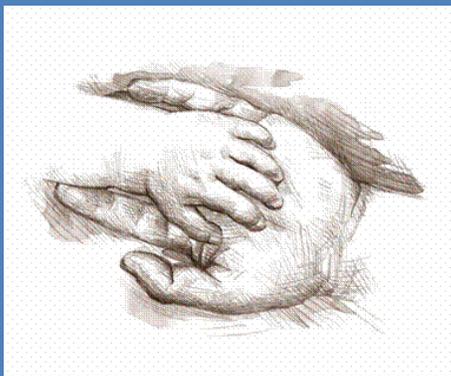


Grandparent
Relative
Advocacy
Support
Partnership



GRASP
*Resource
Guide for
Grandparents/
Relatives
Raising
Grandchildren
in
Caldwell
County*

*Help For
Grandparents to
Be Their Child's
Advocate*

Table of Contents

- ❖ GRASP Mission Statement
- ❖ Community Outreach Services
- ❖ Health & Wellness
- ❖ Senior Health & Wellness
- ❖ Education
- ❖ Volunteer & Employment Opportunities
- ❖ Child Safety
- ❖ Home Safety
- ❖ Personal Safety
- ❖ Child Care Resources
- ❖ Exceptional Children
- ❖ Child Development
- ❖ Legal Information
- ❖ Public Parks & Libraries
- ❖ Books
- ❖ Internet Safety
- ❖ Websites for Kids
- ❖ Websites & Other Resources for Grandparents

GRASP Mission Statement

The mission of **GRASP** (Grandparent/Relative Advocacy Support Partnership) is to provide support, programming and advocacy for GRANDFAMILIES in Caldwell County.

GRASP recognizes that grandfamilies/relatives provide the foundation, safety and parenting for youth that give the gift of time, love and energy that children require.

In **Caldwell County** it is estimated there are over 1,000 grandparents responsible for the care of their grandchildren.

This resource guide has been designed to provide grandfamilies in **Caldwell County** with helpful resources and information to assist them in their journey.

GRASP Partnership

Caldwell Senior Center

www.caldwellseniorcenter.org

Caldwell Co. Department of Social Services

www.caldwellcountync.org

Brookdale Lenoir

www.brookdaleliving.com/lenoir-park.aspx

Vaya Health

www.vayahealth.com

Area Agency on Aging – Family Caregiver Support Program

www.wpcogaaa.org

GRASP **From The Beginning**

GRASP alliance was formed in the fall of 2010 with the desire to provide families in Caldwell County with information and resources to support “grandfamilies” on their journey raising their children.

Focus group sessions were held during the fall of 2010 followed by surveys to grandparents gathering information about the many challenges and needs of grandfamilies.

The first **GRASP** event was held at Bo’s Entertainment in Lenoir in 2011 to celebrate Grandparent’s Day. Families enjoyed an afternoon of play and talked with local organizations about available community resources.

In the spring of 2012 **GRASP** held a series of educational events for grandparents highlighting information on local summer camps, counseling services, educational opportunities for children, internet education and safety as well as legal information. Additionally, a support group was offered during the winter of 2012/2013.

The **GRASP** Alliance looks forward to offering additional events and education for Caldwell County “grandfamilies” in the future.

Community Outreach Services

By contacting the local offices below, you can receive the most current information about assistance programs.

Caldwell County Department of Social Services

2345 Morganton Blvd. SW

Lenoir, NC 28645

Contact: (828) 426-8200

Work First Family Assistance

Description: Provides cash assistance for families with children.

How to Apply: Contact Caldwell Department of Social Services: 828-426-8200

Medicaid

Description: Provides medical assistance for children and grandparents.

How to Apply: Applications are available at the Department of Social Services, Monday-Friday, 8:30 am – 5:00 pm.

Food Stamps

Description: Provides monthly assistance in purchasing food.

How to Apply: Contact the Caldwell County Department of Social Services, Food Stamp Office at 828-426-8200.

South Caldwell Christian Ministry

Location: 5 Quarry Rd. Granite Falls, NC 28630

Description: Provides spiritual guidance, budgeting assistance, used clothing, household goods, food, wood, some financial assistance, and fans and heaters on loan to the elderly.

How to Apply: Open 9am-5pm Tues and Thus (closed from 12:30-1:30 for lunch) Open Wed 9am-2pm, or call 828-396-4000.

Salvation Army

Locations: 108 Morganton Blvd., Lenoir, NC 28645

5290 US Hwy 90, Collettsville, NC 28611

Description: Provides assistance once every 13 months with utilities, rent, and some prescription drugs; provides assistance once every 4 months with food and clothing; provides assistance with furniture and household items for families whose homes have burned.

More Information: Call Salvation Army at (828) 496-2370 (Lenoir)
(828) 754-9775 (Collettsville)

Yokefellow

Location: 1602 Harper Ave. NW, Lenoir, NC 28645

Description: Food, furniture, clothing, utilities

More Information: 828-754-7088

Home Weatherization

Location: Blue Ridge Community Action

Description: Child Day Care, Head Start, Weatherization, congregare Nutrition, Home Delivered Meals, Rental Housing, Housing Rehabilitation, Carbon Monoxide Testing.

How to Apply: 800 N. Green St., Morganton, NC or call 828-754-9085

Website: www.brcainc.org

Consumer Credit Counseling Service of Lenoir

Description: Individual and family financial management counseling.

