

#### **Child Development Department Enrollment Information** Head Start & State Preschool for children 3-5 years old

#### **Preschool Registration is located at:**

or

Capital City Child Development Center 7220 24th Street Sacramento, CA 95822 (916) 433-2736

Hiram Johnson Family Education Center 3535 65th Street Sacramento, CA 95820 (916) 277-7151

#### **Hours of Operation:**

Monday thru Thursday 8:00 AM – 4:00 PM (No applications processed after 3:15 PM) Friday 8:00 AM – 12:00 PM (No applications processed after 11:15 AM)

Closed the first Friday of each Month.

| When enrolling | please bring | the following | documentation |
|----------------|--------------|---------------|---------------|
|                |              |               |               |

|        | Child's Diuth Coutificate (soutified on bossital)   |
|--------|---|
|        | Child's Birth Certificate <i>(certified or hospital)</i> Child's Immunization Record which must include: 3 Polio, 4 DPT, 3 Hepatitis B, 1 Varicella; plus 1 HIB and |
| _      | 1 MMR given on or after their first birthday  |
|        |   |
|        |   |
|        |   |
|        |   |
|        | Proof of W.I.C. (if applicable)   |
|        |   |
|        | SSI/TANF/CalWorks statements for all adults   |
| Г      | Employment Verification (Full-day and State preschool options)  |
|        | Address verification (current SMUD/PG&E/Water or lease/rental agreement)*   |
| F      | Birth Certificate(s) for all siblings under 18-years-old living in the home   |
| _      | Shan deraneate(s) for an sistings and er 15 years old hand in the nome  |
|        |   |
|        |   |
| In ad  | dition:   |
|        | Need Verification (Full day only) is a work schedule school/training schedule ar self-cort for scaling  |
|        | Need Verification (Full-day only) i.e., work schedule, school/training schedule or self cert for seeking  |
| _      | Individualized Education Plan (IEP) if your child is receiving Special Education services   |
|        | Health condition documentation; including but not limited to asthma, food allergy, heart history, seizure disorder  |
| Г      | Guardianship/Foster Care/Custody documents (if applicable)  |
|        |   |
|        |   |
|        | clearance (dated within 12 months) and Immunizations against Influenza, Pertussis and Measles   |
| *Child | l's Physical Exam is due within 30 days of enrollment or your child will be excluded until one is provided.   |
| Cililo | 13 Thysical Examina due within 30 days of emoninencol your emia win be excluded until one is provided.  |

Parents/guardians must have the minimum required documents, along with the enrollment packet, to complete the application for preschool registration.

Please note: Unfortunately, we can no longer accept incomplete applications.

<sup>\*</sup>If residing with another person (relative, etc.), please complete the Declaration of Residence form of the person identified on the utility bill and mortgage/rental lease.

# SACRAMENTO CITY UNIFIED SCHOOL DISTRICT - CHILD DEVELOPMENT DEPARTMENT Fax: Capital City: (916)433-2738 or Hiram Johnson: (916)277-6698 PRESCHOOL PHYSICAL EXAMINATION

| CHILD NAME:   |                          | B                                   | BIRTH DATE:      | PRESCH             | lool:                      |
|---|--------------------------|-------------------------------------|------------------|--------------------|----------------------------|
| Parent's/Guardian's Authorizatio physician to exchange health info  |                          |                                     | ld Development   | Department repre   | esentative and my          |
| PARENT/GUARDIAN SIGNATURE   | :                        |                                     |                  | DATE:              |                            |
| REQUIRED (Note: Inco  | mplete or blanks         | s in this section v                 | vill be returned | I to Physician to  | complete)                  |
| Date: Hemog   | lobin/Hematocrit:        | Re                                  | ceiving Treatme  | ent/Iron? Yes □ N  | lo 🗆                       |
| Date: Blood I Date: TB Ris  | ₋ead:<br>k Assessment Gi | ug/dl<br>ven by Provider: Y         | es □ No □ → (    | Child has TB Risk? | Yes □ No □                 |
| If Yes, PPD Date Given:   |                          | e Read:                             |                  | esults:            | -                          |
| REQUIRED (Starting at   |                          |                                     |                  |                    |                            |
|   | Pressure:                |                                     | V Doos I         | □ Foil   1.20/     | □ Doos □ Foil              |
| Date: Vision:<br>Date: Hearing                                      | g: (25db @1000.20        | R: 20<br>000,&4000) R: □            |                  |                    | □ Pass □ Fail<br>ss □ Fail |
| Date of Physical Exam:  | <u> </u>                 | HEIGHT:                             | IN               | WEIGHT:            | LBS                        |
| Date of Friysical Exam.   |                          |                                     |                  |                    |                            |
| EXAMINATION RESULTS   | NORMAL                   | ABNORMAL                            | DE               | SCRIBE FINDINGS/C  | OMMENTS                    |
| GENERAL APPEARANCE  |                          |                                     |                  |                    |                            |
| HEAD, EARS, EYES, NOSE & THROAT                                     |                          |                                     |                  |                    |                            |
| TEETH / GUMS  |                          |                                     |                  |                    |                            |
| HEART / LUNG  |                          |                                     |                  |                    |                            |
| ABDOMEN / GENITOURINARY   |                          |                                     |                  |                    |                            |
| EXTREMITIES / SKELETAL  |                          |                                     |                  |                    |                            |
| POSTURE AND GAIT  |                          |                                     |                  |                    |                            |
| NEUROLOGICAL (Fine, Gross Motor)                                    |                          |                                     |                  |                    |                            |
| SPEECH  |                          |                                     |                  |                    |                            |
| SKIN  |                          |                                     |                  |                    |                            |
| DEVELOPMENTAL STATUS  |                          |                                     |                  |                    |                            |
| Health Concerns/Diagnoses:  |                          |                                     |                  |                    |                            |
| Food Allergy: ☐ No ☐Yes, Lis  | it:                      |                                     |                  |                    |                            |
| Lactose Intolerance: ☐ No ☐   |                          |                                     |                  |                    |                            |
| Medications Taken at Home?  |                          | es, List:                           |                  |                    |                            |
| Medications Required at Scho  |                          | •                                   |                  |                    |                            |
| Physical Activity:   No Rest  | rictions 🗆 Li            | mited, Explain:                     |                  |                    |                            |
| Special Education Service:  Speech Impairment Emotionally Disturbed | ] Developmental          | l Delay □ Lear                      | ning Disability  | □ Orthopedic       | C Disability               |
| Active IEP? ☐ No ☐ Yes  |                          |                                     |                  |                    |                            |
| Dental Referral: ☐ No ☐ Yes; Nutrition Counseling Given: ☐          |                          | nish Given: DN<br>Nutrition Counsel |                  | NaFl Given: □      | NO ∐ Yes                   |
| PHYSICIAN NAME (PRINT)  |                          |                                     |                  |                    |                            |
| MEDICAL GROUP NAME  |                          |                                     |                  |                    |                            |
|   |                          |                                     |                  |                    | Zip:                       |



