



Berrien County

A partner of the
Early Childhood Investment Corporation

Berrien County Resource Directory

**Fourth Edition
January 2013**

Dear Berrien County Family,

The Great Start Collaborative of Berrien County, which is funded by and in partnership with the Early Childhood Investment Corporation, is proud to present this updated Resource Guide for families of Berrien County with children ages birth to five.

This guide is provided free of charge as a courtesy by the Great Start Collaborative of Berrien County. It is also available on their website, www.greatstartberrien.org. It is intended to be a convenient resource to be used for informational purposes only.

Listings in this directory may not be complete or comprehensive. Please mail, fax, or phone updates to: Great Start Collaborative, 711 St. Joseph Ave, Berrien Springs, MI 49103, (269) 471-7725 x 1270, fax: (269) 471-9731.

If you have any questions or concerns, please contact:

Amanda Williamson, Director
Great Start Collaborative of Berrien County
711 St. Joseph Ave
Berrien Springs, MI 49103
269-471-7725 x 1270
amanda.williamson@uwsn.org

Great Start Collaborative

The Great Start Collaborative of Berrien County is a partnership of community leaders, business owners, charitable and faith-based organizations, health and human service agencies, educators, and parents. Together, these groups work to provide a network of resources that help families obtain services that will allow their children to succeed in every facet of their lives. The Collaborative offers families a one-stop resource, where all of Berrien County's programs and services have been researched and can be matched to your family's needs.



You Can Help Shape Your Community - Join the Parent Coalition!

No one has more impact on a child than a parent. Parents provide "real world" perspectives on how programs really work for both their children and themselves. Their input is based on experience. The Great Start Parent Coalition serves as a "voice" for parents in their community; assists in the building of public support for early childhood as an investment; strengthens the commitment of parents in the community, on behalf of young children and participates in community service projects, such as county-wide book and diaper drives. For more information, contact Melissa Church, Parent Liaison at berrienparentcoalition@yahoo.com.

Emergency Numbers

Police	911
Fire	911
Ambulance	911
Poison Control	800-222-1222
Yellow Ribbon Suicide Prevention	800-784-2433
Mental Health Emergencies	800-336-0341

2-1-1

What is 2-1-1: A free 24/7/365 telephone service linking callers in need to available health and human service programs.

When to call 2-1-1: Callers will have access to resources such as **Basic needs:** shelter, utility assistance; **Health care:** crisis intervention, medical care, counseling, drug and alcohol treatment; **Work support:** job training, financial assistance, transportation, education; **Senior services:** adult day care, home health, meals on wheels; **Family support:** child care, after-school services, protective services.

Why 2-1-1: Studies show that people seeking services call 7 to 8 agencies before finding the right one. Without 2-1-1, many people give up and never get the help they need. Access to the easy to remember number 2-1-1 will help to eliminate guessing and dialing wrong numbers.

How to contact 2-1-1: It's simple! Just dial 2-1-1 from any land line or cell phone. The 2-1-1 call center can also be reached at 800-310-5454. You can also look up resources on your own if you wish at www.swmi.info



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Government Officials

Governor Rick Snyder

PO Box 30013
Lansing, MI 48909
517-373-3400
rick.snyder@michigan.gov

United States Representative Fred Upton

2183 Rayburn House Office Building
Washington, DC 20515
202-225-3761
tellupton@mail.house.gov

United States Senator Debbie Stabenow

133 Hart Senate Office Building
Washington, DC 20510
202-224-4822
senator@stabenow.senate.gov

United States Senator Carl Levin

269 Russell Office Building
Washington, DC 20510
202-224-6221
senator@levin.senate.gov

State Senator John Proos

PO Box 30036
Lansing, MI 48909-7536
517-373-6960
SenJProos@senate.michigan.gov

State Representative Al Pscholka (79th District – Northern Berrien County)

N-1098 House Office Building
PO Box 30014
Lansing, MI 48909
517-373-1403
AlPscholka@house.mi.gov

State Representative Dave Pagel (78th District – Southern Berrien County)

N-1097 House Office Building
PO Box 30014
Lansing, MI 48909-7514
517-373-1796
DavePagel@house.mi.gov

Child Care

Who is Great Start CONNECT for?

It's for you - families looking for licensed child care and early childhood programs!

How do I find Great Start CONNECT?

You can search for licensed child care on Great Start CONNECT at www.greatstartforkids.org.



What can Great Start CONNECT do?

Plenty! You can search for child care and access the database 24 hours, seven days a week. Great Start CONNECT provides parents with the opportunity to quickly and conveniently search for and contact child care providers who match their needs. Families can also use Great Start CONNECT to find community resources and supports through their local Great Start Collaborative and their Great Start Regional Child Care Resource Center.

What if I don't have internet?

Simply call 1-800-343-3470 to get connected to the Great Start Regional Child Care Resource Center. The resource center can assist you in searching for licensed child care and early learning programs.

Five Steps to Choosing Quality Child Care

1. Start Early

Start looking as far in advance as you can. No matter what type of care you are considering – a child care center or care in someone else's home – finding the right child care option can take some time.

2. Make the Call

Begin your search by contacting your local experts – Child Care Resources. Child Care Resources can give you the facts about child care – what to look for, what things to consider and how to make the best choice for you and your child. In addition to what is in this packet, make sure to ask them these things:

- What are the licensing requirements in my area?
- How can I get information about complaints and licensing violations?
- Are there any child care financial assistance programs that my family qualifies for?

3. Visit and Ask Questions

Make sure you visit the child care options you are considering. Find out the five key indicators of quality:

- **Adult-to-Child Ratio:** Ask how many children there are for each adult. (The fewer the children for each adult, the better it is for your child.) You want your child to get plenty of attention. (The younger your child, the more important this is.) Babies need an adult-to-child ratio of no more than 1:4 (one adult for four infants). Meanwhile, four-year-olds can do well with a ration of 1:10 (one adult for ten children).
- **Group Size:** Find out how many children are in the group. (The smaller the group, the better.) Imagine a group of twenty-five two-year-olds with five adults compared to a group of ten with two adults. Both groups have the same adult to child ratio. Which would be calmer and safer? Which would be more like a family?
- **Caregiver Qualifications:** Ask about the caregivers' training and education. Caregivers with degrees and/or special training in working with children will be better able to help your child learn. Are the caregivers involved in activities to improve their skills? Do they attend classes and workshops?
- **Turnover:** Check how long caregivers have been at the center or providing care in their homes. It's best if children stay with the same caregiver at least a year. Caregivers who come and go make it hard on your child. Getting used to new caregivers takes time and energy that could be spent on learning new things.