More Information: (828) 757-9979

Tax Credit Resources

Website: www.taxcreditresources.org

Social Security Benefits for Grandchildren

Description: Social Security will pay benefits to grandchildren if benefits are not payable on the work record of a parent. If a child is not receiving benefits from a parent when the grandparent retires, becomes disabled, or dies, the grandchild may then be able to qualify for benefits if certain conditions are met. Generally, the biological parents of the child must be deceased or disabled, or the grandchild must be legally adopted by the grandparent.

More Information: Call Social Security at 1-800-772-1213.

Caldwell Friends, Inc.

Description: To inspire, enrich and enable at-risk youth to realize their full potential and motivate them toward positive life choices. For over 30 years Caldwell Friends has been providing Caldwell County youth with adult mentors to assist them in becoming productive citizens.

More Information: 918 West Avenue NW, Ste. 206, Lenoir. 828-758-4683

Health & Wellness

Caldwell County Health Department

Services: Well Child Physicals, Child Service Coordination, Women's Preventive Health, Maternity Care & Coordination, Immunizations, Sexually Transmitted Disease, Communicable Disease Control, Health Promotions, Environmental Health Services, Dental Services, Home Health Care and Vital Records.

More Information: (828) 426-8400

Women, Infants & Children (WIC)

Description: A supplemental nutrition program for pregnant women and children that provides nutrition education, counseling, and food vouchers. Eligibility based on income, child's age and health risk.

How To Apply: Contact WIC, located at Caldwell County Health Department, at 828-426-8400

Helping Hands Clinic

Services: Helping Hands Clinic improves the lives of the uninsured by offering high quality, free medical care to those in need.

More Info: (828) 754-8565
Mon-Thurs. 8:00 – 5:00, Fri. 8:00 – 3:00
Closed 12:00 – 1:00 each day
Evening Urgent Care Clinic: Tues. and Thurs. Evenings 5-7pm
810 Harper Avenue
Downtown Lenoir (One block off Main Street behind St. James
Episcopal Church
helpinghandsclinic.org



West Caldwell Health Council, Inc.

Services: Mission is to provide quality primary health care at the most affordable price, and to provide these services to those who may best be served in a community based setting regardless of their ability to pay.

More Info: (828) 754-2409
Happy Valley Medical Clinic
1345 NC Highway 268
Lenoir, NC 28645

Collettsville Medical Clinic
4329 Collettsville Rd
Collettsville, NC 28611

Website: <http://westcaldwellhc.org/index.html>

HealthCare.gov

Health Insurance Marketplace to find health coverage that fits your budget and meets your needs. A federal government website managed by the U.S Centers for Medicare & Medicaid Services.

Contact: 1-800-318-2596

Website: www.healthcare.gov

NC Family Health Resource Line – one number, many resources



Description: Resource for information and referrals related to Health Check (Medicaid)/NC Health Choice, and offers families information , referral and advocacy services on a variety of health topics. Services in English and Spanish. More Information: Monday - Friday 8 am – 5 pm.

Website: www.nchealthystart.org

Physicians and Dentists accepting Medicaid

Description: For a list of physicians and dentists who accept Medicaid, contact the Department of Social Services at (828) 426-8200 or the Health Check Coordinator at 1-877-252-8066.

Operation Medicine Drop Box

Lenoir Police Department

Location: Lobby of Lenoir Police Department

1035 West Avenue NW, Lenoir, NC 28645

Description: The intent of the Operation Medicine Drop Permanent Collection Box Program is to provide citizens a convenient and safe way of disposing unneeded and unwanted medications from their homes, thereby reducing the possibility for accidental or intentional misuse. This program also provides an environmentally safe alternative to disposing of medications in community landfills and sewer systems. The program does not accept medications from businesses or pharmacies.

Contact: 828-757-2100

Senior Health and Wellness

Vaya Health (formerly Smoky Mountain Center)

Location: 825 Wilkesboro Blvd., Lenoir, NC 28645

Description: Geriatric and Adult Mental Health Specialty Team provides consultation, training, skill-building techniques, and referral to additional treatment and community resources at no charge to a facility or family.

Contact: 1-800-849-6127

Website: www.vayahealth.com/

Caldwell Senior Center

Location: 650-A Pennton Avenue, Lenoir, NC 28645

Services: The Senior Center provides exercise classes, fitness room and Health education on various topics related to older adults including Medicare. Information is also provided at the center about various Resources in the community that assist seniors with health and wellness Services and programs.

Contact: 828-758-2883

Website: www.caldwellseniorcenter.org

Caldwell Hospice and Palliative Care

Advance Directive Services

Location: 902 Kirkwood Street, NW, Lenoir, NC 28645

Contact: 828-754-0101

Website: www.caldwellhospice.org

Education

Caldwell County Public Schools – For information about school enrollment for grades Kindergarten through 12th grade, after-school care, and pre-school programs, contact:

Caldwell County Schools

Administrative Offices

1914 Hickory Blvd. SW

Phone: (828) 728-8407

Website: www.caldwellcountyschools.net

Caldwell County Schools Mission Statement: To provide quality instruction in a safe, caring environment.

Caldwell County Schools Vision: Every student will graduate from high school, be globally competitive for work or postsecondary education, and be prepared for life in the 21st century.