#### PRESCHOOL DENTAL HEALTH / EXAM RECORD

| Child's Name:  |   |   | Birth  | ndate:  | M F               |
|--|---|---|--|---|-------------------|
| Parent/Guardian Name:  |   |   | Phon   | ne:   |                   |
| Address:   |   |   |  |   |                   |
| I authorize professionally qua<br>kept in a confidential file.   | alified people to ex  | change informa  | ation about my child. I  | understand that all in                            | formation will be |
| Parent/Guardian Signature: _   |   |   |  | Date:   |                   |
| DENTAL PROVIDER:   |   |   |  |   |                   |
| -88  | PLE   | ASE LIST ALL  | SERVICES PROVIDED B  | BELOW AND COMPLE                                  | TE SUMMARY:       |
| UNGUAL I   | Date of To  | ooth #<br>Letter  |  | of Services Provided                              |                   |
| DOOD THE PER PER PER PER PER PER PER PER PER PE  |   |   |  |   |                   |
|  |   |   |  |   |                   |
| ED S LINGUAL LE  |   |   |  |   |                   |
| <u>@</u> @&  |   | No Treatment Preventive Ca Specialist Ref                             |  | ☐ Dental Treatm☐ Approx. # of v                   | risits needed     |
| Dentist:(Please prin   | nt)   |   | Signature)   |   | Date)             |
| Address:   |   |   |  | Phone: (  | )                 |
| If treatment is not complete Please return completed for  ☐ Child Development De Capital City Registrat 7220 - 24 <sup>th</sup> Street, Sacr (916) 433-2736 Fax: | ms to: (PLEASE C<br>partment<br>cion Center<br>amento, CA 95822 | HECK ONE)   | ☐ Child Develop. <b>Hiram Johns</b> o 3535 65 <sup>TH</sup> Stre |   | ı Center<br>95820 |
| For SCUSD Nurse Use Only   | ☐ Prevent: ☐ Treatme  | Exam  Pass/ ive Dental Care ent given: ment In-Process ment Completed | e Given  | Approx. # of Visits Ne<br>Referred to Specialist: |                   |
|  |   | *   |  | Entry (initials/date):                            |                   |

### Sacramento City Unified School District Complete All Information on Both Sides

### EMERGENCY CARD (revised 7/19/12) CONFIDENTIAL

### Student Information Please Print

| Student's Last Name (Legal)   | First Name  | Middle                                     | School Year School  | Office Use Only Teacher/Cnslr.   |
|---|---|--|---|--|
| Street Address  | Apt #   | Zip Code                                   |   | Grade Room Bus  CONCAP [ ] Hm. Sch   |
| Street Address  | Арт #   | Zip Code                                   | Date of Birth   | Sp. Ed. [ ] RSP [ ] Eth. Cd [ ]  |
| Home Phone (1)  | Home Phone (2)                                    |  |   |  |
| LANUAGE SPOKEN AT HOM   | <b>Ξ</b> :  |  | Last School of Attendance                                   | City   |
| Parent/Guardian 1 Name  |   | Name & Ad                                  | dress of Employment   | Work Phone:  |
| Address   | ······································            |  |   | Cell Phone:  |
|   | Driver's Lic. #                                   |  | ess   | Pager:   |
| Parent/Guardian 2 Name  |   | Name & Ad                                  | ddress of Employment  | Work Phone:  |
| Addrage   |   |  |   | Cell Phone:  |
|   | Driver's Lic. #                                   |  |   | <br>Pager:   |
|   |   | E-mail addr                                | ess   |  |
| Day Care Provider:  |   | Phone #1:                                  |   | Phone #2   |
| List names of other children a  | ttending this school:                             |  | School is authorized to share my phone number with the PTA: |  |
|   |   |  | Yes No  | Bus Number:  |
| chool shall be notified<br>inyone on this card in<br>Child Protective Service |   | hanges within three<br>attended during nor | days (3) of the occurrent-<br>n-school hours, the sch       | ence. If the school is unable to reach<br>hool will contact law enforcement or |
|   | derstand my responsibility                        |  |   |  |
| verbal authorization.   | below are dainonzed to plok up and care           | Tor the above-hamed                        | statent. The statent in                                     | lay be released to others with whiteh or                                       |
| Name 1:   |   | Name                                       | 9 2:  |  |
| Phone:  | Relationship                                      | Phon                                       | e:  | Relationship   |
| Name 3:   |   | Name                                       | e 4:  |  |
| Phone:  | Relationship                                      | Phon                                       | e:  | Relationship   |
| Name 5:   |   | Name                                       | e 6:  |  |
| Phone:  | Relationship                                      | Phon                                       | e:  | Relationship   |
| Name 7:   |   | Name                                       | e 8:  |  |
| Phone:  | Relationship                                      | Phon                                       | e:  | Relationship   |
| Special instructions / comment  | s / (Include instructions for pickup of student): |  |   |  |
|   |   |  |   |  |
|   |   |  |   |  |
|   |   |  |   |  |
|   |   |  |   |  |