- Accreditation: Find out if the child care provider has been accredited by a national organization. Providers that are accredited have met voluntary standards for child care that are higher than most state licensing requirements. The National Association for the Education of Young Children (NAEYC) and the National Association for Family Child Care (NAFCC) are the two largest organizations that accredit child care programs.

4. **Make a Choice**

Think about what you saw at each visit and make the best choice for your child and family. Don't forget to use your intuition and pay attention to your "gut" feeling – if you felt great about a facility, use it! Drop by unannounced to make sure you are comfortable with your decision and that the indicators of quality are consistently being followed.

5. **Stay Involved**

The work isn't over when you find good care for your child. You and your child's caregiver are partners now. Here are some ways to be involved:

- Have parent-caregiver meetings regularly and ask questions.
- Offer to volunteer time when needed, like participating in clean-up-days or fixing broken toys.
- Be there for your child's birthday party.
- Visit your child at child care and read a book aloud.
- Join in special events, like field trips, Career Day, or holiday celebrations.
- Even if you cannot get time off from work during the day, you can still check in at drop-off and pick-up times. Ask the caregiver how things are going and how your child is doing.
- Visiting and participating in events at your child's provider sends a strong message. It tells your child and your child's caregiver that you think what your child is doing and learning is important.
- Find out more about efforts in your community to improve the quality of child care. Is your caregiver involved? How can you get involved?

Education, Adults

Bridges to Digital Excellence

The goal of Bridges to Digital Excellence is to decrease the digital divide through the donation of computers, education and worker training.

155 W. Main Street
Benton Harbor, MI 49022
269-757-0218

Ferry Street Resource Center

Assists residents in getting support services: Rites of Passage, GED preparation, literacy programming, preschool reading, job training and more.

620 Ferry Street
Niles, MI 49120
269-687-9860

Michigan Works! Berrien-Cass-Van Buren

Agency which aims to strengthen the regional economy through workforce development. Provides services to area employers and job seekers at no cost.

499 W Main Street
Benton Harbor, MI 49022
269-927-1799

Michigan Works! Berrien-Cass-Van Buren

Agency which aims to strengthen the regional economy through workforce development. Provides services to area employers and job seekers at no cost.

400 E Front Street; Suite B
Buchanan, MI 49107
269-697-8736

Education, Adults

Opportunity Center

The Opportunity Center helps local residents develop knowledge, skills, and abilities to build the human capital necessary to revitalize the community. The goals of The Opportunity Center are to help residents increase literacy levels, increase education or job training, secure and retain employment and increase family income levels.

1286 Pipestone Road
Benton Harbor, MI 49022
269-926-2430

Education, Preschoolers

Berrien County Great Start Readiness Preschool Program (GSRP) – various locations

Berrien RESA (GSRP County-Wide Program Administration)
711 St. Joseph Avenue
Berrien Springs, MI 49103
269-471-7725 x 1168 or 1355

Benton Harbor Area Schools (Discovery Enrichment Center)
465 S McCord Street
Benton Harbor, MI 49022
269-605-1600

Benton Harbor Charter School
455 Riverview Drive; Suite 1
Benton Harbor, MI 49022
269-925-3807

Berrien Springs Public Schools (Sylvester Elementary School)
One Sylvester Avenue
Berrien Springs, MI 49103
269-471-7198

Brandywine Community Schools (Merritt Elementary School)
1620 LaSalle Avenue
Niles, MI 49120
269-684-6511

Buchanan Community Schools (Moccasin Elementary School)
410 Moccasin Avenue
Buchanan, MI 49107
269-695-8408

Coloma Community Schools (Washington Elementary School)
6463 Becht Road
Coloma, MI 49038
269-468-2430

Education, Preschoolers

Eau Claire Public Schools (Lybrook Elementary School)
6238 West Main Street
Eau Claire, MI 49111
269-461-6191

Lakeshore Public Schools (Hollywood Elementary School)
143 E John Beers Road
Stevensville, MI 49127
269-428-1414

Niles Community Schools (Northside Child Development Center)
2020 N Fifth Street
Niles, MI 49120
269-683-1982

River Valley School District (Three Oaks Elementary School)
100 Oak Street
Three Oaks, MI 49128
269-756-9050

Watervliet Public Schools (North Elementary School)
287 Baldwin Avenue
Watervliet, MI 49098
269-463-6755

Brookview School
501 Zollar Drive
Benton Harbor, MI 49022
269-925-3544

Building Blocks Preschool at the YMCA
3665 Hollywood Road
St. Joseph, MI 49085
269-428-9622

Education, Preschoolers

Christ Lutheran School

4333 Cleveland Avenue
Stevensville, MI 49127
269-429-7111

Crayon Box at Andrews University

8475 University Boulevard
Berrien Springs, MI 49104
269-471-3350

First Church of God Nursery School

2627 Niles Avenue
St. Joseph, MI 49085
269-983-1816

First Presbyterian Church Preschool

13 South 4th Street
Niles, MI 49120
269-683-7600

Grace Christian School

325 North M-140 Highway
Watervliet, MI 49098
269-463-5545

Grace Lutheran School

404 East Glenlord Road
St. Joseph, MI 49085
269-429-4951

Great Lakes Montessori

3084 Niles Road
St. Joseph, MI 49085
269-556-0354

Education, Preschoolers

Hickory Creek Learning Center

9193 Cleveland Avenue
Baroda, MI 49101
269-422-1449

Immanuel Early Childhood Development Center

9650 Church Street; PO Box 26
Bridgman, MI 49106
269-465-3868

Kidzone at Lake Michigan College

2755 East Napier Avenue
Benton Harbor, MI 49022
269-927-6293

Lake Michigan Catholic Elementary School

3165 Washington Avenue
St. Joseph, MI 49085
269-429-0227

Learning Tree Preschool at the YMCA

905 North Front Street
Niles, MI 49120
269-683-1552

Readiness Center

347 Catalpa Avenue; PO Box 1352
Benton Harbor, MI 49022
269-926-4084

Salem Lutheran Preschool

275 Marvin Street; PO Box 729
Coloma, MI 49038
269-468-6567

Education, Preschoolers

St. Joseph Catholic School

188 Lucinda Lane
Watervliet, MI 49098
269-463-3941

St. Mary of the Lake School Kaleidoscope Preschool

704 West Merchant Street
New Buffalo, MI 49117
269-469-1515

St. Mary's School

217 South Lincoln Avenue
Niles, MI 49120
269-683-9191

St. Paul's Lutheran School

2673 West John Beers Road
Stevensville, MI 49127
269-429-1546

Stevensville United Methodist Church Preschool

5560 Ridge Road
Stevensville, MI 49127
269-429-1069

Tri County Head Start Administrative Offices – various locations

775 Hazen Street
Paw Paw, MI 49079
269-925-7707

Education, Preschoolers

Trinity Lutheran School – Berrien Springs

9123 George Avenue
Berrien Springs, MI 49103
269-473-1811

Trinity Lutheran School – Sawyer

5791 Sawyer Road; PO Box 247
Sawyer, MI 49125
269-426-3151

Trinity Lutheran School – St. Joseph

613 Court Street
St. Joseph, MI 49085
269-983-3056 x 21

The first five years of a child's life are a time of great opportunity. A young child's early experiences and environments directly impact who they will become as an adult. Everything children see, every word they hear, everything they do from their first breath shapes the rapidly developing architecture of their brains. We now know that by age four, ninety percent of this architecture will be built and the foundation for language, social behavior, problem solving ability, and emotional health will be mostly created...or not...by the time they enter kindergarten.

