

IOWA COUNTY PARENTING RESOURCES

FAMILY RESOURCE CENTER OF IOWA COUNTY (935-7300) (frc@mhtc.net): Parenting classes and workshops; playgroup and family activities; car seat inspections by appointment; lending library of toys, books and equipment; home visits to parents of infants and referrals to area resources/organizations; family literacy programs, English as a second language, and GED classes.

IOWA COUNTY HEALTH DEPARTMENT (935-2810) (ann.thompson@iowacounty.org): **Ann Thompson**. Free home visits to families before and after birth, immunizations, fluoride, water kits, and information. (sue.steudel@iowacounty.org) **Sue Steudel**. For the Recommended Childhood and Adolescent Immunization schedule and information.

UPLAND HILLS BIRTHING SUITES (930-8000): Birthing classes, CPR for infants, infant massage classes, breastfeeding support and information.

WIC (Call 935-2326 or 1-800-704-8555 and *ask for WIC*) (agraber@swcap.org) **Amy Graber**. Provides nutrition information and counseling and food vouchers for women, infants, and children to age five.

BIRTH TO THREE PROGRAM (935-2776) **Liz Lindstrom**. Services for children 0-3 who have growth and/or development concerns.

SOCIAL SERVICES OF IOWA COUNTY (935-9311) **Michele Klusendorf**. Health insurance/Badger Care, Healthy Start or Medical Assistance. Help with finances, parenting, resource for licensed day care centers.

IOWA COUNTY EXTENSION OFFICE (935-0391) (ruth.schriefer@ces.uwex.edu) **Ruth Schriefer**. Information on children, parenting, growth and development. (donna.peterson@ces.uwex.edu) **Donna Peterson**. Nutrition information and resources.

HEAD START (935-5422) (swcaphs@mhtc.net) **Mary Baker**. A comprehensive pre-school program providing a variety of educational, health and social services to children ages 3-5 and their families.

FAMILY CONNECTIONS (1-800-267-1018 or 608-822-4453) (csmithcrr@yahoo.com) . Information on how to choose safe, affordable and appropriate child care for children of all ages and needs.

REPRODUCTIVE HEALTH CARE CENTER (1-877-449-7422) (rhcc@centurytel.net). Health care that includes physical exams, screening and treatment services; contraception and pregnancy testing.

COMMUNITY CONNECTIONS FREE CLINIC 930-2232. Free medical services for those without health insurance on Tuesday and Thursday from 5:30 to 8:00 p.m.