### EMERGENCY CARD (revised 7/19/12) CONFIDENTIAL

Student Information Please Print

| General Health Information   |   |   |  |
|--|---|---|--|
| CHECK HERE IF 1  | HERE ARE NO HEALTH PF                                     | ROBLEMS.  |  |
| Does student wear glasses or contact lenses?   | Yes   | s No  |  |
| Does student wear hearing aids or is the student diagnosed with h  | earing loss?  | s No  |  |
| PLEASE CHECK ALL THAT APPLIES TO YOUR CHILD:  ADD/ADHD Frequent ear in   | fections  | equent Headaches  | Frequent nosebleeds                              |
| Asthma Eczema  | =   | art Problems  | Seizures   |
| Diabetes Type I Type II Fainting Spells  | ☐ Sea   | asonal Allergy  | Severe Allergy                                   |
| Other:   |   |   | Epi-pen  |
| LIST ALL MEDICATION, WITH DOSE, TAKEN BY YOUR CHILD  |   |   |  |
| AT HOME  |   |   |  |
| AT SCHOOL  |   |   |  |
| Does student have condition that limits participation in: classroom  | physical education  |   |  |
| Explain:   | and reason for the student's                              | s limited participation in physic   | al education and the note                        |
| must be updated every school year)   |   |   |  |
| SPECIAL INSTRUCTIONS/COMMENTS: List any special healt  | needs or medical problems                                 | , including specific allergic rea   | ctions (food, bee sting,                         |
| etc.), if student has an active emergency care plan, medical 504   | Plan, Diabetic Medical Mana                               | agement Plan, etc.  |  |
|  |   |   |  |
|  |   | · · · · · · · · · · · · · · · · · · ·   |  |
|  |   |   |  |
|  |   |   |  |
|  |   | · · · · · · · · · · · · · · · · · · ·   |  |
| Please Read:   |   |   |  |
| <ul> <li>* California Education Code 49408 states that school district</li> <li>** The parent or legal guardian of a public school pupil on a</li> </ul>   | continuing medication regi                                |   |  |
| designated certificated employee of the medication being  *** California Education Code 49423 requires that if medication  |   | ol, there must be a medication  | on form on file at school,                       |
| signed by both parent and physician.   | NOV AUTUODIZATI   | O.V.  |  |
| In the event of an emergency, when a parent/guardian is una receive medical/hospital care, including necessary transportation below to undertake such care of my child, as he/she considers treatment to be performed by a licensed physician or surgeof emergency care. | n, in accordance with their be necessary. In the event sa | personnel to make such arra<br>pest judgment. I further autho<br>id physician is not available, l | rize the physician named authorize such care and |
| Physician Name   | Phone   | Page  | er   |
| Emergency Facility/Phone   |   |   |  |
| Does this student have Health Insurance?   | Does this student ha                                      | ave Dental Insurance?   | res or No  |
| Name of Insurance Coverage or Health Plan Provider:  | St  | tudent's Medical Record Numb  | oer  |
| If not, I give permission to SCUSD to share this information to h  | elp apply for health insurance                            | e for my child. Yes   | No   |
| I certify that the information is true and correct.  |   |   |  |
| Parent/Guardian Signature  |   | Date  |  |



#### PARENT/GUARDIAN NOTIFICATION AND CONSENT FORM

All information is kept confidential

| <br>  F         | Print:                                      | Sign:  | Date:   |
|-----------------|---|--|---|
|                 |   | Parent/Guardian  |   |
| 6.              | Forwarding<br>Records                       | I consent to have my child's records forwarded to district requests the records (exception: special e Yes No   |   |
| 5.              | Photographs:                                | I consent to have my child photographed for the puse in publications dealing with early childhood ed Yes No  | surposes of display in the classroom, posters, or for ducation  |
| 4.              | Field Trips                                 | I consent to have my child participate in field trips advance of each trip.  ☐Yes ☐No  | with the understanding that I will be notified in   |
| 3.              | Assessment:                                 | I consent to have my child participate in preschoo ☐Yes ☐No  | l assessments.  |
| 2.              | Observation:                                | I consent to have my child observed by the Child understanding that I will be informed prior to these my written authorization for these services   Yes  No  | Development Department's support staff with the eobservations and provided the opportunity to provide   |
| <u>CC</u><br>1. | <u>ONSENTS:</u><br>Screening                | I consent to have my child screened in the following  ☐ Yes ☐ No Hearing/Vision ☐ Yes ☐ No Hearing/Vision ☐ Yes ☐ No Consent to have my child screened in the following in the |   |
|                 |   | stand that I must enroll my child in his/her district's ergarten (5 on or before September 1).   | s school of attendance when he/she becomes eligible   |
|                 |   | t-of-district children, with priority enrollment provide<br>eligible, he/she <u>must</u> register at his/her district's sch  | d to SCUSD residents. When an out-of-district child gool of attendance.                                 |
|                 | Initials (b) int<br>(c) int<br>(d) ob       | rstand that the <b>Department of Social Services ha</b> terview children or staff without prior consent, spect, audit, and copy child or child care center recoserve the physical condition of the children, includi appropriate placement.  | ords upon demand during normal business hours   |
|                 | thority/Dept. of Socia                      | sed by the Department of Social Services and compal Services – Title 22, Division 12, Chapter 1, Article   | e 4, Section 101200(b)(1)(c)(1)(d)  |
|                 |   | rstand that failure to provide this information within ation from the program.   | the required timelines may result in my child's   |
| Ou              |   | <u>ll</u> enrolled children to have up-to-date immunization ave a complete physical examination within 30 day  |   |
| for<br>to i     | your child. This form dentify any health ar | n provides information regarding our program requi   | rements and also program services that are designed ild's learning experiences now and in future years. |
| We              | ild's Name:                                 | ral_state_district and program guidelines to provide   | Child's Date of Birth:  safe and developmentally appropriate experiences                                |

Distribution: Original – Child's File Copy – Parent/Guardian



# Preparing Your Child for Comprehensive Screenings





Child Development administers various screenings to children throughout the course of the school year. Possible screenings include speech, hearing, vision, dental, blood pressure and BMI, which are completed by a designated nurse. Behavioral, academic and social screenings are completed by the child's assigned teacher or resource staff.

Additionally, your child's teacher will share information with you about the screenings. Information regarding screenings is included in the enrollment packet and you will also receive results after screenings are completed.

In an effort to decrease your child's anxiety about screenings and to ensure best results, please talk to and prepare your child for screenings.

#### Ideas on how to prepare your child for screenings:

- Tell your child in advance who will complete the screening and describe the type of screening. Describe the *fun* in sharing what they know!
- Go to the library and read books on screening topics and discuss.
- Role play the types of screenings. For example, for a vision screening, have the child cover one eye and ask, "What do you see?" etc. If it is a developmental screening, ask them to point out colors, count to ten, their name and age, etc.
- Talk about the screening activity and discuss your child's feelings about it.

If you have any questions, please contact your child's teacher.



### FUN WAYS TO PREPARE FOR YOUR CHILD'S SCREENINGS

Make the following activities a fun game. Mistakes are okay, as they are learning the experience of screenings. Keep the games short and sweet (5-10 minutes or less).

#### For Height

Measure your child's height on a wall with a measuring tape, yard stick, or use stackable items (e.g., you are five straws tall!).

#### For Weight

Weigh your child on a scale. Weigh an apple or can of beans first to make it fun and compare them.

#### For Hearing

Have your child wear earphones and listen to a story or a song and have them drop a cracker into a bowl every time they hear a repeating sound (e.g., Every time you hear the bell, drop a cracker into the bowl). If you don't have earphones, just practice dropping an item into a bowl when they hear a directed sound (e.g., Every time you hear me whistle, or every time you hear me shake the cereal box, drop a cotton ball into the bowl).

Go on a nature walk and have your child listen for specific sounds (e.g., Every time you hear a bird chirp, raise your hand).

