not provided, but you may bring food to the class
- Childcare is provided in The Dalles class only - please call. Children under 6 months may be brought to class
- A \$25 gift card and class certificate is given to each adult who attends at least 11 of the 15 sessions
- Join any week. Pre-registration is required. Registration is \$25 per family. Help with fee is available

Hood River:

Every Wednesday from 10:00 a.m. - 12:00 noon
The Next Door, 965 Tucker Road, Hood River

The Dalles:

Every Wednesday from 5:30 - 7:30 p.m.
Gateway Church, 1111 Dry Hollow Road, The Dalles

For more information about these parenting classes and to register, contact **The Next Door**, at **(541) 436-0319** or toll free at **1-855-308-2236** or visit **www.nextdoorinc.org** (check parenting classes)

Parenting Classes

H Helping our Toddlers and Developing Our Children's Skills Course

The Providence Hood River Memorial Hospital Swindells Center offers a 6-week parenting class for families of children with developmental delays or Autism. Learn to deal with challenging behaviors, help your child develop positive relationships and be ready for school, and understand your child's unique needs. Cost is \$120, and scholarships are available.

H Brown Bag Luncheon Video Series on Child Disability Awareness

The Swindells Center offers a series of noontime informative videos on children with disabilities. Learn new resources, make connections and enjoy your lunch! Days and locations to be announced, depending on interest.

Swindells Center offerings: Call (541) 387-8920 or visit www.childdisabilityconnection.org

H W Children in the Middle – Parenting Through Divorce or Separation

This is a court-connected class for parents going through separation or divorce. Discover new insights that focus on healthy ways to deal with the most common and stressful scenarios that cause children to have loyalty conflicts. Learn to reduce stress, reduce conflict, problem-solve ways to deal with feelings, and communicate more effectively. This 2-hour class is available in Hood River and The Dalles, in English and Spanish.

Pre-registration through Circuit Court is required.

Hood River Family Law Coordinator: (541) 386-3535

The Dalles Family Law Coordinator: (541) 506-2707

For information about parenting classes in Skamania & Klickitat Counties, Washington

call 1-866-631-1997 (toll free),
www.communitygorge.net/skcnparentsupport

Parenting Classes for Parents of Pre-Teens and Teens

H W Strengthening Families

Parents and their children ages 10-14 will enjoy family dinner, time with their peers, then interactive time together during this class designed to strengthen family relationships and build youth's social and life skills. This is a 7-week evening series that usually includes free dinner and childcare, offered in both English and Spanish. For times, locations, and availability call:

Hood River County Commission on Children and Families,
Call (541) 386-2500 ext. 3

Wasco County Commission on Children and Families,
Call (541) 506-2670

W The Parent Project

This multi-week series is for parents of teens ages 10-21, held at The Dalles Middle School

Call (541) 506-3449 x 4007



Community Education and Parks & Recreation Services – Programs for All Ages

H Hood River County School District Community Education Program Catalog

Adult and children's classes and activities

Call (541) 386-2055 or visit www.hrcommunityed.org

W Northern Wasco County Parks & Recreation District Program Guide

Call (541) 296-9533 or visit www.nwprd.org

Online Parenting Resources

www.GorgeKids.com – parenting resources and activities for Columbia Gorge parents and kids

www.GorgeBirthNetwork.com – pregnancy, birth, new baby and new mom resources in the Gorge

www.nextdoorinc.org - Parenting in the Gorge Guide & Programs: Families First & New Parent Services

www.211info.org – community resources in the Gorge and throughout Oregon (also in Spanish)

www.babybluesconnection.org - resource for prenatal or post-partum depression

www.zerotothree.org – for the healthy development of infants and toddlers

www.mychildwithoutlimits.org - for parents of young children with developmental delays

www.familyworksinc.com - Parenting Wisely online parenting course (\$30)

www.fathers.com - National Center for Fathering

www.bornlearning.org – turn everyday moments into fun learning opportunities (also in Spanish)

www.extension.iastate.edu - child development (newborn to age 11) information and ideas for activities (also in Spanish)

www.truceteachers.org – healthy children's entertainment

www.asqoregon.com - ages and stages development checklist

Area Parent & Children's Programs and Agencies

Are you looking for free home visiting and/or preschool opportunities?

H W New Parent Services and Families First Healthy Start Home Visiting Services

are offered to Hood River and Wasco County parents who are either pregnant with, or newly parenting their first baby. "Parent Coaches" can visit families for up to 3 years, supporting them in helping babies grow up healthy and strong, coping with parenting challenges, preparing their children for school-readiness, and accessing community resources.