Emergency, Crisis & Disaster Relief

American Red Cross Disaster Relief

Single family fire disaster and referrals, emergency communication to active military, first aid training for residents, safety and CPR training and blood bank.

3838 Niles Road

St. Joseph, MI 49085

269-556-9619 or 269-683-3180

Berrien County Department of Human Services

Financial Assistance Programs: Family Independence Program, Food Assistance Program, State Emergency Relief Program, State Disability Assistance, Medicaid, Child Development and Care Program, Adult Medical Program and Child Support Program

Services Programs: Adoption Services, Adult Services, Adult Protective Services, Children's Foster Care, Children's Protective Services, Juvenile Justice

401 Eighth Street

Benton Harbor, MI 49022

Main Telephone: 269-934-2000

Children's Protective Services: Daytime & After Hours Phone: 269-934-2300

Adult Protective Services: Daytime Phone: 269-934-2056; After Hours Phone: 269-934-2300

Berrien County Sheriff Department

Department of Emergency Management

269-983-7141 x 4916

Neighbor to Neighbor

Provides assistance to families and individuals in their time of crisis that includes, but is not limited to: clothing, furniture, food, bedding, and household items.

9147 US Highway 31

Berrien Springs, MI 49103

269-471-7411

The Salvation Army - Benton Harbor

Committed to meeting the needs of the community through crisis intervention by assisting area individuals with food, clothing, prescriptions, rent, furniture, utilities, and housing.

233 Michigan Street

Benton Harbor, MI 49022

269-927-1353

Emergency, Crisis & Disaster Relief

The Salvation Army – Niles

Committed to meeting the needs of the community through crisis intervention by assisting area individuals with food, clothing, prescriptions, rent, furniture, utilities, and housing.

424 North 15th Street

Niles, MI 49120

269-684-2660

Southwest Michigan Community Action Agency (SMCAA)

Weatherization program, minor home repairs (for low income and senior citizens), volunteer programs, outreach, referral, shelter for homeless, housing programs and limited home funding, emergency utility and rent assistance (when funds available), Commodity Supplementary Food Program, and food pantry.

185 East Main Street; Suite 200

Benton Harbor, MI 49022

800-334-7670

Safe Sleep Steps

1. Baby sleeps by him or herself in a crib, portable crib, or bassinet.
2. Always put baby to sleep on his/her back even when he can roll over.
3. Nothing in sleep area. No pillows, blankets, comforters, stuffed animals, or other soft things.
4. Keep baby's face uncovered during sleep for easy breathing. Use a sleeper instead of a blanket.
5. Don't allow anyone to smoke anything around baby.
6. Don't overheat the baby. Dress the baby in as much or as little clothing as you are wearing.
7. Use a firm mattress with a tight-fitting sheet.

Babies are dying because they are put to sleep in places that are not safe. Babies always need a safe sleep place. Babies are not safe sleeping on a couch, pillow or anything soft. Babies are not safe sleeping with other children, adults, or pets. Adult beds are not safe for babies. If you feed your baby in bed, put your baby back into his/her crib to sleep.

Emergency, Crisis & Disaster Relief

Hospitals

Lakeland Community Hospital, Niles

31 North St. Joseph Avenue
Niles, MI 49120
269-683-5510

Lakeland Community Hospital, Watervliet

400 Medical Drive
Watervliet, MI 49098
269-463-3111

Lakeland Regional Medical Center, St. Joseph

1234 Napier Avenue
St. Joseph, MI 49085
269-983-8300

Using a Child Safety Seat

According to the National Highway Traffic Safety Administration, correctly using a child safety seat every time you take your baby in the car can reduce the risk of death or injury by 70%. The National Safe Kids Coalition estimates that 80 percent of child safety seats are not installed or used correctly. A child safety seat that is not installed correctly can be dangerous to a baby. The following are tips on using your child's car safety seat:

- Read carefully and follow the directions that come with the safety seat. If you have questions, call the company.
- Check your car owner's manual to see if you need a special locking clip or additional hardware to install the safety seat.
- Infants under 1 year old and under 20 pounds should ride in rear-facing child safety seats in the back seat of the car.
- Do not put a child safety seat in the front passenger seat of a car that is equipped with a passenger airbag.
- Children over 1 year of age and 20 to 40 pounds should be in forward-facing car seats designed for older toddlers and installed in the back seat of the car.
- Be firm about requiring your baby to ride in a safety seat. If your baby is transported by someone else, make sure his safety seat is available and used.
- Be a good example. Make sure that you and all your passengers, both adults and children, are safely buckled up.

Entertainment for Children

Buchanan Art Center

117 Front Street
Buchanan, MI 49107
269-697-4005

Curious Kids Discovery Zone

333 Broad Street
St. Joseph, MI 49085
269-982-8500

Curious Kids Museum

415 Lake Boulevard
St. Joseph, MI 49085
269-983-2543

Fernwood Botanical Garden

13988 Range Line Road
Niles, MI 49120
269-695-6491

Krasl Art Center

707 Lake Boulevard
St. Joseph, MI 49085
269-983-0271

Love Creek Nature Center

9228 Huckleberry Road
Berrien Center, MI 49102
269-471-2617

Sarett Nature Center

2300 North Benton Center Road
Benton Harbor, MI 49022
269-927-4823

Entertainment for Children

Silver Beach Carousel

333 Broad Street
St. Joseph, MI 49085
269-982-8500

Whirlpool Compass Fountain

Across the street from Silver Beach Carousel
St. Joseph, MI 49085

For a list of public parks and beaches, visit www.berriencounty.org

Baby Games

Playing games with your baby is fun. Playing games also increase your baby's skills in language, intellectual, social skills, and motor development.

Hints for Playing Baby Games

- Choose a time when both you and your baby are rested and alert
- Follow your baby's lead in play. She will tell you when she's ready to stop, to play more, or to change the game. Either you or your baby can begin a game. Notice the times your baby engages you in a playful game.
- Remember to take turns with your baby. She is learning important lessons when you give her enough time to respond to your play.
- Babies also have preferences. Certain games may become favorites but others will not interest him. Follow your baby's lead. The important thing is that you are playing, not which game you play.
- All babies do not reach developmental milestones at the same time. If your baby seems not to understand a game, wait a few weeks and try again.