#### For Vision

Have your child tell you what they see 10 feet away when first covering their right eye, and then covering their left eye.

Play Simon Says while your child covers the right eye, and then again the left eye (e.g., Simon Says tell me what you see on the refrigerator? Simon Says tell me what you see on the kitchen counter?).

#### For Blood Pressure

Talk about the special "hug" on the arm they will be experiencing (a warm and caring way to get their blood pressure).

Have your child **see you** get your blood pressure taken (Local CVS, Walgreens, and Rite Aid have for **ADULTS**- not for children's use)

#### For Developmental (Academic)

Tell your child you're going to play a "Question" game. You ask them questions like, "What's your first name? What's your last name? What's your middle name? How old are you?"

Look at pictures and discuss what the same is and what's different. Count items in the picture. Draw lines/shapes on paper that you've asked them to draw.

Follow directions games (e.g., Go touch the door, then clap your hands). Make the directions increasingly more difficult and increase the amount of steps (e.g., Close the book, jump up, and give me a high five).

#### 

| Child's Name:              | Birthdate:   |
|----------------------------|--|
| Preschool Site:            | ☐ AM ☐ PM ☐ Full Day (CC or Wrap)  |
| Medical Insurance:   M     | ledi-Cal   |
| Name of Child's Doctor: _  | Phone: () Medical Plan:  |
| Name of Child's Dentist:   | Phone: () Dental Plan:   |
| HEALTH HISTORY             |  |
| HEALTH HISTORY             | d have any of the following:   |
| ☐ Yes ☐ No                 | •  |
| ☐ Yes ☐ No                 |  |
|                            |  |
|                            | Heart problem If Yes, describe:  |
|                            | Seizures If Yes, describe type:  |
|                            | Cerebral Palsy   |
|                            | Severe bee sting/insect bite allergy   |
|                            | Myringotomy (vent) tubes in ears   |
| ☐ Yes ☐ No                 | · ·  |
|                            | Vision Problems (child squints, eyes crossed, "lazy eye", etc.)                    |
|                            | Eyeglasses prescribed by doctor If Yes, does child wear eyeglasses?   Yes  No      |
| ☐ Yes ☐ No                 | Does your child use mobility equipment? (leg/ankle braces, walker, wheelchair):    |
| ☐ Yes ☐ No                 | Sickle Cell Disease / Sickle Cell Trait (circle one)                               |
| ☐ Yes ☐ No                 | Eczema  Other type skin problem, describe:   |
|                            | Anemia (low iron in blood)   |
| ☐ Yes ☐ No                 | Airborne allergies If Yes, to what?  |
| ☐ Yes ☐ No                 | Is your child exposed to tobacco smoke?  |
| ☐ Yes ☐ No                 | Any major illness or surgery? Please describe:                                     |
| ☐ Yes ☐ No                 |  |
| ☐ Yes ☐ No                 | Is your child seeing one of the following specialists:                             |
|                            | ☐ Audiologist ☐ ENT (ear, nose, throat doctor) ☐ Neurologist                       |
|                            | ☐ Optometrist (eye doctor) ☐ Speech Therapist ☐ Other:                             |
| ☐ Yes ☐ No                 | Has your child ever received services from:  |
|                            | ☐ Alta Regional Center ☐ California Children Services (CCS) ☐ Mind Institute (UCD) |
|                            | ☐ Shriner's Hospital ☐ Special Education Services ☐ Other:                         |
| MEDICATION                 |  |
|                            | Does your child take any medication?   |
|                            | If Yes, list:  |
| ☐ Yes ☐ No                 | Will your child need to take any medication <u>at school</u> ?                     |
|                            | If Yes, list:  |
| DENTAL HISTORY             |  |
| DENTAL HISTORY             | Heaven shild heave seen by a dentist within the last 12 months?                    |
| ☐ Yes ☐ No                 | ,  |
|                            | Date last seen by dentist:      Next dental and sixtuaget in any                   |
|                            | Next dental appointment is on:   |
| ☐ Yes ☐ No                 | ,  |
| ☐ Yes ☐ No                 | ,  |
|                            | Does your child drink from a bottle?   |
| PreK-PhysExam rev 3-1-2015 | Distribution: White = Class File Yellow=Health Cum                                 |

| NUTRITION HISTORY      |   |     |
|------------------------|---|-----|
|                        | Is your child allergic to any foods? (Please notify our preschool nurse)                    |     |
| □ 162 □ INO            |   |     |
| ☐ Yes ☐ No             | If Yes, list:   | _   |
| Lifes Lino             | notify our preschool nurse)   |     |
| □ Vos □ No             | Is your child lactose intolerant?   |     |
|                        | ·   |     |
|                        | Is your child on a special diet or tube feedings? If Yes, describe:                         |     |
| Li tes Li No           | Is there any food your child should not eat for <i>religious preference</i> reasons?        |     |
| П V П N                | If Yes, list:   | _   |
|                        | Is your child vegetarian / vegan?   |     |
| ⊔ Yes ⊔ No             | Does your child eat any non-food items (such as clay, dirt, chalk) on a regular basis?      |     |
|                        | If Yes, describe:   | —   |
|                        | Is child's doctor aware of this condition? ☐ Yes ☐ No                                       |     |
| ⊔ Yes ⊔ No             | Does your child receive WIC? WIC Number:  |     |
| How many tim           | es a day does your child have the following foods (includes school meals):                  |     |
| now many tim           |   |     |
|                        | 1-2 3-5 >6  |     |
|                        | Cake, cookies, candy, chips   |     |
|                        | Soda, sweetened drinks  |     |
|                        | Dairy: Milk, cheese, yogurt   |     |
|                        | Non-meat: Beans, lentils, peanut butter   |     |
|                        | Fruit: Apples, oranges, bananas   |     |
|                        | Vegetables: Broccoli, carrots, green beans  |     |
|                        | Grains: Cereal, bread, rice, grits, tortilla  |     |
|                        |   |     |
|                        | RY: (complete for Year 1 only)  |     |
| ☐ Yes ☐ No             | Walked by 14 months   |     |
| ☐ Yes ☐ No             | Used single words by 18 months  |     |
| ☐ Yes ☐ No             | Is toilet trained   |     |
| ☐ Yes ☐ No             | Developmental Concerns:   |     |
| ☐ Yes ☐ No             | Behavioral Concerns:  |     |
|                        |   |     |
| Child goes to b        | ed by:PM Wakes at:AM Naps: hours per day  |     |
|                        |   |     |
|                        | IISTORY: (complete for Year 1 only)   |     |
| ☐ Yes ☐ No             | Were there complications with the pregnancy or birth of this child? If yes, describe:       |     |
|                        |   |     |
| ☐ Yes ☐ No             | Did mother use any medications, alcohol, street drugs or tobacco during pregnancy? If yes,  |     |
|                        | describe:   |     |
| ☐ Yes ☐ No             | Did your child have any problems at birth of during first months of life? If yes, describe: |     |
|                        |   |     |
| ☐ Yes ☐ No             | Was your child born early (premature)? If yes, born at gestation                            |     |
|                        |   |     |
| Please tell us a       | nything else you would like us to know about your child's health:                           |     |
|                        |   | _   |
| Darant/Guardian Name   | O (Blasse wint sleenby):  | n.t |
|                        | e (Please print clearly): □ Parent □ Grandparent □ Foster Pare                              |     |
| ratetty Guardian Signa | ature: Date:  | -   |
| Reviewed by Preschool  | Nurse: Date:  | _   |

