

Parenting Education and Support

Alight Care Center

Education classes- Childbirth Class, Infant Care Program, Parenting Class, Cooperative Parenting, and Anger Management Program.

(518) 270-5540

1838 Fifth Ave., Troy, NY

<http://alight.org/programs/>

Center for Divorce Education

Through an online interactive format, parents learn effective skills that will immediately change the way they interact. In the Online version the topics that are discussed are:

- Money Problems
- Children Carrying Messages between Parents
- Long Distance Parenting
- Quizzing Children about the Other Parent
- Putting Down the Other Parent

<http://www.divorce-education.com/>

CEO's Family Support Services (FSS)

Helps families with children who are having social, emotional or behavioral challenges.

FSS offers a variety of support services. These include:

- Someone to talk to that has been through similar struggles
- Support and advocacy in dealing with schools, juvenile justice, social services, and mental and physical health systems
- Community resources and referrals
- Self-advocacy skills.

(518) 272-6012 Ext. 208 or 215

Community Maternity Services

(518) 482-8836

27 North Main Ave., Albany, NY 12208

<https://www.cccms.org/>

Kids First After Divorce

Five hour educational program for separated parents that teaches parents how to prevent unnecessary distress in children during the divorce process and afterward.

(518) 443-2223

756 Madison Ave, Albany, NY

http://www.custodychaos.com/content/Uploads/Website_RegistrationForm.pdf

Kinship Care in New York State

Kinship care refers to grandparents, other relatives, and even family friends who are caring for children. Most kinship caregivers are not foster parents and privately provide full time care for children.

1-877-454-6463

www.nysnavigator.org

Parent Network of the Capital Region (PNCR)

Provides parents with the knowledge, skills, resources and support to effectively advocate for their children and to facilitate productive relationships between parents and school districts for the benefit of students with disabilities. Services are free-of-charge to parents, service providers, disability organizations and schools.

(518) 640-3320

1190 Troy-Schenectady Rd., Latham, NY 12110

Parenting Skill Groups

Parenting skill group to understand children's behavior, build confidence for the child and parent, improve communication, learn positive discipline and address specific challenges. Please contact Jewish Family Services for group schedule and additional information.

(518) 482-8856

877 Madison Ave., Albany, NY

Wits End Family Support Group

The Family Support Services program also offers the Wit's End Support Group. This group gives family members the chance to share and connect with others who are having similar challenges at home. The goal of the support group is to offer:

- Emotional support
- Information and education
- The opportunity to help others
- Socializing with other families
- Advocacy

(518) 272-6012 Ext. 208 or 215

<https://www.nyconnects.ny.gov/providers/wits-end-family-support-group-sofarensap243>

New York State Parent Portal: Resources for Parents and Caregivers of Young Children

<https://www.nysparenting.org/>

The Council on Children and Families (the Council) coordinates New York's health, education and human services systems to provide more effective systems of care for children and families. This NYS Parenting website is funded by the Preschool Development Grant Birth through Five Initiative, **Grant Number 90TP0019-01-01, from the Department of Health and Human Services**, as a one-stop, digital parent portal for information on parenting, child care options, concerns about child development and how to talk and work together with your child's teachers.

The Council worked closely with its member agencies to develop each of these main resources:

[Every Student Present](#)

[Multiple Systems Navigator](#)

[NYS Parent Guide](#)

[NYS Child Care and After School Care Locator](#)

An 8-minute video [Your Child Care Options](#) describes different settings for child care in New York State. This video is from the NYS Office of Children and Family Services.

The Family Guide to NYS Early Childhood Services Parental through Age 5 is [available online in multiple languages](#). This is a resource guide for families to connect and link children to early childhood services in New York State.

Please subscribe to the NYSB5 newsletter, text **NYSB5** to **22828**, OR email us at

NYSB5@ccf.ny.gov

TALKING IS TEACHING

<https://talkingisteaching.org/>

"Talking is Teaching: Talk, Read, Sing" is a public awareness and action campaign that helps parents recognize their power to boost their children's early brain and vocabulary development through simple, everyday actions - like describing things while walking outside, or singing songs together during bath time. Using books, parent videos, text messaging, social media, and information from expert partners, Talking is Teaching empowers parents and caregivers with fun and easy ways to improve their babies' learning.

Talking is Teaching is a campaign of *Too Small to Fail*, an initiative of the Clinton Foundation. Learn more about *Too Small to Fail* [here](#).

First 5 California also developed a 'Talk.Read.Sing.' campaign in 2013. The First 5 California campaign has a similar goal with a focus on raising awareness specifically in California about early brain development and encouraging parents and caregivers to talk, read and sing to their children from birth. You can learn more about First 5 California and their campaign at first5california.com/parents.