Exceptional Children's Assistance Center (ECAC)

Description: Offers parents of children with special needs assistance with educational problems, parent education workshops on special needs topics, information and referral services, lending library, and newsletter. These services are provided at no charge.

How to Apply: Contact ECAC 1-800-962-6817

Website: www.ecac-parentcenter.org

907 Barra Row Suite 102/103

Davidson, NC 28036

Caldwell Early Head Start

Location: 609 Harper Avenue, Lenoir

Website: www.enolagroup.org

Description: Caldwell Early Head Start is a comprehensive program serving families with children from birth to age 3 and women who are pregnant. The program mission is to promote positive prenatal outcomes for women, to enhance the growth and development of young children, and to support and strengthen healthy family development. Services are offered at no cost to eligible families. Hours: Mon. – Fri. 8:00am-5:00pm.

Contact: (828) 757-8632

Caldwell County Cooperative Extension Service

Location: 120 Hospital Ave. NE/ Suite 1, Lenoir

Description: As an outreach service of North Carolina State University and a department of Caldwell County government, Cooperative Extension partners with the community to deliver education and technology that enrich the lives, land and economy of Caldwell County.

More Information: Contact your local Cooperative Extension: (828) 757-1257

College Foundation of North Carolina



College Foundation of North Carolina (CFNC) is a free service of the State of North Carolina that helps students plan, apply, and pay for college. CFNC is a partnership of Pathways, the N.C. State Education Assistance Authority and College Foundation, Inc.

Contact: 1-866-866-CFNS (2362)

Website: www.CFNC.org

Caldwell Early College High School

A joint effort between Caldwell County Schools and Caldwell Community College and Technical Institute. Vision: Caldwell Early College High School will graduate all of its students ready for college, ready for career, and ready for life.

Location: 2855 Hickory Blvd., Hudson, NC 28638

Contact: 828-759-4636

Website: www.caldwellschools.com

Caldwell Career Center Middle College

Mission: Creating the future-step by step, student by student

Vision: Caldwell Career Center Middle College will become the National Model for blended Technical & Academic Education that prepares students for successful careers.

Location: 2857 Hickory Blvd. SW, Hudson, NC 28638

Contact: (828) 759-4640

Website: www.caldwellschools.com

Fastweb.com

Online resource for paying and preparing for college. Free scholarship search provider. Offers information on scholarships, financial aid, jobs, internships, student life and more.

Website: www.fastweb.com

Adult Education

Adult Basic Education (ABE)

General Education Degree (GED)

Continuing Education classes

Location: Caldwell Community College
2855 Hickory Blvd.
Hudson, NC 28638

More Information: (828) 726-2200

Website: www.cccti.edu

Volunteer & Employment Opportunities

Volunteer:

Caldwell Senior Center

Location: 650 Pennton Ave. SW, Lenoir, NC 28645

Contact: (828) 758-2883

Caldwell Hospice and Palliative Care

902 NW Kirkwood St., Lenoir, NC 28645

Contact: 828-754-0101

Volunteer Brochure available at: www.caldwellhospice.org/volunteer

Caldwell Humane Society

Caldwell Humane Society, Inc. is an all-volunteer group that provides low-cost spay/neuter clinics to reduce pet overpopulation in Caldwell County. They also work to educate the citizens of Caldwell County about the importance of spaying and neutering.

Contact: 828-499-0289

Email: caldwell4pets@gmail.com

Website: www.caldwellhumanesocietyinc.org

Cooperative Extension – 4-H

Location: 120 Hospital Ave. NE Suite 1, Lenoir, NC 28645

Contact: 828-757-1290

Website: www.caldwell.ces.ncsu.edu

Foothills Service Project

Location: Rutherford College, NC

Contact: (828) 879-8400

Helping Hands Clinic

Location: 810 Harper Ave. NW, Lenoir, NC 28645

Contact: (828) 754-8565

Lenoir Soup Kitchen

Location: 1113 College Ave. SW, Lenoir, NC 28645

Contact: 828-758-1411

North Carolina Baptist Aging Ministry (NCBAM)

www.ncbam.org

Contact: 1-877-506-2226

South Caldwell Christian Ministry

Location: 5 Quarry Rd., Granite Falls, NC 28630

Contact: (828) 396-4000

Yokefellow

Location: 1602 Harper Ave. NW, Lenoir, NC 28645

Contact: (828) 754-7088

Employment:

NCWorks Career Planning and Placement Center

Location: 1909 Hickory Blvd., Lenoir, NC 28645

Contact: 828-759-4680

Website: www.ncworks.gov

NCWorks Online is a one-stop online resource for job seekers and employers in North Carolina. Job seekers can search for jobs, create resumes, and find education training. Employers can find candidates, post jobs, and search labor market information.

Vocational Rehabilitation Service

Helping people with disabilities to be employed and to live independently.