## **Special Health Conditions**

**Dear Parent or Guardian:** 

If your child has one of these conditions please inform the Enrollment Specialist who is assisting you:

- **❖ ASTHMA** (with or without medications)
- ❖ FOOD ALLERGY (i.e. peanut, seafood, etc.)
- **♦ HEART HISTORY**
- **❖ SEIZURE HISTORY/DISORDER**
- **❖** OTHER CONDITION: \_\_\_\_\_

Specific paperwork needs to be completed by *you* and your physician before your child can attend class. We will happily provide you with the required paperwork.

### Questions?

Please call the Nurse at your enrollment center:

• Cap City: Lisa Stevens, RN Ph: (916) 264-3950 ext. 1604

Hiram Johnson: Lori Souza, RN Ph: (916) 277-7047 ext. 1037

Victoria Benson, RN Ph: (916) 277-7047 ext. 1035



#### **SPECIAL CONCERN FORM**

| Copy to Nurse                     |
|-----------------------------------|
| Copy to Special Needs Coordinator |

| Child's Name: Birth   | date:  | Program:                 | :   | ) |
|---|--|--------------------------|---|---|
| Dear Parent: Please provide us with the following <u>important inf</u> classroom.  1. <u>HEALTH</u> - My child:   | ormation that will help  | your child               | d have a safe and smooth transition into the  |   |
| ◆ Has a MEDICAL CONDITION (Such as Asthma, Food     ☐ No    ☐ Yes — Please explain:   | _  |                          |   | _ |
| ◆ Has MEDICATION PRESCRIBED BY A DOCTOR to be     □ No □ Yes − Please explain: □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □  | _  |                          |   | - |
| <ul> <li>Requires a SPECIAL DIET due to a medical or allerge</li> <li>No</li> <li>Yes – Please explain:</li> </ul>  |  |                          |   | - |
| 2. <u>SPECIAL NEEDS</u> - My child:   |  |                          |   |   |
| <ul> <li>Receives or did receive SERVICES FOR SPECIAL NEE<br/>Easter Seals, Shriner's Hospital, etc.)</li> </ul>  | DS from the school dist  | rict or oth              | her agencies (Such as, ALTA, SCOE, CCS, NOR-CAL,  |   |
| ☐ No ☐ Yes – Please explain:  |  |                          |   | _ |
| <ul> <li>◆ Has been IDENTIFIED/ASSESSED FOR SPECIAL NEED</li> <li>☐ No ☐ Yes - Please explain:</li> </ul>   |  |                          |   | _ |
| ◆ Has an INDIVIDUAL EDUCATION PLAN (IEP) or INDI     □ No □ Yes − Please explain: □   |  | •                        | •   | _ |
| 3. TOILETING STATUS (Preschool only) - My child:  |  |                          |   |   |
| Is in diapers or  pull-ups  |  |                          |   |   |
| 4. TOILETING READINESS (Preschool only) - My child:   |  |                          |   |   |
| Needs ASSISTANCE WITH TOILETING   |  |                          |   |   |
| ☐ No ☐ Yes – Please explain:  |  |                          |   |   |
|   |  |                          |   | _ |
| All boxes checked No: File the WHITE copy of this form in the Cl  | Office Use Only  | the VFII                 | I OW conv in the Yellow Health Folder   |   |
| Any box checked <u>Yes</u> : The child's file is placed ON HOLD. If a her a copy is forwarded to the Special Needs Coordinator. The child' (except for Toileting Readiness). Enrollment eligibility status will copies of the final form(s) in the Yellow Health Folder <u>and</u> Child' | alth need is indicated, a<br>'s enrollment is pending<br>I not be affected; howe | copy is fo<br>until clea | orwarded to the Nurse. If special needs are indicat<br>ared by the Nurse and/or Special Needs Coordinat |   |
| ☐ <b>HEALTH</b> : Send this form & copy of Health History to Nurse  |  |                          | ,   | _ |
| Child is cleared for attendance: Yes No Pendin  | Date sen   |                          | Office Technician   |   |
| Comments:   | Date return  | ned                      | Nurse Signature   | _ |
| SPECIAL NEEDS: Send this form & copy of IEP/IFSP to Special   | Needs Coordinator.   |                          |   | _ |
| Child is cleared for enrollment: Yes No Pendi   | ng   |                          | ,   | _ |
| Comments:   | Date return  | ned                      | Special Needs Coordinator Signature   |   |
| TOILETING STATUS: Send a blank Toileting Plan to classroom  | n teacher prior to child'  | s enrollme               | ent if checked yes above.   |   |
|   |  |                          |   |   |

### Sacramento City Unified School District Child Development Department

### **Head Start/Early Head Start TB\* Risk Assessment**

| ild' | s Name:   | DOB:  | DOB: |  |
|------|---|-------|------|--|
| 1    | Has the child come in close contact with a person infected with tuberculosis (TB)?  | Yes   | No   |  |
| 2    | Is the child foreign born, a refugee or a migrant?  | Yes   | No   |  |
| 3    | Has the child had contact with an incarcerated person or a person who has been incarcerated in within the last 5 years?   | Yes   | No   |  |
| 4    | Has the child been exposed to any of the following individuals: Homeless individuals, residents of nursing homes, institutionalized adolescents or adults, users of illicit drugs, migrant farm workers and/or those who have recently visited outside of the U.S.? | Yes   | No   |  |
| 5    | Does the child have a medical condition which suppresses the immune system?   | Yes   | No   |  |
| 6    | Does the child live in a community in which it has been established that a high risk exists for TB?   | Yes   | No   |  |
| 7    | Has the child traveled to any foreign countries since the last medical visit?   | Yes   | No   |  |
| ent  | /Guardian Signature:  | Date: |      |  |

#### Please note:

If you have answered "Yes" to any of the above questions, please refer to your child's Health Care Provider for possible TB testing.