Food Assistance

Community Food Link

The Community Food Link provides referrals to people looking for food assistance. Our operator will assess your individual needs, including where you live, availability of transportation, and number of people in your family. Based on that information you will be sent to the appropriate food pantry.

269-982-4100

10 Things to Know About Potty Training

1. **Wait until your child is ready.** Start slow, and to pique interest, let your child watch you use the bathroom, let her pick out underwear decorated with her favorite character, and cheer her on if she does use the potty.
2. **Look for the signs.** Some good indicators are that he can stay dry for several hours; has regular, predictable bowel movements; asks that a dirty diaper be changed; and shows interest in the bathroom.
3. **Every child is different.** Potty training is a normal process of development, but when it occurs varies from child to child.
4. **Rewards can motivate.** With most kids, hugs, tickles, kisses, and praise should be motivation enough. But some toddler may need a little extra incentive.
5. **Day and Night are different.** She may be a potty pro during waking hours long before she's able to get through the night without an accident.
6. **Don't tackle potty training during another major change.** Moving to a new house, the arrival of a sibling, or switching day-care centers disrupts your toddler's routine and causes stress. These changes may set him back in toilet training.
7. **Going number two can be scary.** It can take longer to master than number one.
8. **Unfamiliar potties can be scary too.** Public toilets often flush louder, (and sometimes automatically), or they're higher from the ground than your child is accustomed to.
9. **Accidents do happen.** Potty training is a process, and there will be setbacks.
10. **She will eventually be potty trained.**

40 Assets that Infants & Toddlers Need to Succeed

The Developmental Assets are 40 common sense, positive experiences, and qualities that help influence choices young people make and help them become caring, responsible adults. Are you making sure your infants and toddlers have the 40 Developmental Assets?

Support

1. Family life provides love and support.
2. Family communication is positive.
3. Parent(s) has support from other adults.
4. Child experiences caring neighbors.
5. Child is in caring environments outside the home.
6. Parent(s) help child succeed when child is away from home.

Empowerment

7. Child is at the center of family life.
8. Child has a role in family life.
9. Parent(s) serves others.
10. Home and other settings are safe.

Boundaries & Expectations

11. Family sets appropriate boundaries.
12. Out-of-home settings have clear boundaries.
13. Neighbors pay attention to child.
14. Adults model responsible behavior.
15. Child sees other children interact positively.
16. Parent(s) have realistic expectations.

Constructive Use of Time

17. Child is exposed to creative activities.
18. Child is exposed to out-of-home activities.
19. Family participates in religious community.
20. Time at home is positive and supervised.

Commitment to Learning

21. Family members are motivated to do well.
22. Family models engagement in learning and work.
23. Child has access to stimulating activities.
24. Parent(s) enjoys learning.
25. Child is read to daily.

Positive Values

26. Parent(s) values and models caring.
27. Parent(s) values and models equality and social justice.
28. Parent(s) values and models integrity.
29. Parent(s) values and models honesty.
30. Parent(s) values and models responsibility.
31. Parent(s) values and models a healthy lifestyle.

Social Competencies

32. Parent(s) practices good planning and decision making.
33. Parent(s) interacts with others in positive ways.
34. Parent(s) is comfortable with diverse people.
35. Parent(s) models resistance skills.
36. Parent(s) models peaceful conflict resolution.

Positive Identity

37. Parent(s) has personal power and models coping skills.
38. Parent(s) creates an environment that nurtures self-esteem.
39. Parent(s) has a sense of purpose.
40. Parent(s) has a positive view of the future.

40 Assets that Preschoolers Need to Succeed

The Developmental Assets are 40 common sense, positive experiences, and qualities that help influence choices young people make and help them become caring, responsible adults. Are you making sure your preschoolers have the 40 Developmental Assets?

Support

1. Family life provides love and support.
2. Family communication is positive.
3. Child receives support from other adults.
4. Child experiences caring neighbors.
5. Child is in caring environments outside the home.
6. Parent(s) help child succeed when child is away from home.

Empowerment

7. Parent(s) and other adults appreciate children.
8. Child is taken into account in family decisions.
9. The family serves others.
10. Home and other settings are safe.

Boundaries & Expectations

11. Family has rules and consequences.
12. Out-of-home settings provide clear rules and consequences.
13. Neighbors monitor the child's behavior.
14. Adults model responsible behavior.
15. Interactions with other children are encouraged and supervised.
16. Adults have realistic expectations.

Constructive Use of Time

17. Child participates in creative activities.
18. Child interacts with children outside the family.
19. Family participates in religious community.
20. Time at home involves predictable, enjoyable routines.

Commitment to Learning

21. Family members are motivated to do well.
22. Parent(s) models engagement in learning and work.
23. Child has access to stimulating activities.
24. Parent(s) and other adults enjoy learning.
25. Child is read to daily.

Positive Values

26. Parent(s) values and encourages caring.
27. Parent(s) values and models equality and social justice.
28. Parent(s) values and models integrity.
29. Child learns the difference between truth and lying.
30. Child learns that her or his actions affect others.
31. Parent(s) values and models a healthy lifestyle.

Social Competencies

32. Child makes simple choices and decisions.
33. Child interacts well with other children and adults.
34. Child is exposed to different cultures.
35. Child is taught to avoid dangerous situations.
36. Child is taught how to deal nonviolently with challenges and frustrations.

Positive Identity

37. Parent(s) has personal power and models coping skills.
38. Parent(s) models high self-esteem.
39. Parent(s) has a sense of purpose and models these beliefs.
40. Parent(s) has a positive view of the future.

Health - Dental

(the following dental offices are Medicaid providers)

Brite Dental

401 Front Street
Berrien Springs, MI 49103
269-471-7970

Harbor Dental (Children 4 years and older)

143 East Main Street
Benton Harbor, MI 49022
269-927-1313

InterCare Community Health Network – Benton Harbor

800 M-139
Benton Harbor, MI 49022
855-869-6900

InterCare Community Health Network – Eau Claire

6270 West Main Street
Eau Claire, MI 49111
269-461-6927

Dr. C. Peabody DDS

687 East Empire
Benton Harbor, MI 49022
269-927-1375

Dr. M. Rusher DDS

320 Cedar
Niles, MI 49120
269-683-1171

Health – General

Berrien County Health Department – Benton Harbor

769 Pipestone
Benton Harbor, MI 49022
269-926-7121

Berrien County Health Department – Niles

1205 North Front Street
Niles, MI 49120
269-684-2800

Berrien County Health Department – Three Oaks

21 North Elm
Three Oaks, MI 49128
269-765-2008

CareSource

CareSource is for qualifying Medicaid consumers in Berrien County. CareSource offers care through participating health centers and private doctors across the state. CareSource offers many health services, including doctor visits, emergency care, hospital stays, checkups, shots, medicine and much more.
800-390-7102

Children’s Special Health Services (CSHCS)

Children’s Special Health Services provides certain approved medical service coverage to some children and adults with special health care needs. Children must have a qualifying medical condition and be under the age of 21. Persons 21 and older with cystic fibrosis or certain blood coagulating disorders may also qualify.

