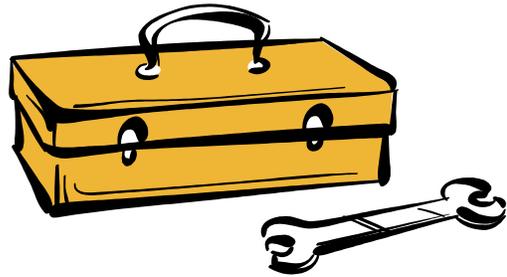


CAREGIVERS TOOL BOX



Everyone who is in a care-giving role with children needs many kinds of skills to take care of children. Children have unique personalities and a technique that works with one child may not have the same effectiveness on another.

The Family Violence Prevention Council recognizes that care-giving and parenting can be stressful at times. Caregivers can benefit from having various kinds of knowledge about children, how to talk to children and how to interact with children. We would like to assist you in your role as care-giver or parent by helping you to have a Tool Box full of ideas!

Please keep your Tool Box handy, like on top of your refrigerator so you can refer to information you have collected.

We would also like to remind you that the Family Resource Centers in Broome County are a great resource for families. It is place where parents and children can go to learn, play, and seek support from other parents!

Binghamton (PAL)

Family Resource Center
457 State Street
Binghamton, NY 13901
(607) 771-6334

Hours:

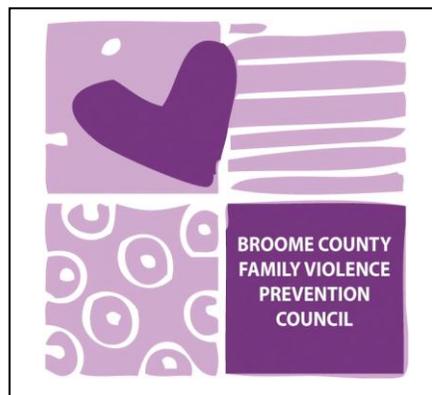
Mon., Tues, Wed. & Friday
9:00 a.m. – 1:00 p.m.
Thurs. 2:00 p.m. – 7:00 p.m.

Endicott

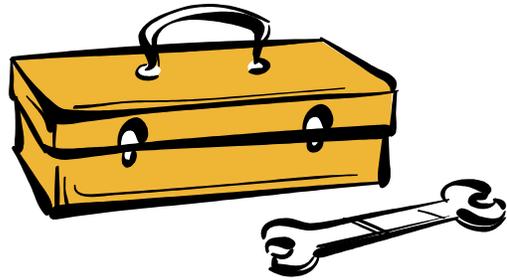
Family Education Center
St. Paul's Episcopal
200 Jefferson Avenue
Endicott, NY 13760
(607) 760-5755

Hours:

On an as-needed basis for Parenting Classes



IMPORTANT PHONE NUMBERS



Emergency: **911**

Pediatrician: _____

Poison Control Center Central NY: **1-800-222-1222**

Someone I Can Ask For Help:

Friend: _____

Relative: _____

Other: _____

Community:

1st Call for Help-Broome County: **dial 211 or 1-800- 901-2180**

Lourdes PACT: 584-4550

City of Binghamton PACT: 762-8144

Family Enrichment Network: 723-8313

Kinship Care Program: 723-8313 Ext. 831

Child Care Resource and Referral 723-8313 Ext. 829

UHS 24-hour Emergency Mental Health Crisis-Line: 762-2458

NYS Child Abuse and Maltreatment Reporting Center: 1-800-342-3720

NYS Parent Helpline: 1-800-244-5373

Mothers & Babies Perinatal Network: Family Information Line: 1-800-231-0744

Provided by: Family Violence Prevention Council, 36-42 Main Street, Binghamton, NY 13905 (607-778-2153)

Website: www.gobroomecounty.com/fvpc

Other helpful website: www.bornlearning.org