Location: 506 Wilkesboro Blvd. SE, Lenoir, NC 28645

Contact: 828-757-5617

Website: www.ncdhhs.gov/dvrs

Goodwill Industries

Location: 960 Blowing Rock Blvd. Lenoir, NC 28645

Contact: (828) 758-7715

Experience Works-Winston Salem Urban League

Contact: (336) 725-5614

Child Safety

N.C. Car Seat Laws



- ❖ All children under age eight (8) years of age and weighing less than eighty (80) pounds must be properly secured with a child restraint device. All children under 16 years of age must be properly restrained in a child restraint, booster seat, or safety belt.
- ❖ Children under age five (5) years of age and weighing less than forty (40) pounds must be properly restrained in the back seat if the vehicle is equipped with an active front passenger-side air bag.
- ❖ Children under age 8 and less than 80 pounds must ride in a weight-appropriate child restraint or booster seat. Belt positioning booster seats should never be used without a shoulder/lap belt combination.
- ❖ Children eight (8) years old and older or weighing eighty (80) pounds (whichever comes first) may use a proper fitting seat belt. It is illegal to place a shoulder belt behind the back or under the arm of any passenger in the vehicle. For more information, visit <http://www.buckleupnc.org>

The 5-Step Test

This simple **5-Step Test** will help determine if your child is ready to use a safety belt without a booster

:

1. Does the child sit all the way back against the seat?
2. Do the child's knees bend comfortably at the edge of the seat?
3. Does the belt cross the shoulder between the neck and arm?
4. Is the lap belt as low as possible, touching the thighs?
5. Can the child stay seated like this for the duration of the trip?

Reprinted with permission from: www.carseat.org

SafetyBeltSafe U.S.A., P.O. Box 553, Altadena, CA 91003

NC Bicycle Helmet Law



The purpose of the *NC Child Bicycle Safety Act* is to reduce the number of head-related injuries and deaths from bicycle crashes. Studies show that helmets prevent 60% of head injury deaths and reduce the overall risk of head injuries by 85%. The NC Bicycle Helmet Law requires:

- ❖ Every person under 16 years old must wear an approved bicycle helmet when operating a bicycle on any public road, public bicycle path, or other public right-of-way.
- ❖ All child passengers falling at or below 40 pounds/40inches, must be carried in a separate restraining seat.
- ❖ Any parent or legal guardian who knowingly allows a child to ride without a helmet or to ride as a passenger not secured in a restraining seat (when applicable), will be in violation of the law.
- ❖ Violation of the law carries a \$10 civil fine. The fine may be waived upon the receipt of satisfactory proof of purchase of helmet or restraining seat.
- ❖ This law went into effect October 1, 2001

Additional information about the NC bicycle helmet law and other bicycle and pedestrian safety information can be found at www.buckleupnc.org

Home Safety

Home Safety Checklist

This publication is available free from your local Cooperative Extension Service. To request this and other educational materials, call:

Caldwell County Cooperative Extension (828)-757-1257

Lead Testing and Prevention

Location: Caldwell County Health Department

Description: Lead testing and information on lead levels is available free.

More Information: (828) 426-8400

Carolinaz Poison Control Center

1-800-222-1222 24-Hour Poison Help Line

Website: www.ncpoisoncenter.org



Personal Safety

Tips For Grandparents to Help Their Grandchildren Stay Safe:

- ❖ Children should know their full name, home phone number, your cell number and your name.
- ❖ Children should have a trusted adult to call if they are scared or have an emergency.
- ❖ Choose babysitters with care. Obtain references from family, friends and neighbors. Drop in when they are with the babysitter and later ask how the experience was and listen carefully.
- ❖ Make sure your children have clear boundaries outside of your home.
- ❖ Do not drop your children off alone at malls, movie theaters, video arcades or parks.
- ❖ Teach children that adults should not approach children for help or directions. Tell them if they are approached by an adult, they should stay alert because this may be a “trick”.
- ❖ Never leave a child unattended in an automobile. Children should never hitchhike or approach a car when they do not know and trust the driver.
- ❖ Children should never go anywhere alone.
- ❖ Children should never go anywhere with anyone without getting your permission first.

*Source: National Criminal Justice Reference Service, U.S. Dept. of Justice
www.ncjrs.gov*

Child Care Resources

Caldwell Early Head Start

Location: 609 Harper Avenue, NW, Lenoir, NC 28645

Description: Providing comprehensive child development and family support services to expectant mothers and families of children from birth to age 3. Child care programs serve infants and toddlers.

More Information: (828) 757-8632

The National Association of Child Care Resource and Referral Agencies (NACCRRA)

Description: Information, resources and connection to local Child Care Resources and Referral Agencies (CCR&R) that help you find local child care through the Child Care Aware program.

Contact: Online Directory – To find your local Child Care Resource & Referral Agency – 1-800-424-2246

Website: www.childcareaware.org/parents-and-guardians

Before and After School Care/Summer Care



Description: WrapAround is the before and after school program located on the campuses of 15 school sites. The 5-star based program wraps around the school day beginning at 6:00am until the start of school, and then from the end of the school day until 6:00pm.

Summer WrapAround care is offered to students from 6:00am – 6:00pm, Monday through Friday, at designated sites in the district. Caldwell County schools provides care for students before and after school, on teacher workdays, and during summer months.

More Information: Call Caldwell County Schools at 828-728-8407

Exceptional Children

What to Do If you Suspect Your Child Has a Learning Disability

If you suspect that your child has a learning disability (LD), don't despair. With early recognition and targeted intervention, children with LD can achieve as well as other children do. Students whose LD is identified and addressed before they leave third grade have the best chance at academic success, but it's never too late.

Fortunately, not every child who struggles in school has a learning disability. For example, common reasons for reading problems in young children are insufficient reading practice and a lack of background knowledge. This type of learning difficulty can often be remediated without the need for special education services.