Berrien County Health Department
769 Pipestone
Benton Harbor, MI 49022
269-926-7121

Health – General

FamilyWize Prescription Drug Card

The FamilyWize program covers all prescription drugs for everyone with little or no prescription coverage. It covers all medicine not covered by a benefit plan. There are no age, income, or residency restrictions with the plan. No personal information is collected so there is no registration, activation, paperwork, or enrollment.

United Way of Southwest Michigan
PO Box 807
Benton Harbor, MI 49023-0807
269-982-1700

Healthy Kids

Healthy Kids is a Medicaid health care program for low-income children under age 19 and for pregnant women of any age. There is only an income test. There is no monthly premium for Healthy Kids. Most children who are eligible for Healthy Kids are enrolled in a Medicaid health plan. Healthy Kids provides a comprehensive package for health care benefits including vision, dental, and mental health services.

Berrien County Department of Human Services
401 Eighth Street
Benton Harbor, MI 49022
269-934-2000

Medicaid

Medicaid is available to eligible persons under age 21.

To enroll in the Medicaid HMO:

By mail - *when accepted to Medicaid, Michigan Enrolls will send all new eligible clients an enrollment package to permit enrollment by mail*

Telephone - *clients can access the Call Center to enroll toll free over the telephone*

888-367-6557

In Person - *Clients can come to a field office to meet the field counselors who will assist in enrollment*

Southwest Michigan Community Action Agency
185 East Main Street
Benton Harbor, MI 49022
269-925-9077 x 19

Health – General

MIChild

Health care coverage for children not eligible for Medicaid benefits; this health insurance is for uninsured children from working families

What is MIChild? - Insurance coverage for children under 19 years of age.

Who is covered? - Covers children of families who are at or below 200% of the poverty level who are not eligible for Medicaid and for whom health insurance is not available from an employer.

What is covered? - Well child visits, immunizations, hearing screenings, vision services, dental services, diagnostics, primary and specialty physician services, inpatient and outpatient hospital services, emergency services, mental health and prescriptions.

Who will provide services? - Services will be provided through local medical and dental plans that agree to accept the rate offered by the state.

What does it cost? - Cost is \$10 per family per month, for a total of \$120 a year.

How to families apply? - Apply at any community health service agency, contact your local Health Department, call 888-988-6300 or on-line at <https://eform.state.mi.us/michild/intro1.htm>.

Supplemental Security Income (SSI)

SSI is a cash benefit for disabled children whose families have low income. The Social Security Administration determines SSI eligibility. The beneficiaries are automatically eligible for Medicaid and they receive the comprehensive package of health benefits including vision, dental, and mental health services. Most beneficiaries are enrolled in a Medicaid health plan. Medicaid may continue even if SSI stops.

Smoke Harms Babies

Adults who smoke need to consider the impact their smoking has on their children's health. The medical community emphasizes the importance of a smoke-free environment for infants and children. If parents feel they must smoke, it's far better for their child if they do so only outdoors or away from home. Parents can also encourage guests not to smoke in their home.

Health - Mental

Andrews Community Counseling Center

4195 Administration Drive; Bell Hall Room 156
Berrien Springs, MI 49103
269-471-6238

Child & Family Services of Southwestern Michigan

2450 M-139
Benton Harbor, MI 49022
269-925-1725

Depression & Bipolar Support Alliance

Peer-led group that helps those with depression and/or bipolar and the family with how to handle the diagnosis.

St. Joseph Location: 269-369-9154
Niles Location: 574-386-2289

Freedom Counseling Center

1901 Niles Avenue
St. Joseph, MI 49085
269-982-7200

Haelan Counseling

205 Broadway; A
Niles, MI 49120
269-683-8972

Lakeland Medical Center Family Resource Center

1011 Broadway
Niles, MI 49120
269-683-6859

Lory's Place

Provides peer support group services for grieving children and their families.

445 Upton Drive
St. Joseph, MI 49085
269-983-2707

Health - Mental

Riverwood Center – Benton Harbor

1485 M-139
Benton Harbor, MI 49022
269-925-0585

Riverwood Center – Niles

309 North 5th Street
Niles, MI 49120
269-684-4270

Samaritan Counseling Center

1850 Colfax
Benton Harbor, MI 49022
269-926-6199

Southwestern Medical Center Christian Counseling & Psychological Services – Lakeland Affiliate

5675 Fairview Avenue
Stevensville, MI 49127
269-429-7727

Understanding Postpartum Depression

Following childbirth, some women experience varying amounts of depression. This is due to physical and hormonal changes, psychological stress, and fatigue. Usually, the depression that immediately follows birth lessens after 4 to 10 days. This happens as your body regains its fluid and mineral balance and adjusts hormonally. However, the exhaustion, tension, and worry may continue for 6 to 24 weeks.

Ways to lessen the intensity of postpartum stress and depression:

- After giving birth, you need support and help for at least six weeks.
- Ask for help from friends and family for household tasks and childcare.
- Take care of your body. Rest. Eat well-balanced meals. Take a vitamin and/or iron supplement as prescribed by your healthcare provider.
- Don't worry now about extra weight gained in pregnancy. It takes at least 6 to 24 weeks to get rid of most of it.
- After you have had time to recuperate and adjust, start getting together with friends again. Get support from other new mothers.
- Tell your health care provider if postpartum feelings become more intense or last longer than you think is reasonable. Tell her about severe mood swings, eating disturbances, insomnia, or other feelings or behaviors that worry you.
- Be aware that you may be at risk for serious postpartum reactions if you have a history of the following: bouts of depression, premenstrual tension, marital problems, perfectionist drives, and/or difficulty coping with stress.

Health - Pediatrics

Immunizations Clinics

Berrien County Health Department – Benton Harbor

769 Pipestone
Benton Harbor, MI 49022
269-926-7121

Berrien County Health Department – Niles

1205 North Front Street
Niles, MI 49120
269-684-2800

Berrien County Health Department – Three Oaks

21 North Elm
Three Oaks, MI 49128
269-765-2008

Recommended Immunizations Schedule

Starting from birth:

Birth - 2 months	HepB1
1 - 4 months	HepB2
2 months	DTaP, Polio, HIB
4 months	DTaP, Polio, HIB
6 months	DTaP, HIB
6 - 18 months	Polio, HepB3
12 months	MMR, Varicella or proof of disease
12 - 15 months	HIB, HepA
15 - 18 months	DTaP, HepA
4 - 6 years	Polio, DTaP, MMR

Health - Pediatrics

Pediatras

Barrett & Driscoll, MD's, P.C.