\*Tuberculosis (TB) is caused by a bacterium that usually infects the lungs, but the TB bacteria can attack any part of the body such as the kidney, spine, and brain. If not treated properly, TB disease can be fatal. TB is spread through the air from one person to another by coughing, sneezing, speaking, or singing. People nearby may breathe in these bacteria and become infected. If you think you have been exposed to someone with TB disease, contact your health care provider or local health department to see if you should be tested for TB infection.

#### **Childhood Lead Poisoning Prevention Questionnaire**

**Birthdate:** 

Zip code:

**PARENT OR GUARDIAN:** This is a survey to help determine your child's risk for lead poisoning. Please answer these questions about your child and give this form to his/her doctor. Complete one survey for each child.

| 1. Does your child live in, or spend a lot of time in, a place built before 1978 that has peeling or chipped paint or that has recently been renovated?  For example, school, daycare, baby-sitter, family, friend or neighbor's home.  Don't Know |   |             |     | No |
|--|---|-------------|-----|----|
| 2. Does your child know some <i>For example</i> , a parent, sibli  | one who has or has had lead poisoning? ng, cousin or friend.  |             | Yes | No |
|  | omeone who works with lead?<br>is a construction worker or painter; car mechanic; works wit<br>ith electronics; makes ceramics, pottery, stained glass or jew   |             | Yes | No |
| 4. Does your child live with so  | omeone who likes to hunt, shoot guns, fish or melt lead fishir  | ng weights? | Yes | No |
|  | put objects in his/her mouth and/or eat non-food items?<br>t, paint chips or chews on windowsills.  |             | Yes | No |
| 6. Is your child anemic or has   | she or he been prescribed iron pills/liquid?  |             | Yes | No |
| 7. Has your child ever been give country? Region/Community Arabic/Middle Eastern  Asian-Indian Hmong Latino Other:   | Wen home remedies or has she or he ever worn cosmetics from  Home Remedies/Cosmetics  Surma/Kohl, Espend, Goty, Zachoba, Zagafel, Khakshir, A Sattarang, Bokoor, Ceruse, Cerrusite  Surma, Sindoor, Ghasard, Bala goli, Kandu Pay-loo-ah  Azarcon, Alarcon, Greta, Albayalde, Liza Maria, Luisa Cor  Other: | lkohl,      | Yes | No |
| 8. Does your child eat foods stored or cooked in old or imported pottery/dishes or lead crystal?   |   |             | Yes | No |
| 9. Does your child eat candies imported from Mexico or Asia; Kurut yogurt imported from Afghanistan; or eat imported spices like chili, turmeric, or ginger?   |   |             | Yes | No |
| 10. Has your child lived in or spent time in another country? If so, where and when?   |   |             | Yes | No |
| 11. Is your child receiving service Medi-Cal or WIC?   | vices from any publicly-funded programs such as from Head   | Start,      | Yes | No |
|  |   |             |     |    |

#### **PARENT OR GUARDIAN:**

Child's Name:

If you answered "Yes" to any of the questions, your child may be at risk for lead poisoning and may need a blood lead test. Please ask your child's doctor for a blood lead test at his or her next check-up.

#### **HEALTH CARE PROVIDER:**

This child may need a blood lead test based on the risk factors identified above.

#### **Health Assessment Guidelines**

1) Perform a risk assessment on children beginning at 6 months of age and screen (*blood test*) as indicated.

\*Testing is required if child is participating in publicly-funded programs and Question 1 is answered as **Yes** or **Don't** 

| r resulig is rec                        | uned it clind is participating in publicity-funded programs and Question 1 is answere | su as <b>1 es</b> of <b>Don</b> t |
|---|---|-----------------------------------|
| Know, or other                          | r risks are identified.   |                                   |
| 2) Screen (blood te                     | st) children at 1 and 2 years of age if identified as at risk.                        |                                   |
| 3) Screen child if 2                    | - 6 years old <u>and</u> has never been tested for lead and if identified as at risk. |                                   |
| Interviewer Name/A                      | gency: Date:  |                                   |
| SACRAMENTO                              | Sacramento County Childhood Lead Poisoning Prevention Program (916) 875-7151          | Updated 8/17                      |
| DEPARTMENT OF HEALTH AND HUMAN SERVICES | Sacramento County Childhood Lead I of Solining I Tevention I Togram (710) 875-7151    | opulated 6/17                     |

### CHILD CARE CENTER NOTIFICATION OF PARENTS' RIGHTS

#### **PARENTS' RIGHTS**

As a Parent/Authorized Representative, you have the right to:

- 1. Enter and inspect the child care center without advance notice whenever children are in care.
- 2. File a complaint against the licensee with the licensing office and review the licensee's public file kept by the licensing office.
- 3. Review, at the child care center, reports of licensing visits and substantiated complaints against the licensee made during the last three years.
- 4. Complain to the licensing office and inspect the child care center without discrimination or retaliation against you or your child.
- 5. Request in writing that a parent not be allowed to visit your child or take your child from the child care center, provided you have shown a certified copy of a court order.
- 6. Receive from the licensee the name, address and telephone number of the local licensing office.

| Licensing Office Name:        | River City Regional Office                                 |
|-------------------------------|--|
| Licensing Office Address:     | 2525 Natomas Park Drive, Suite 250<br>Sacramento, CA 95834 |
| Licensing Office Telephone #: | (916) 263-5744 FAX (916) 929-6371                          |

- 7. Be informed by the licensee, upon request, of the name and type of association to the child care center for any adult who has been granted a criminal record exemption, and that the name of the person may also be obtained by contacting the local licensing office.
- 8. Receive, from the licensee, the Caregiver Background Check Process form.

NOTE: CALIFORNIA STATE LAW PROVIDES THAT THE LICENSEE MAY DENY ACCESS TO THE CHILD CARE CENTER TO A PARENT/AUTHORIZED REPRESENTATIVE IF THE BEHAVIOR OF THE PARENT/AUTHORIZED REPRESENTATIVE POSES A RISK TO CHILDREN IN CARE.

For the Department of Justice "Registered Sex Offender" database, go to www.meganslaw.ca.gov

(Detach Here - Give Upper Portion to Parents)

### ACKNOWLEDGEMENT OF NOTIFICATION OF PARENTS' R I G H T S (Parent/Authorized Representative Signature Required)

| I, the parent/authorized representative of<br>have received a copy of the "CHILD CARE OF<br>CAREGIVER BACKGROUND CHECK PRO | NTER NOTIFICATION OF PARENTS' RIGHTS" and the ESS form from the licensee. |
|--|---|
|  | ne of Child Care Center   |
| Signature (Parent/Authorized Representative)   | Date  |

NOTE: This Acknowledgement must be kept in child's file and a copy of the Notification given to parent/authorized representative.