However, it's critical that you are proactive about your child's learning difficulties. The sooner you address your child's struggles, the sooner he or she can receive appropriate support.

Here are some important steps you can take to work with teachers and other professionals to find out if your child has LD and ensure that he or she gets the necessary help to succeed in school.

Collect Information About Your Child's Academic Performance

Gathering and organizing information about your child's academic development will help you monitor his or her progress over time. (Because having LD can also affect a child's social skills, make notes about his relationships and friendships as well.) To track the patterns of your child's development, mark the dates of the notes you keep.

In addition to keeping your own notes, be sure to maintain a file of all school-generated reports, including standardized test results, report cards, progress reports and written comments from teachers. Also keep a record of what you observe at different stages as well as discussions you've had with school personnel and other professionals. Through this process you'll start to develop a keen awareness of your child's ability to learn, study, do homework and finish the tasks that are assigned.

Share Your Concerns With Your Child's Teacher

Explain to your child's teacher what you're concerned about, and ask what she's observed in your child's academic performance and interactions with peers. Together you may come up with strategies to try in the classroom and at home to support your child's learning and behavior needs. Honest and open communication, together with some creative thinking and flexibility in planning, can go a long way toward discovering how best to address your child's unique needs. Working closely with you, the teacher can help you identify available school resources and methods for pinpointing and addressing your child's special needs.

Before Formal Testing: Approaches to Pinpoint a Child's Learning Problem

Before referring a student for a formal special education evaluation, many schools today try alternative methods to pinpoint and address a student's learning problems. If you feel your child is struggling in school, speak up and talk with your school counselor about possible approaches.

Know Your Legal Rights

Whether your child attends a public or private school, he or she is entitled to certain protections under education law. You also have the right to request at any time that your child be evaluated for learning disabilities. Learn about your child's legal rights by obtaining a copy of your state's guidelines for special education services. You can get these guidelines from your school district office or your state department of education.

If the results of the evaluation indicate that your child has a learning disability, she or he

may be eligible for special education services. Note: If your child has a learning disability but doesn't qualify for special education, he or she may qualify for protection under Section 504 of the Rehabilitation Act of 1973, a civil rights law that prohibits discrimination on the basis of disability.

Help and Hope for Children Who Don't Qualify for Special Education

If your child doesn't qualify for special education services, it's still important for you to work with the school and his teacher to ensure that the evaluation findings are used to enhance classroom instruction in ways that help your child work around his learning problems and capitalize on his abilities. Even without an IEP, it may be possible to make changes that will help your child, especially given recent amendments to the Americans with Disabilities Act (ADA) that broaden the definition of who an individual with a disability is under federal law. If your child is not eligible for services under IDEA, your child may now qualify for a 504 plan. Discuss this with the school and work together to implement changes in the classroom and at home.

Reassure and Encourage Your Child

Reassure your child that having a learning disability doesn't mean that he's stupid or lazy. Be honest and optimistic with your child, and encourage him to speak up about what helps him learn. Teaching your child to be an effective self-advocate and to be able to articulate what he needs to succeed is one of the most helpful things you can do. Explain that, though learning may be a struggle, your child can still succeed.

Emphasize Your Child's Strengths

Like all children, a child with learning disabilities has individual strengths as well as challenges. Some children with LD struggle with reading or math but are outstanding athletes, or excel in creative areas like music, painting, or sculpture. Participation in after-school activities and clubs are good ways for children to develop their interests and talents, build self-esteem, develop social skills and enjoy a break from formal academics.

In the classroom, the teacher may be able to help your child use his special abilities to compensate for his learning difficulties. For example, a child who learns well by listening (auditory ability) but who struggles with reading might benefit from listening to recorded books.

Support Your Child at Home

On the home front, you can help your child succeed if you establish a regular time and place for doing homework and other school assignments. Be sure to offer praise for work well done. Help him or her develop a homework routine that works, and encourage him to practice good study habits at home.

National Center for Learning Disabilities

Written by NCLD Editorial Team

www.nclid.org

Caldwell Early Head Start

Location: 609 Harper Avenue, NW Lenoir, NC 28645

Description: Providing comprehensive child development and family support services to expectant mothers and families of children from birth to age 3.

More Information: (828) 757-8632

Exceptional Children's Assistance Center (ECAC)

Description: Offers parents of children with special needs assistance with educational problems, parent education workshops on special needs topics, information and referral services, lending library, and newsletter. These services are provided at no charge.

How to Apply: Contact ECAC 1-800-962-6817

Website: www.ecac-parentcenter.org

907 Barra Row Suite 102/103 Davidson, NC 28036

Family Support Network of North Carolina

Description: A program of the University of North Carolina at Chapel Hill that provides support for families with children who have special needs.

More information: 1-800-852-0042 or <http://www.fsnc.org>

Baptist Children's Homes of North Carolina

Description: Provides residential placement and prevention services through five family service areas and three special ministries. It operates four residential campuses, group homes, a teen mother/baby parent home, group homes for developmentally disabled adults, a model day care program, and a wilderness camp for boys.

More Information: Call 1-800-476-3669 or visit <http://www.bchfamily.org>

Children's Developmental Service Agency (CDSA)

Location: 517-E West Fleming Dr., Morganton, NC 28655

Description: Provides evaluation services, service coordination, family support, and other early intervention services for children ages birth to three.