2516 Niles Avenue
St. Joseph, MI 49085
269-983-6518

Healthy Kids Pediatrics

111 North 4th Street
Niles, MI 49120
269-687-6440

InterCare Community Health Network – Benton Harbor

800 M-139
Benton Harbor, MI 49022
855-869-6900

InterCare Community Health Network – Eau Claire

6270 West Main Street
Eau Claire, MI 49111
269-461-6927

Dr. K. Keith MD

9045 US Highway 31
Berrien Springs, MI 49103
269-473-2222

Lakeside Healthcare Specialists

820 Lester Avenue
St. Joseph, MI 49085
269-983-3386

Dr. L. Lello MD

2002 South 11th Street
Niles, MI 49120
269-687-0200

Health - Pediatrics

Pediatricians

Dr. H. Marten MD

5515 Cleveland Avenue
Stevensville, MI 49127
269-429-6604

Dr. S. Roda MD

6701 Paw Paw Avenue
Coloma, MI 49038
269-468-6430

Dr. G. Schultz MD

5515 Cleveland Avenue
St. Joseph, MI 49085
269-429-6604

Dr. M. Shah MD PLC & Dr. A. Shah MD

3800 Hollywood Road; Suite 102
St. Joseph, MI 49085
269-428-2727

Southwestern Medical Clinic

2002 South 11th Street; #M51
Niles, MI 49120
269-687-0200

Southwestern Medical Clinic

5515 Cleveland Avenue; Suite 1
Stevensville, MI 49127
269-429-6604

Dr. J. Underhill MD

2002 South 11th Street
Niles, MI 49120
269-687-0200

Health - Prenatal

Birthright

Offers free pregnancy testing, confidential help, advice, friendship and emotional support, legal, medical, and educational referrals, prenatal information, maternity and baby clothes, housing referrals, social agency referrals, and adoption information.

2700 Niles Avenue

St. Joseph, MI 49085

269-983-0700

Cassopolis Family Clinic

Provides necessary, high quality, compassionate, cost-effective healthcare services for all people regardless of their ability to pay. Services include family planning, obstetrics, and gynecology.

60 North St. Joseph Avenue

Niles, MI 49120

269-683-0300

Group 2 Pregnant Women

A woman who has income that exceeds the income limit for Healthy Kids for Pregnant Women may be eligible for Medicaid under the Group 2 Pregnant Women program. If the income is over the income limit, persons may incur medical expenses that equal or exceed the excess income and still qualify for this program.

Berrien County Department of Human Services

401 Eighth Street

Benton Harbor, MI 49022

269-934-2000

Health - Prenatal

Healthy Kids for Pregnant Women

Medicaid is available to an eligible woman while she is pregnant, including the month her pregnancy ends, and during the two calendar months following the month her pregnancy ends, regardless of the reason. There is an income limit for this program. The comprehensive health care package of Medicaid benefits is available.

Berrien County Department of Human Services
401 Eighth Street
Benton Harbor, MI 49022
269-934-2000

InterCare Community Health Network – Benton Harbor

Provides quality, cost-effective health care to populations most at risk. Offers medical, dental, prenatal, and obstetrical services.

800 M-139
Benton Harbor, MI 49022
855-869-6900

InterCare Community Health Network – Eau Claire

Provides quality, cost-effective health care to populations most at risk. Offers medical, dental, prenatal, and obstetrical services.

6270 West Main Street
Eau Claire, MI 49111
269-461-6927

Health - Prenatal

Maternity Outpatient Medical Services (MOMS)

The goal of the MOMS program is to provide immediate health coverage for pregnant women. It provides outpatient prenatal coverage only. The MOMS program is available to provide immediate prenatal care while a Medicaid application is pending. Other women who may be eligible for MOMS include: teens who, because of confidentiality concerns, choose not to apply for Medicaid, and non-citizens who are only eligible for emergency services only. The woman must use Medicaid benefits if and when they become available. Prenatal health care services will be covered by MOMS and/or Medicaid for the entire pregnancy and for two months after the pregnancy ends. There is an income test for all persons except teens.

Berrien County Health Department
769 Pipestone; PO Box 706
Benton Harbor, MI 49023
269-926-7121

Michiana Life Resource Center and Pregnancy Center

Offers confidential counseling, as well as a place to receive resource information. Counselors help those in need make informed decisions.
671 McAllister Avenue
Benton Harbor, MI 49022
269-925-1335

Pregnancy Do's

- Get early and regular prenatal care. Prenatal care can keep you and your baby healthy and spot problems if they occur.
- Eat a variety of healthy foods. Also, make sure to drink plenty of water.
- Take a multivitamin or prenatal vitamin every day.
- Get moving! Unless your doctor tells you otherwise, physical activity is good for you and your baby.
- Gain a healthy amount of weight.
- Wash your hands frequently.
- Get plenty of sleep and find ways to control stress.
- Get informed. Read books, watch videos, go to a childbirth class, and talk with parents you know.

Health - Prenatal

Michigan State University Extension

Provides mother-to-mother breastfeeding education and support to help limited-income women successfully breastfeed their babies.

1737 Hillandale Road
Benton Harbor, MI 49022
269-944-4126

Niles Pregnancy Care Center

Provides confidential support in making an informed decision about a pregnancy. Provides pregnancy testing, ultrasound exams, and other services free of charge.

311 East Main Street
Niles, MI 49120
269-684-6200

Planned Parenthood

Offers pregnancy testing, pregnancy options counseling, emergency contraception, various birth control options, STD screenings, and HIV testing.

1161 East Napier Avenue; PO Box 1123
Benton Harbor, MI 49022

Women's Care Center

Offers free and confidential pregnancy testing, information on all options, ultrasounds, and referrals.

621 East Main Street
Niles, MI 49120
269-684-4040

Pregnancy Don'ts

- Don't smoke, drink alcohol, or use drugs. These can cause long-term harm or death to your baby.
- Don't clean or change a cat's litter box.
- Don't eat swordfish, king mackerel, shark and tilefish, which are high in mercury.
- Don't take very hot baths or use hot tubs or saunas.
- Avoid x-rays.
- Avoid exposure to paint fumes.