For the Department of Justice "Registered Sex Offender" database, go to www.meganslaw.ca.gov

#### PERSONAL RIGHTS

#### **Child Care Centers**

Personal Rights, See Section 101223 for waiver conditions applicable to Child Care Centers.

- (a) Child Care Centers. Each child receiving services from a Child Care Center shall have rights which include, but are not limited to, the following:
  - (1) To be accorded dignity in his/her personal relationships with staff and other persons.
  - (2) To be accorded safe, healthful and comfortable accommodations, furnishings and equipment to meet his/her needs.
  - (3) To be free from corporal or unusual punishment, infliction of pain, humiliation, intimidation, ridicule, coercion, threat, mental abuse, or other actions of a punitive nature, including but not limited to: interference with daily living functions, including eating, sleeping, or toileting; or withholding of shelter, clothing, medication or aids to physical functioning.
  - (4) To be informed, and to have his/her authorized representative, if any, informed by the licensee of the provisions of law regarding complaints including, but not limited to, the address and telephone number of the complaint receiving unit of the licensing agency and of information regarding confidentiality.
  - (5) To be free to attend religious services or activities of his/her choice and to have visits from the spiritual advisor of his/her choice. Attendance at religious services, either in or outside the facility, shall be on a completely voluntary basis. In Child Care Centers, decisions concerning attendance at religious services or visits from spiritual advisors shall be made by the parent(s), or guardian(s) of the child.
  - (6) Not to be locked in any room, building, or facility premises by day or night.
  - (7) Not to be placed in any restraining device, except a supportive restraint approved in advance by the licensing agency.

THE REPRESENTATIVE/PARENT/GUARDIAN HAS THE RIGHT TO BE INFORMED OF THE APPROPRIATE LICENSING AGENCY TO CONTACT REGARDING COMPLAINTS, WHICH IS:

| NAME                             |                       |  |                             |
|----------------------------------|-----------------------|--|-----------------------------|
| River City Regional Of           | ffice                 |  |                             |
| ADDRESS                          |                       |  |                             |
| 2525 Natomas Park D              | rive, Suite 250       |  |                             |
| CITY                             | ZIP CODE              | AREA CODE/TELEPHONE NUMBER   | AREA CODE/FAX NUMBER        |
| Sacramento                       | 95834                 | (916) 263-5744   | (916) 929-6371              |
|                                  |                       | DETACH HERE  |                             |
| TO: PARENT/GUARDIAN              | CHILD OR AUTHORIZ     | ZED REPRESENTATIVE:  | PLACE IN CHILD'S FILE       |
| ACKNOWLEDGMENT: I/V              | Ve have been personal | nal rights as explained, complete the ly advised of, and have received a citle 22, at the time of admission to | copy of the personal rights |
| (PRINT THE NAME OF THE FACILITY) |                       | (PRINT THE ADDRESS OF THE FAC  | XILITY)                     |
| (PRINT THE NAME OF THE CHILD)    |                       |  |                             |
| (SIGNATURE OF THE REPRESENTAT    | VE/PARENT/GUARDIAN)   |  |                             |
| (TITLE OF THE REPRESENTATIVE/PA  | RENT/GUARDIAN)        |  | (DATE)                      |

LIC 613A (8/08)

### Facing the Facts: A Parent's Guide to the Understanding of *Child Abuse*

#### **Definition of Child Abuse**

As used in this article, "child abuse" means a physical injury which is inflicted by other than accidental means on a child by another person. "Child abuse" also means the sexual abuse of a child or any act or omission proscribed by Section 273a (willful cruelty of unjustifiable punishment of a child) or 273d (unlawful corporal punishment or injury.) "Child abuse" also means the neglect of a child or abuse in out-of-home care, as defined in this article. "Child abuse" does not mean a mutual affray between minors.

Penal Code Section 11165.6

#### **Definition of Sexual Abuse**

As used in this article "sexual abuse" means sexual assault or sexual exploitation as defined in the following:

(a) "sexual assault" means conduct in violation of one or more of the following sections: Section 261 (rape), 264.1 (rape in concert), 285 (incest), 286 (sodomy), subdivision (a) or (b) of Section 288 (lewd or lascivious acts upon a child under 14 years of age), 288a (oral copulation), 289 (penetration of a genital or anal opening by a foreign object), or 647a (child molestation.) Penal Code Section 11165.1

#### **Definition of Neglect**

As used in this article, "neglect" means the negligent treatment or the maltreatment of a child by a person responsible for the child's welfare under circumstances indicating harm or threatened harm to the child's health or welfare. The term includes both acts and omissions on the part of the responsible person

Penal Code Section 11165.2

#### **Contacts and Services**

For your information, the following chart shows what agencies may assist you in the specific areas listed below:

|   | Police or<br>Sheriff | County Dept of Children's Social Svc. | State or Local division of Community Care Licensing |
|---|----------------------|---------------------------------------|---|
| If you believe a child is being (or has been) abused by an individual (relative, friend)  | ✓                    | ✓                                     |   |
| If you believe a child has been assaulted by a stranger   | <b>√</b>             |                                       |   |
| If you believe a child is being (or has been) abused in a licensed day care setting (child care center, school, recreational facility, family day care home | ✓                    |                                       | ✓   |
| If you have any questions or complaints concerning the licensing organization, staffing, or programs of a licensed child care setting                       |                      | √                                     |   |

#### **Mandated Reporters**

While everyone should report suspected child abuse and neglect, the California Penal Code provides that certain professionals and lay persons must report suspected abuse to the proper authorities. These include:

- Any child care custodian (teacher, licensed day care workers, foster parents, social workers)
- Medical Practitiioners (physicians, dentists, psychologists, nurses)
- Non-medical Practitioners (public health employees, counselors, religious practitioners who treat children)
- Employees of a child protective agency (sheriff, probation officers, county welfare department employees)

If abuse is suspected a phone report to Police or CPS must be made immediately. Failure to submit the written report of suspected abuse by a mandated reporter (listed above) within 36 hours is a misdemeanor punishable by 6 months in jail and/or a \$1000 fine.

#### **Child Abuse Prevention Curriculum**

With your permission, your child will participate in a developmental safety program.