More Information: Call 828-432-5430

Easter Seals of North Carolina

Location: Morganton Mental Health and Developmental Disability Services
400 S. Green St., Morganton, NC 28655

Description: Easter Seals UCP are lifelong partners to people with disabilities and mental health challenges.

More Information: 828-433-1909

Vaya Health (formerly Smoky Mountain Center)

Location: 825 Wilkesboro Blvd., Lenoir, NC 28645

Description: Vaya Health is the local, public agency that manages mental health, substance abuse and intellectual/developmental disability services in 23 North Carolina counties including Caldwell. Vaya Health Access Call Center is available 24 hours a day, 7 days a week, 365 days a year. For questions about mental health, substance abuse or intellectual/developmental disability services and providers in your area, call anytime: 1-800-849-6127

Website: www.vayahealth.com

North Carolina Exceptional Children Division
North Carolina Public Schools, Raleigh, NC

Description: The mission of the Exceptional Children Division is to ensure that students with disabilities develop intellectually, physically, emotionally, and vocationally through the provision of an appropriate individualized education program in the least restrictive environment.

Contact: 919-807-3969

Website: www.ncpublicschools.org/ec

National Center for Learning Disabilities



National Center for Learning Disabilities
The power to hope, to learn, and to succeed

The National Center for Learning Disabilities improves the lives of all people with learning difficulties and disabilities by empowering parents, enabling young adults, transforming schools, and creating policy and advocacy impact. NCLD connects parents and others with essential resources, provides educators with evidence-based tools and engages advocates in public policy initiatives.

Contact: 1-888-575-7373

Website: www.nclld.org

Child Development

Early Head Start of Caldwell

Location: 609 Harper Avenue, Lenoir

Website: www.enolagroup.org

Description: Early Head Start of Caldwell is a comprehensive program serving families with children from birth to age 3 and women who are pregnant. The program mission is to promote positive prenatal outcomes for women, to enhance the growth and development of young children, and to support and strengthen healthy family development. Services are offered at no cost to eligible families.

Contact: (828) 757-8632

Child Development Institute

Location: Website <http://www.cdipage.com>

Description: Offers information on a variety of child development topics:

- Physical, Mental, and Emotional Growth & Development
- Improving Your Child's Behavior
- Improving Your Child's Learning Ability
- All About Childhood Disorders (ADHD, Autism, Dyslexia, Learning Disabilities)
- Health & Safety Issues for Children & Teens
- Taking Care of Baby
- Raising Successful Teens
- TV, Internet, & Video games

Developmental Milestones for Children

How your grandchild plays, learns, speaks, and acts offers important clues about their development. Developmental milestones are things most children can do by a certain age. It is important to talk with your health care provider about your child's development.

The following are examples of what to expect at certain ages.

2 months

- ❖ Begins to smile at people
- ❖ Coos, makes gurgling sounds and turns head toward sounds
- ❖ Pays attention to faces
- ❖ Begins to act bored (cries, fussy) if activity doesn't change

4 months

- ❖ Smiles spontaneously, especially at people
- ❖ Begins to babble with expression and copies sounds he hears
- ❖ Lets you know if she is happy or sad and responds to affection
- ❖ Holds head steady, unsupported and may be able to roll over

6 months

- ❖ Likes to look at self in mirror and likes to play with others
- ❖ Responds to sounds by making sounds, responds to own name
- ❖ Looks around at things nearby
- ❖ Rolls over in both directions, begins to sit without support

9 months

- ❖ May be afraid of strangers and may be clingy with familiar adults
- ❖ Understands "no", makes a lot of sounds
- ❖ Watches the path of something falling, looks for things he sees you hide
- ❖ Stands, holding on, sits without support, pulls to stand

1 year

- ❖ Is shy or nervous with strangers, shows fear in some situations
- ❖ Responds to simple spoken requests, tries to say words you say
- ❖ Explores things in different ways, like shaking, banging, throwing
- ❖ Copies gestures, finds hidden things easily

18 months

- ❖ Likes to hand things to others as play
- ❖ May have temper tantrums, may be afraid of strangers
- ❖ Says several single words, says and shakes head "no"
- ❖ Points to get attention of others, may walk up steps and run

2 years

- ❖ Copies others, especially adults and older children
- ❖ Knows names of familiar people and body parts
- ❖ Finds things even when hidden under two or three covers
- ❖ Stands on tiptoe, kicks ball, begins to run

3 years

- ❖ Copies adults and friends, shows affection for friends without prompting
- ❖ Follows instructions with 2 or 3 steps
- ❖ Can work toys with buttons, levers, and moving parts
- ❖ Climbs well, runs easily, pedals a tricycle, walks up and down stairs

4 years

- ❖ Enjoys doing new things, is more creative with make-believe
- ❖ Sings a song or says a poem from memory such as "Itsy Bitsy Spider"
- ❖ Names some colors and some numbers
- ❖ Understands the idea of counting and starts to understand time

5 years

- ❖ Wants to please friends and be like friends
- ❖ Tells a simple story using full sentences and says names and addresses
- ❖ Counts 10 or more things and can draw a person with at least 6 body parts
- ❖ Copies a triangle and other geometric shapes

From: *Centers for Disease Control and Prevention CDC 24/7; Saving Lives, Protecting People*

Legal Resources

Legal Aid of North Carolina

211 East Union Street
Morganton, NC 28655
(828) 437-8280
1-800-849-5195

North Carolina Bar Association

1-800-662-7407
Website: www.ncbar.org

Attorney General, Citizens Rights

(919) 716-6400
Website: www.ncdoj.com

North Carolina Department of Justice

(919) 716-6400
Website: www.ncdoj.com

North Carolina Bar Lawyer Referral Service

(919) 828-4620 or 1-800-662-7660
Website: www.ncbar.gov

Legal Helpline for Seniors

1-877-579-7562

Adoptions.org

Adoptions.org provides free adoption information

Generations United

Improving the lives of children, youth, and older adults through intergenerational collaboration, public policies, and programs.