Hood River, New Parent Services, (541) 436-0320
The Dalles, Families First, (541) 296-8118 ext. 202
Programs of **The Next Door**, www.nextdoorinc.org

H W **Mid-Columbia Children's Council** is a comprehensive family-centered agency serving pregnant women, infants, toddlers, preschool aged children, teen parents, and families. **Early Head Start** provides year-round home visiting for parents prenatally to children up to the age of 3. **Head Start** is a preschool program for children ages 3-5. We provide child development, school readiness, and family support services. Programs are located in Hood River, Wasco, Skamania, Klickitat, and Jefferson Counties. To see if you qualify, call (541) 386-2010 or visit www.mccheadstart.org

H W **The Oregon Child Development Coalition (OCDC)** prepares children for school and promotes economic opportunities for families by offering **Migrant Early Head Start, Migrant and Seasonal Head Start, and Migrant Education Preschool**. OCDC serves children ages birth through 5 from low-income families involved in migrant and seasonal farm work. These bilingual programs focus on all areas of child development—language, social-emotional, physical and cognitive. "Make Parenting a Pleasure" parenting classes are offered in Spanish 2-3 times per year. Located in Parkdale, Odell, and The Dalles. To see if you qualify, call (541) 296-0100 or visit www.ocdc.net

Are you a teen parent?

H **The Hood River Valley High School Teen Parent Program** helps teen parents complete high school while their children are cared for in a certified center on campus. Staff members work closely with the teens to build positive parenting skills, and students may earn credit and learn how to work in a child care center. Call Hood River Valley High School Child Care Center, (541) 386-4500

W **The Wahtonka Center at Discovery High School**, operated by the Mid-Columbia Children's Council, provides support for pregnant or parenting teens with children up to age 3 by providing quality childcare during the school year and home visits during the summer. Information and activities focus on child development, parent-child interaction, health and nutrition, and community resources. Call (541) 506-3411 or visit www.mccheadstart.org

W **The Mid-Columbia Child and Family Center's Teen Nurturing Parent Program** is for anyone under age 24 who became a parent as a teenager. This program in The Dalles provides social support, teaches parenting skills, and encourages young parents to complete their education (high school and/or community college). Teen fathers are welcome. Call (541) 298-5104 or visit www.mccfc.net



H W Do you have questions about your pregnancy, breastfeeding, or your baby's health?

Maternity Case Management: A home visiting nurse for pregnancy, childbirth, breastfeeding, & parenting support.

Babies First! A home visiting nurse to ensure your baby (0-5) is healthy and developing normally.

CaCoon: For families with children or youth (0-21) with special health or disability needs.

WIC: Nutrition support and education program for **Women, Infants & Children** from pregnancy to age 5.

Breastfeeding Support: Certified Lactation Consultants/Educators answer questions and support success.

Hood River County Health Department:
Call (541) 386-1115 or visit www.co.hood-river.or.us

North Central Public Health Department:
Call (541) 506-2600 or visit www.wshd.org

La Clinica del Carino Family Health Center provides a full range of medical services, in English and Spanish. Perinatal services include pregnancy, breastfeeding, and newborn care support and education. Discounts to low-income patients offered. Visit www.lcdcfh.org or call

Hood River at (541) 386-6380
The Dalles at (541) 296-4610

Additional Breastfeeding Support:

H Providence Hood River Memorial Hospital
(541) 387-6344

W Mid-Columbia Medical Center
(541) 296-7210

Do you have concerns about your child's development, behavior or disabilities?

H W Early Intervention and Early Childhood Special Education Program

Call if you have any concerns about any baby, toddler, or preschool child regarding their ability to: walk, talk, see, hear, respond to others, play, learn, or cope with new situations. Anyone can refer a child for a developmental screening and all services are free of charge.

Hood River at (541) 386-4919
The Dalles at (541) 296-1478

H W Mid-Columbia Center for Living provides a wide range of services to adults, children and families dealing with mental health issues, addictions, or developmental disabilities. Services include help with maternal depression, children with emotional/behavioral issues, and parent training. A sliding fee scale is available for those who qualify. Visit www.mccfl.org or call

Hood River at (541) 386-2620
The Dalles at (541) 296-5452

W Mid-Columbia Child & Family Center provides children's mental health day treatment and outpatient counseling for children (ages 3-16) with severe emotional and behavioral problems. Call (541) 298-5104 or visit www.mccfc.net

H W Community Connections Network provides a team approach to evaluate and coordinate services for children and youth with complex medical, developmental, educational, and/or social needs. Parents participate as full partners with physicians, nurses, social service agencies and educators.

Hood River County Health Department:
Call (541) 387-7131 or visit www.co.hood-river.or.us

North Central Public Health District:
Call (541) 506-2619 or visit www.wshd.org

H Swindells Center at Providence Hood River Memorial Hospital connects families and caregivers of children with disabilities to information, training, and resources specific to disabilities. We also provide information on respite, recreation, and educational options. Call (541) 387-8920 or visit www.childdisabilityconnection.org

H W Are you looking for child care?

Child Care Partners offers free, personalized child care referrals to connect families with early care and education programs. We support families, early care and education professionals by providing resources, education, and technical assistance to increase quality, availability and affordability of care. We are a program of Columbia Gorge Community College and support the Child Care Resource & Referral of Gilliam, Hood River, Sherman, Wasco, and Wheeler Counties. Call (541) 506-6131 or 1-800-755-1143 or visit www.cgcc.cc.or.us