Remember, you have the primary responsibility for your child's well-being. With a little time, effort and understanding you may prevent your child from being abused or assist your child when abuse has occurred.

| Child Abuse Prevention Information Receipt  |                         |
|---|-------------------------|
| This will acknowledge that I/we, the parents of Child's Name                      | have received a copy of |
| "Facing the Facts: A Parent's Guide to the Understanding of Child Abuse" from the | Name of Facitlity       |
| Signature of Parent(s)/Guardian(s) Date   |                         |



#### **FAMILY WORKSHEET**

| Check all that apply:  HS Part Day State Preschool HS Wrap HS Home-based Children's Center |
|--|
| ☐ Children's Center  |
|  |

| Child:   | Birth Date:  |  |  |
|--|--|--|--|
| Parent / Legal Guardian(s):  |  | ,  |  |
| Home Phone:<br>If not, what language do you speak?   | Other Phone: In wh   | English speak<br>at language do you prefer writter   | xer: Yes ☐ No ☐<br>n material?             |
| lf you would like  | to receive information   | on a topic listed below, ple   | ease check:                                |
| Counseling Stress Management Child Discipline Substance Abuse Child Abuse Prevention Child Support Assistance Incarcerated Parent Assistance Marriage Support Assistance Domestic Violence Medical/Dental Other: None of the above | Notes:   | Food Clothing Emergency Shelter Utilities Transportation Referral GED/High School Diplor Adult Education College ESL (English as a Second Job Training/Job Search Special Education Other: None of the above | d Language)                                |
| In an effort to work coopera   | tively with other agend  | cies, please check any serv  | ices you are receiving.                    |
| Medi-Cal     *TANF/Cal Works     Food Stamps     Public Housing Assistance     WIC     *Have you established a TANF go   | ☐ Energy Program Assi ☐ General Assistance ☐ Child Support/Alimon ☐ SCOE ☐ ALTA Regional Cente | ☐ Probation y ☐ Unemploy ☐ Suppleme  | ment Insurance ental Security Income (SSI) |
|  | What are your inter  | ests and strengths?  |  |
| <ul> <li>Working with children</li> <li>Handy-work</li> <li>Painting</li> <li>Planning/Organizing</li> <li>Cooking</li> <li>Cosmetology</li> <li>Computers</li> </ul>  | Gardening Sewing First Aide Storytelling Security Retail Services Typing                       |  |  |
| Parent/Legal Guardian Signature:   |  | □ <i>Male</i><br>□ <i>Fem</i> a  | ale Date: _                                |
| Parent/Legal Guardian Signature: _   |  | □ Male □ Fema  |  |
| I have received the "Community Resou   | rces" handout. L   | Please Initial   |  |
| For 1 <sup>st</sup> Home Visit I have reviewed the Teacher/School Community Liaison (  |  |  | Parent's Initial & Date                    |
|  |  | m Resource Staff: □ Yes □ N  |  |
| <b>Distribution:</b> Whit  | te – Child's File Yellov   | v – SCL / Central Support Staff  | Pink – Parent                              |



### Child Development Department Community Resources/Recursos de la Comunidad

#### InfoLine Sacramento 2-1-1 or 498-1000

www.211sacramento.org www.HealthyCity.org www.onefatherslove.com

#### Child Abuse Prevention/Prevenir Abuso de niños

| Child Protective Services (C | CPS) | 875-5437 |
|------------------------------|------|----------|
| Sacramento Crisis Nursery.   |      | 394-2000 |

#### Child Discipline-Disciplina de Niños

Parent Support Line ......1-888-281-3000

#### Child Support Assistance/Apoyo de Niños

| Sacramento County Department of Child Support Services |
|--|
|  |
| Superior Court of California-Family Law Facilitator    |
|  |

#### Clothing/Ropa

| SCUSD PTA Clothes Closet               | .643-2362 |
|--|-----------|
| (Referral needed from school office)   |           |
| Sacramento Food Bank & Family Services | .456-1980 |

#### Counseling/Consejería

| Sacramento County Access Adult Counseling Service | es 875-1055 |
|---|-------------|
| La Familia Counseling Center                      | 452-3601    |
| Hmong Women's Heritage                            | 394-1405    |
| River Oak Family Resource Center                  | 244-5800    |

#### **Domestic Violence/Violencia Domestica**

| WEAVE                       | 448-2321 |
|-----------------------------|----------|
| WEAVE (24 Hour Crisis Line) | 920-2952 |
| My Sisters House            |          |

#### Adult Education/College/Educación/Colegio

| Charles A. Jones Center             | 433-2600 |
|-------------------------------------|----------|
| Los Rios Community College District | 568-3041 |

#### Food/Comida

| Sacramento Food Bank & Family Services | 456-1980 |
|--|----------|
| CalFresh                               | 874-3100 |
| Women, Infants and Children (WIC)      | 876-5000 |
| River City Food Bank                   | 446-2627 |

#### Emergency Shelter/Alojamiento de Emergencia

| SCUSD Office of Homeless Services        | 277-6892 |
|--|----------|
| Sacramento Area Emergency Housing Center | 455-2160 |
| Salvation Army Emergency Shelter         |          |
| St. Johns Shelter for Women & Children   | 453-1482 |

#### Health/Dental/Salud

| CHDP                       | 875-7151 |
|----------------------------|----------|
| Sacramento Covered         | 414-8333 |
| Wellspace Health (Medical) | 646-8000 |
| Wellspace Dental           | 233-4925 |

### Parent Legal Assistance/Asistencia-legal para padres de la familia

| Family Law, Self-Help Center | .875-3400 |
|------------------------------|-----------|
| Legal Services               | .551-2100 |

#### Job Training/Entrenamiento de Trabajo

| Sacramento Works | 263-3800 |
|------------------|----------|
| Asian Resources  | 454-1892 |

#### Marriage Support Assistance/Asistencia con Apoyo Cónyuge

Relationship Skills Center .......362-1900

#### **Special Needs/Educación Especial**

| Warmline Family Resource Center     | 922-9276 |
|-------------------------------------|----------|
| SCUSD Special Education Department  |          |
| Alta California Regional Center     |          |
| SCOE Sacramento County of Education |          |

#### Substance Abuse/Abuso de Substancia

| Sacramento County Access Alcohol & Drug C | Counseling |
|---|------------|
| Program                                   | 874-9754   |
| Alcoholics Anonymous                      |            |
| Narcotics Anonymous                       |            |

#### Transportation Assistance/Transportación

Sacramento Regional Transit......321-2877

#### **Utility Assistance/Utilidades**

| Community Resource Project (HEAP) | 567-5200       |
|-----------------------------------|----------------|
| PG & E CARE Program               | 1-866-743-2273 |
| SMUD Energy Assistance Program    |                |
| California Lifeline               | 1-866-272-0357 |