Website: www.gu.org

If you wish to adopt a child in the legal custody of the state or a child who was at one time in the custody of the state, you may contact the Department of Social Services at 828-426-8200 to obtain information on Adoption Assistance.

Public Parks

Location: J.E. Broyhill Park
509 Ridge Street
Lenoir, NC 28645
(828) 757-2187

Lakeside Park
100 Lakeside Ave
Granite Falls, NC 28630
(828) 396-1221

Lenoir Greenway
(828) 757-2165

Redwood Park
450 Redwood St.
Hudson, NC 28638
(828) 728-3131

T.H. Broyhill Walking Park
945 Lakewood Street SW (off Norwood Street)
Lenoir, NC 28645
(828) 757-2165

Additional Parks:

Pisgah National Forest
Grandfather Ranger District: (828) 652-2144
Wilson Creek Visitor Information Center: (828) 759-0005

Tuttle Educational State Forest
3420 Playmore Beach Rd
Lenoir, NC 28645
(828) 757-5608

Lenoir Aquatic Fitness Center
1031 Jim Barger Court Road
Lenoir, NC 28645
(828) 757-2196

Mulberry Recreation Center
720 Mulberry Street SW
Lenoir, NC 28645
(828) 757-2165

Lenoir Greenway
710 Powell Road
Lenoir, NC 28645
(828) 757-2165

Martin Luther King Center
313 Greenhaven Drive NE
Lenoir, NC 28645
(828) 757-2170

Lenoir Rotary Soccer Complex
1050 Zack Fork Road
Lenoir, NC 28645
(828) 757-2165

Mack Cook Stadium
1120 College Avenue SW
Lenoir, NC 28645
(828) 757-2165

Website: www.explorecaledwell.com/parks

Caldwell County Pathways, Inc.

Providing the best, safest, and most accessible greenways, blueways, and multiuse pathways in Western North Carolina.

For more information about the trails or for a complete list of parks visit their website:

www.caldwellcountypathways.com

Brochures available at:

Caldwell Senior Center, 650 Pennton Avenue SW, Lenoir
Caldwell Co. Chamber of Commerce
1909 Hickory Blvd. SE, Lenoir

Libraries

Location: Lenoir Branch – Caldwell County Public Library

120 Hospital Ave. NE

Lenoir, NC 28645

Contact: (828) 757-1270

Hours of Operation: Mon-Wed-Fri – 8:30am – 5:30pm
Tues. & Thurs. – 8:30am – 8:30pm
Sat. – 9:00am – 4:00pm

Location: Granite Falls Library

24 South Main St.

Granite Falls, NC 28630

Contact: (828) 396-7703

Hours of Operation: Mon.-Tues., Thurs-Fri – 8:30am – 5:30pm
Wed. – 11:00am – 5:30pm
(Closed 1:00 – 2:00 Mon. – Fri. for lunch)
Sat. – 9:00am – 12:00pm

Location: Hudson Library

530 Central Street

Hudson, NC 28638

Contact: (828) 728-4207

Hours of Operation: Mon.-Tues, Thurs-Fri. – 8:30am – 5:30pm
Wed. – 11:00am – 5:30pm
(Closed 1:00 – 2:00 Mon.-Fri. for Lunch)
Sat. – 9:00am – 1:00pm

On the Web: www.ccpl.us

Camps

4-H Youth Development

Location: Caldwell County Cooperative Extension

Description: 4-H is an educational program for youth ages 5 – 19 that focuses on development of the life skills needed to build productive, responsible, and civic minded adults. 4-H youth participate in hands-on learning experiences, community service projects, and leadership opportunities. Youth may participate in 4-H Clubs, Summer Fun workshops, local/district/state competition, school enrichment, volunteerism and community service.

More Information: (828) 757-1257

John's River Valley Camp

Location: 6211 Highway 90, Collettsville, NC 28611

Mailing: 1055 Niley Cook Road, Blowing Rock, NC 28605

Description: Outdoor summer camp for rising 3rd – 12th grade.

Contact: 828-264-1516

Website: www.jrvc.org

Books

Grandparenting With Love and Logic

Author: Jim Fay

Ticklebelly Hill: Grandparents Raising Grandchildren

Author: Hilda Osborne

Why Won't My Child Listen?