Health - Prenatal

Obstetrics & Gynecology

Cassopolis Family Clinic

60 North St. Joseph Avenue
Niles, MI 49120
269-683-0300

Lakeside Healthcare Specialist

2500 Niles Road; Suite 11
St. Joseph, MI 49085
269-429-3332

South Shore Women's Health Care

2690 South Cleveland Avenue
St. Joseph, MI 49085
269-429-2841

Southwestern Medical Clinic

5515 Cleveland Avenue; Suite 1
Stevensville, MI 49127
269-429-6604

Dr. C. Strayhorn, MD

820 Lester Avenue; Suite 119
St. Joseph, MI 49085
269-985-0029

Prenatal Visits

If there are no problems, prenatal visits are usually scheduled as follows:

First visit to 28 weeks of pregnancy	Every 4 weeks
28 weeks to 36 weeks of pregnancy	Every 2 weeks
36 weeks to delivery	Every week

Home Visiting Services

Cassopolis Family Clinic

Provides necessary, high quality, cost-effective healthcare services for all people regardless of their ability to pay. Services includes the Maternal Infant Health Program, family planning, obstetrics, and gynecology.

60 North St. Joseph Avenue
Niles, MI 49120
269-683-0300

Early Head Start

Service provided through Tri-County Head Start. Home based program for low-income infants and toddlers, 0-3, pregnant women and their families. Enhances children's physical, social, emotional and intellectual development. Assists pregnant women to access comprehensive prenatal and postpartum care. Supports parents efforts to fulfill their parental roles and helps parents to move towards self-sufficiency.

775 Hazen Street
Paw Paw, MI 49079
269-657-2581

Early On

A system of early intervention services for infants and toddlers, birth to three years of age, with developmental delay(s) and/or disabilities, and their families. Eligibility is based on the child's needs and not on the family's income. There is no charge to families for the in-home evaluation, Individual Family Service Plan (IFSP) development, or service coordination of this voluntary program. Early On is a collection of activities, supports, services and resources.

711 St. Joseph Avenue
Berrien Springs, MI 49103
269-471-7725 x 1301

Home Visiting Services

HIPPY

Service provided through InterCare. Home Instruction for Parents of Preschool Youngsters (HIPPY) is a parent involvement, school readiness program that helps parents prepare their three, four, and five year old children for success in school and beyond.

800 M-139

Benton Harbor, MI 49022

269-876-5231

Maternal-Infant Health Program – Benton Harbor

Service provided through InterCare. Provided to pregnant women and babies with Medicaid. Offers nursing, social work, and nutrition visits in your home.

800 M-139

Benton Harbor, MI 49022

269-926-4364

Maternal-Infant Health Program – Eau Claire

Service provided through InterCare. Provided to pregnant women and babies with Medicaid. Offers nursing, social work, and nutrition visits in your home.

6270 West Main Street

Eau Claire, MI 49111

269-461-6928

Tummy Time

It is very important for your baby to lie on her tummy so her back will be strong. This will help her get strong enough to roll, sit, and crawl. Put the baby on her tummy for 3 to 5 minutes, 5 times a day. **Safety first!** Please don't leave your baby by herself while she is on her tummy. Always supervise your baby's playtime.

Home Visiting Services

Nurse Family Partnership

Service provided through Berrien County Health Department. Provides home visits for prenatal and postnatal education, parenting skills, support network, home safety trainings, and referrals to resources. Free to eligible women who meet the income requirements.

769 Pipestone
Benton Harbor, MI 49022
269-927-5631

Parents as Teachers

Free service provided through Berrien RESA to any family who is pregnant or parenting a child under the age of 3 years and lives in a Berrien RESA school district. Personalized home visits provide parents information on how to ensure their children are ready for school success by understanding their child's development, problem-solving of typical parenting issues, and enhancing parent's confidence. Group activities for children and parents are also available.

711 St. Joseph Avenue
Berrien Springs, MI 49103
269-471-7725 x 1330

Sudden Infant Death Syndrome (SIDS)

Here are ways that you and others who care for your baby can reduce the risk of SIDS.

- Always place your baby on his or her back to sleep, for naps and at night.
- Place your baby on a firm sleep surface, such as on a safety-approved crib mattress covered by a fitted sheet.
- Keep soft objects, toys, and loose bedding out of your baby's sleep area.
- Do not allow smoking around your baby.
- Keep your baby's sleep area close to, but separate from, where you and others sleep.
- Think about using a clean, dry pacifier when placing your infant down to sleep, but don't force the baby to take it.
- Do not let your baby overheat during sleep.
- Reduce the chance that flat spots will develop on your baby's head by providing tummy time when your baby is awake and someone is watching; change the direction that your baby lies in the crib from one week to the next; and avoid too much time in car seats, carriers, and bouncers.

Developmental Milestones

Birth through age 3

By 3 months of age, a child should:

- Raise head slightly
- Follow person with eyes
- Smile
- Vocalize
- Move arms and legs

By 6 months of age, a child should:

- Roll over
- Have good head control
- Reach and obtain objects
- Laugh out loud
- Turn head to sound

By 9 months of age, a child should:

- Sit
- Transfer objects from hand to hand
- Say mama, baba, and dada
- Respond to name
- Bear weight on feet

By 12 months of age, a child should:

- Pull self to stand
- Crawl
- Pick up small item with thumb and forefinger
- Say 1-3 words
- Follow simple directions

Developmental Milestones

Birth through age 3

By 18 months of age, a child should:

- Walk well
- Stack objects
- Imitate words
- Scribble with crayon
- Feed self finger foods

By 24 months of age, a child should:

- Point to familiar objects
- Turn pages in book
- Use single words
- Drink from cup
- Walk up stairs

By 2 1/2 years, a child should:

- Use two word combinations
- Follow two step commands
- Use 50 different words
- Do simple dressing
- Kick a ball

By 3 years, a child should:

- Use three word combinations
- Speak clearly
- Know 1-3 body parts
- Stack four blocks
- Feed self

Housing

Homeless Shelters

Emergency Shelter Services

Serves homeless women, children and families for 30 days.

645 Pipestone

Benton Harbor, MI 49022

269-925-1131

Safe Shelter

Serves women and children who are victims of domestic violence.

PO Box 8208

Benton Harbor, MI 49023

269-925-1725

24-Hour Crisis Line: 269-925-9500

Housing Help

Berrien County Community Development Homeowner Rehabilitation

811 Port Street

St. Joseph, MI 49085

269-983-7111

The Connection – Benton Harbor

Service provided by Emergency Shelter. A one stop shop for resources and access to human service agencies.

645 Riverview Drive

Benton Harbor, MI 49022

269-277-5055

The Connection – Niles South County Building

Service provided by Emergency Shelter. A one stop shop for resources and access to human service agencies.

1203 Front Street

Niles, MI 49120

269-277-5055

Housing

Housing Help

Harbor Habitat for Humanity

Builds new housing for people who live in substandard housing, are willing to partner with Harbor Habitat and can afford the house payments.

