



MOMS of Madison County: A space for mothers and mother figures to support each other while working through questions and challenges that they encounter during their motherhood journey. The group will focus on connection and communication, building and repairing relationships, as well as understanding and embracing ways to deal with everyday stressors by empowering each other.

Call or text Kim Percival (315) 897-0114 or call Cathy Fowler (315) 366-2227

DADS of Madison County: A supportive atmosphere for fathers or father figures to gain a stronger understanding of their roles and responsibilities for the best interest of themselves, their significant others, and their children. Through transparency and vulnerability, we encourage and empower men to grow as progenitors in our families, and communities, leaving a healthy legacy behind that lasts for generations to come.

Call or text Wayne Perkins (315) 897-0486 or James Norrs (315) 897-0630

Maternal Child Health Program: Provides support for expectant and postpartum families with newborns. A nurse will offer lactation support and answer your pregnancy, infant care, and parenting questions.

Call Madison County Health Department (315) 366-2848

THERE IS NO SUCH THING
AS A PERFECT PARENT.

WE CAN ONLY BE THE
BEST VERSIONS OF
OURSELVES FOR OUR
CHILDREN.

LET US HELP YOU GET
THERE!



Children don't come
with manuals...



**PARENTING
SUPPORTS**

MADISON COUNTY, NY

... we all need help
sometimes.



Free home visiting services to expectant and new parents with children under age three to help your child build skills for school readiness. Call to learn if you are eligible.



Partnering with parents & families with a common goal of building a community of happy, healthy, safe & smart children ready for school. Services are voluntary and free to expectant parents and those with infants.

- What to expect during labor & delivery
- Bonding with your baby
- Activities that help baby's brain grow
- Raising healthy children
- Balancing parenting and other responsibilities
- Accessing community based supports

Kinship Care: Supporting non-parent caregiver (e.g. grandparent, aunt, uncle, adult sibling, or a non-relative raising a child full time). A home visitor will work with you and your family to link you to resources, to advocate for family needs, and support any challenges experienced in the kinship family to ensure connections for your child's stability.

Call (315) 684-3144



Active Parenting:

Classes for caregivers of kids of all ages! Whether you are interested in learning more about the first five years, the teen years, or what's in between, BRiDGES can deliver interactive programming using videos, activities, and discussion to help build a healthy, happy home! Learn about teaching responsibility, positive discipline skills, building self-esteem, and more.



Call (315) 697-3947 or email info@bridgescouncil.org



Active Parenting Classes:

Court-Approved Parenting Classes

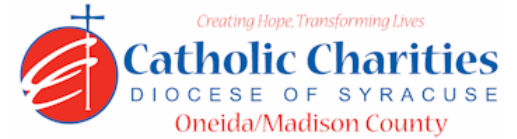
- *First Five Years ages 0-5 years
- *Active Parenting ages 5-12 years
- *Active Parenting Teen

Available on zoom or in person in Utica. Sessions vary, so please call for dates and times.

Earn While You Learn Program: Virtual lessons that you can watch on your phone. Parents can earn points with each lesson to redeem in our boutique!

Call Amy (315) 864-4713 or email amy@carenetcn.org

Morrisville (315) 684-3003
Oneida (315) 366-9902



Systematic Training for Effective Parenting (STEP):

Court-Approved Parenting Program for parents of children ages 5 to 12 years. STEP helps parents learn effective ways to relate to their children by identifying the purpose of children's behavior and misbehavior. STEP offers alternatives to ineffective methods of discipline and control. It teaches communication, self-esteem, how to listen and talk to your children and much more. The groups are held at no cost to participants in Oneida, Rome, and Utica.

Email Ginny Pry at vpri@ccharityom.org or call (315) 724-0120 Extension 2528

Child Care Council of Cornell Cooperative Extension of Oneida County



New York State Birth to 5 Baby Bundles: Free gift bag with materials and resources for expectant and new parents or families with a child under 1-year-old. Some goodies will include Starting Life Together (NYS Parent Guide), Can Your Baby Hear You? information about the NYS Parent Portal, the Family Guide to NYS Early Childhood Services - Prenatal through Age 5, & Talking is Teaching.

Email Lindsey Behr at lab369@cornell.edu