Author: Janet Cater

The Ten Basic Principles of Good Parenting

Author: Laurence Steinberg

You Can Control Your Anger

Author: Lawrence E. Shapiro

Doc Pop's 52 Weeks of Active Parenting: Proven Ways to Build a Healthy and Happy Family

Author: Michael H. Popkin

Understanding and Addressing Adolescent Grief Issue-Grades Middle and High School

Author: David A. Opalewski

Raising Your Children's Children: Help for Grandparents Raising Grandkids

Author: Martha Evans Sparks

Successfully Raising Grandchildren

Author: Kevin D. Barnes

Internet Safety Tips for Parents and Guardians



Social Network Buttons

- Install antivirus software on your computer and keep it up to date. Use a firewall for protection. Young people are notorious for downloading games and applications from Web sites that may include harmful viruses. Make sure you back up files regularly.
- Take advantage of any free parental controls and spam blockers provided by your Internet service provider.
- When kids are young (elementary-school age), the best practice is to bookmark appropriate sites for your children to visit and reach an agreement that these are the only sites they can visit online. If they wish to venture to a new site, they should check with you first. Teach them to use a “kid-friendly” search engine, such as Yahoo!igans, and set your Google Search Preferences on Strict Filtering to avoid the display of inappropriate content.
- Limit your children’s online time to 1 hour or less a day.
- As kids move into the tween and teen years, consider adding monitoring software. Monitoring software allows you to view the sites they visit and to review chat sessions and comments they post on social-networking sites. You can also view the history of the sites visited on your computer by using the Control/Shift/H keys on a PC or selecting View from the toolbar on a PC or Mac. Kids often learn how to clear the history by selecting the Delete History option. If your child appears to be deleting the history of sites visited, you will need to add monitoring software.
- Teach your child how to communicate appropriately in cyberspace. Explain how easy it is for messages to be misinterpreted online. Discuss the golden rule as it applies to cyberspace. Stress to your child that, “If you wouldn’t want someone to say that to you, don’t send it in a message.” Discuss how easily rumors get started online and the importance of avoiding gossip. Teach your child how to be a rumor blocker (don’t pass it on) rather than a rumor starter. Remind him or her not to respond to a message when feeling angry or upset. It’s okay to respond after calming down.

- Discuss with your child what information is appropriate to share online and what information is too private or personal. Make sure your child knows to avoid posting his or her phone number, cell phone number, date of birth, or home address on Web sites or in instant messages.
- Younger children should be prohibited from sending and sharing personal photos online or through a cellular phone without your permission. Discuss with tweens and teens with whom they can share photos and what types of photos are appropriate. Explain that sharing nude photos of minors is against the law. If your teen is posting photos on a social-networking site, make sure he or she uses a privacy feature that only allows friends to view the photographs.
- Respect the minimum-age guidelines of social-networking sites. Do not allow your children to lie about their ages to bypass the age limits. If you are willing to let your child have a profile on a social-networking site such as MySpace.com or Facebook.com, set it up together. Emphasize how important it is for you to know their passwords.
- Make sure your child understands the importance of keeping their passwords private. Good friends may become enemies and could wreak havoc if they know your child's passwords.
- Online friends should be friends in the real world. Make sure the friends on your child's buddy lists and social-networking sites are people he or she knows, rather than friends of friends.
- Google your child's name, screen name, phone number, and address regularly to see what pops up. Teach him or her the importance of building a positive online reputation for the future, because employers and colleges may search online for information about him or her.
- Keep the computer in a central place, but recognize that you need to set guidelines for other wireless devices, such as cell phones, PDAs, and gaming devices. Computers and laptops that have Internet capability should not be in bedrooms. As your child enters his or her later teens, you may be able to relax some of these standards based on your teen's demonstrated appropriate use of technology. This will also prepare him or her for the increased freedom to come in college and adulthood.

Websites for Kids

- ❖ www.spatulatta.com
Kid-friendly cooking website
- ❖ www.funbrain.com
Reading & Math games & Mad Libs Jr.
- ❖ <http://kidsblogs.nationalgeographic.com/littlekids>
Features games, crafts, recipes, science and videos for kids.
- ❖ <http://pbskids.org>
Learning games for kids to play with Clifford, The Cat in the Hat, Curious George and more.
- ❖ www.crayola.com
Craft projects for kids.
- ❖ <http://kids.yahoo.com/>
Interactive website with homework help, learning about science, and access to an encyclopedia.
- ❖ www.kidsastronomy.com
Kids can learn about space.
- ❖ www.coolmath4kids.com
Cool math games for kids age 3-12.
- ❖ www.kidsusa.gov
A safe place for kids to play
- ❖ www.wonderopolis.org
Discover a new wonder each day.

Websites and Other Resources for Grandparents

- ❖ www.ed.gov
U.S. Department of Education
- ❖ www.parenting.com
Parenting tips, recipes, milestones and articles.
- ❖ www.familyeducation.com
Age appropriate activities for children, blogs, and recipes
- ❖ www.childrensdefense.org
The Children's Defense Fund has challenged the United States to raise its standards by improving policies and programs for children.
- ❖ www.raisingyourgrandchildren.com
....Realizing you are not alone.....Piecing hearts together again.
- ❖ www.grandparents.com
Information on family, relationships, food & leisure, health & wellbeing, money & work.
- ❖ www.aarp.org/grandparenting
Articles for grandparents/relatives raising grandchildren.
- ❖ www.211.org
- ❖ www.2.gu.org
Generations United works to enact policies and promote programs to help grandfamilies.
- ❖ www.taxcreditresources.org
TaxCredit Resources.org provides detailed information about federal and state tax credits, particularly those that can be claimed by persons with low-to-moderate income. It provides the ability to check online one's eligibility status to claim various tax credits and to link to downloadable application forms.

Like us on facebook!



www.facebook.com/GRASPCaldwell

