



## Additional Resources

### Postpartum Support International (PSI)

This organization promotes awareness, prevention, and treatment of mental health disorders that impact mothers and fathers during pregnancy and the 12-month postpartum period. PSI offers a toll-free Help Line, online support groups, connections to Support Coordinators in Kansas, and resources.



**Website:** [postpartum.net](http://postpartum.net)

### Family Advisory Council

Made up of family members and consumers who are interested in helping drive change to maternal and child health services and inform programs for women, children, and families.



**Website:** [kansasmch.org/fac-about.asp](http://kansasmch.org/fac-about.asp)

### Infant-Toddler Services

A variety of services are available for infants and toddlers with developmental delays or disabilities, ages birth through 36 months, and their families. Services are free of cost and available statewide.



**Website:** [kdhe.ks.gov/677/Infant-Toddler-Services](http://kdhe.ks.gov/677/Infant-Toddler-Services)

### Special Health Care Needs

Special Health Care Needs is here to help if your child has special medical needs.



**Website:** [kdhe.ks.gov/747/Special-Health-Care-Needs](http://kdhe.ks.gov/747/Special-Health-Care-Needs)

### Supporting You

Helps families connect with a peer who has experienced a similar situation and/or circumstance in life. Learn more about what peer support could do for you.



**Website:** [supportingyoukansas.org/](http://supportingyoukansas.org/)

## Didn't find what you were looking for?

Check out the links below to help you find resources and services available in your area.



### 1-800-CHILDREN

1-800-CHILDREN staff are in your corner providing anonymous, judgment-free support. Families can easily connect with the information, local resources, and support they need 24/7, even if what they need is just a listening ear. No question is off limits! 1-800-CHILDREN is available in English, Spanish and 200 additional languages.

In addition to calling, you can reach 1-800-CHILDREN by sending a text or email to: [1800Children@kcsf.org](mailto:1800Children@kcsf.org).

1800ChildrenKS.org is a searchable database of statewide resources. Find the 1800ChildrenKS app in your phone app store for a mobile friendly version of the resource database.



### Kansas Quality Network (KQN)

Provided by the Kansas Department for Children and Families with information about services for children and families. This includes child care assistance, food assistance, Temporary Assistance for Needy Families, and early childhood education programs. KQN also supports parents with information about how to choose child care that goes beyond health and safety.

**Website:** [ksqualitynetwork.org/](http://ksqualitynetwork.org/)



# Guide to Kansas Family Supports

## Programs & Organizations to Support You & Your Family

For questions about or ordering information for this brochure, email [kdhe.newbornscreening@ks.gov](mailto:kdhe.newbornscreening@ks.gov) or call 785-291-3363.



## Prenatal Resources

### Becoming A Mom®

Becoming a Mom® is a free prenatal education program, utilizing the March of Dimes Becoming a Mom curriculum, that helps pregnant women learn all they need to know about pregnancy and how to improve their chances of having a healthy baby!



**Website:** [kdhe.ks.gov/1836/Information-For-Interested-Pregnant-Pers](http://kdhe.ks.gov/1836/Information-For-Interested-Pregnant-Pers)

### Women, Infants & Children (WIC)\*\*

WIC is a free nutrition program that helps pregnant women, new moms, infants and children up to age 5 with supplemental foods, breastfeeding support and access to nutrition education. WIC offices are located throughout the state.



**Website:** [kdhe.ks.gov/1000/Nutrition-WIC-Services](http://kdhe.ks.gov/1000/Nutrition-WIC-Services)

### KanCare\*\*

KanCare ensures that pregnant women and families with children receive the preventative services and screening they need and provide ongoing support with managing chronic conditions.



**Website:** [kancare.ks.gov](http://kancare.ks.gov)

### Home Visiting\*\*

Kansas Home Visiting is free & flexible! Home Visiting programs are as unique as the families they serve. All Kansas families with pregnant mothers and/or with children ages birth to five years, can participate in our programs.



**Website:** [kshomevisiting.org/](http://kshomevisiting.org/)



## Children & Family Resources

(Birth to 18 Years)

### Breastfeeding

Breastfeeding information for parents & searchable directory to find local breastfeeding support.



**Website:** [ksbreastfeeding.org/resources/](http://ksbreastfeeding.org/resources/)

### Newborn Screening

Kansas is one of 3 states in the country to provide free universal newborn (bloodspot) screening. To learn more information about programs under Newborn Screening, visit our website.



**Website:** [kdhe.ks.gov/NewbornScreening](http://kdhe.ks.gov/NewbornScreening)

### Sound Beginnings - Early Hearing Detection & Intervention (EHDI)

Ensures that newborns complete the hearing screening process and provides resources to families of a child newly identified deaf or hard of hearing.



**Website:** [www.soundbeginnings.org](http://www.soundbeginnings.org)

### Safe Kids

Simple safety steps can make sure bumps and bruises don't turn into more disabling injuries or death.



**Website:** [www.safekidskansas.org/](http://www.safekidskansas.org/)

### Safe Sleep

Safe Sleep is as easy as ABC (Alone, Back, Crib). Learn more about infant safe sleep environments on our website.



**Website:** [safesleepkansas.org/](http://safesleepkansas.org/)

### Immunize Kansas Coalition

For information on immunizations and the immunization schedule from birth through 18 years of age.



**Website:** [immunizekansascoalition.org/parents.asp](http://immunizekansascoalition.org/parents.asp)

### Child Care Aware

To see a full list of licensed child care providers in your area, visit our website.



**Website:** [ks.childcareaware.org/child-care-search/](http://ks.childcareaware.org/child-care-search/)

### Kansas Birth Certificates

Kansas birth certificates are the basis for identification and are needed for enrollment for school, sports, insurance, and day care.



**Website:** [kdhe.ks.gov/1186/Birth-Certificate](http://kdhe.ks.gov/1186/Birth-Certificate)

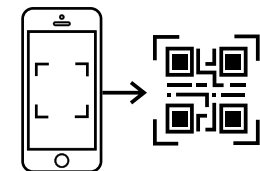
### Kansas Head Start/Early Head Start

Kansas Head Start/Early Head Start programs promote the school readiness of infants, toddlers, and preschool-aged children. Services are provided in a variety of settings including centers, family child care, and home visits. Head Start programs also engage parents or other key family members in positive relationships, with a focus on family wellbeing.



**Website:** [www.ksheadstart.org/](http://www.ksheadstart.org/)

*\*\*Please note these programs are available to women and families after the prenatal period as well.*



**For more information on any of these programs, visit their website or scan the QR code with your smartphone.**