785 East Main Street
Benton Harbor, MI 49022
269-925-9635

Habitat for Humanity – Niles/Buchanan

Builds new housing for people who live in substandard housing, are willing to partner with Harbor Habitat and can afford the house payments.

PO Box 305
Niles, MI 49120
269-687-1672

The Link Crisis Intervention Center

Emergency housing and assistance for youth ages ten through seventeen who are or are potential runaways.

2450 South M-139
Benton Harbor, MI 49022
269-927-1422

Southwest Michigan Community Action Agency

Weatherization, repairs, emergency utilities, rent assistance, assistance in purchasing, rent subsidy, and shelter information.

185 East Main Street; Suite 200
Benton Harbor, MI 49022
269-925-9077

Literacy

Dolly Parton's Imagination Library

A free program for children birth to five years old. Each month a new, carefully selected book will be mailed in the child's name directly to their home.

United Way of Southwest Michigan
PO Box 807
Benton Harbor, MI 49023
269-982-1700

Benton Harbor Public Library

213 East Wall Street
Benton Harbor, MI 49022
269-926-6139

Berrien Springs Community Library

215 West Union Street
Berrien Springs, MI 49103
269-471-7074

Bridgman Public Library

4460 Lake Street
Bridgman, MI 49106
269-465-3663

Buchanan District Library

128 East Front Street
Buchanan, MI 49107
269-695-3681

Coloma Public Library

151 West Center Street
Coloma, MI 49038
269-468-3431

Literacy

Eau Claire District Library

6528 East Main Street
Eau Claire, MI 49111
269-461-6241

Galien Township Public Library

302 North Cleveland Avenue
Galien, MI 49113
269-545-8281

Lake Michigan College William Hessel Library

2755 East Napier Avenue
Benton Harbor, MI 49022
269-927-8605

Lincoln Township Public Library

2099 West John Beers Road
Stevensville, MI 49127
269-429-9575

Maud Preston Palenske Memorial Library

500 Market Street
St. Joseph, MI 49085
269-983-7167

New Buffalo Township Public Library

33 North Thompson Street
New Buffalo, MI 49117
269-469-2933

Niles District Library

620 East Main
Niles, MI 49120
269-683-8545

Literacy

Sodus Township Library

3776 Naomi Road
Sodus, MI 49126
269-925-0903

Three Oaks Township Public Library

3 North Elm Street
Three Oaks, MI 49128
269-756-5621

Watervliet District Library

333 North Main Street
Watervliet, MI 49098
269-463-6382

Steps to Literacy Success

Research has repeatedly shown that access to books and one-on-one reading time is an important predictor of future literacy skills. Reading to your baby from infancy on exposes him/her to the alphabet, to the sounds that words make, and to the idea that print letters translate into spoken words. Talking to your child about a story boosts understanding and vocabulary.

Items parents can focus on to get their child on the road to reading

1. Print concepts: When you read to your child, you show her that you read words (not pictures), where you begin on a page, what direction you go in, whether print is right side up, and that you turn the pages of a book one at a time.
2. Alphabet knowledge: Help your child first learn to name letters, then the sounds that each letter makes.
3. Phonological awareness: Preschoolers also need to hear and remember the separations between words in a sentence and to hear the sounds within words. Rhyming books and songs encourage phonological awareness.
4. Oral language: Talk to your child about what you're reading, asking basic questions about the characters and the story line. You can also extend your child's language skills by repeating and paraphrasing what he has said to you: "Yes, this is an elephant!"
5. Writing: Encourage any drawing or scribbling. If your child is too young to start practicing letters, let her see you write her name, a story that she tells you, even your grocery list.

Nutrition

Michigan State University Extension

Brings nutrition education for healthy living into the homes of limited-income families and helps them better manage their time and money through planning, shopping, and food preparation information.

Provides mother-to-mother breastfeeding education and support.

1737 Hillandale

Benton Harbor, MI 49022

269-944-4126

Women, Infants and Children (WIC)

Nutritional services for children birth to five years, pregnant women, and postpartum women.

Berrien County Health Department – Benton Harbor

769 Pipestone

Benton Harbor, MI 49022

269-927-5646

Berrien County Health Department – Niles

1205 North Front Street

Niles, MI 49120

269-684-2800

Berrien County Health Department – Three Oaks

21 North Elm Street

Three Oaks, MI 49128

269-756-2008

My Pyramid

Visit www.mypyramid.gov to create a customized food pyramid for your child, as well as resources for nutrition guidelines.

Nutrition in Your Child's First Year

Every baby is very special. Each child has his own likes and dislikes. The suggested serving sizes are guidelines. Do not worry if your baby eats a little more or less than the guide suggests.

Sample Daily Intake							
Months	Breastfeeding	Formula (ounces)	Cereal (Tbsp)	Vegetables (Tbsp)	Fruits (Tbsp)	Fruit Juices (ounces)	Meat (Tbsp)
Under 1	Every 2-3 hours, or 8-10 feedings each 24 hours. Feed on demand.	20-24					
1-2	6-8 feedings each day. Feed on demand. Babies' feeding frequency depends on their developmental needs.	24-28					
2-3	6-8 feedings each day. Feed on demand. Babies' feeding frequency depends on their developmental needs.	28-30					
3-4	6-8 feedings each day. Feed on demand. Babies' feeding frequency depends on their developmental needs.	30-33					
4-5	6-8 feedings each day. Feed on demand. Babies' feeding frequency depends on their developmental needs.	32-34	1-2				
5-6	Usually 4-6 feedings each day. As babies eat more solids, their number of feedings will decrease.	32-34	2-3	1-3			
6-7	Usually 4-6 feedings each day. As babies eat more solids, their number of feedings will decrease.	30-32	3-5	3-4	1-3	2-4	
7-8	Usually 4-6 feedings each day. As babies eat more solids, their number of feedings will decrease.	28-30	6-8	4-6	4-6	4	1-2
8-10	Usually 4-6 feedings each day. As babies eat more solids, their number of feedings will decrease.	26-28	8-12	6-10	6-10	4	1-2
10-12	Usually 4-6 feedings each day. As babies eat more solids, their number of feedings will decrease.	20-24	8-12	6-12	6-12	4-6	3-4

Special Needs

Berrien County Hearing Center

Provides hearing testing for infants and children at no charge. No referral required.

Berrien Springs Public Schools
One Sylvester Avenue
Berrien Springs, MI 49103
269-471-8858

Berrien Springs Hearing Impaired Program

School based program for children with hearing impairments.

One Sylvester Avenue
Berrien Springs, MI 49103
269-471-7724

Blossomland Learning Center

School based program for children with special needs ages 3 to 26. Referral required.

711 St. Joseph Avenue
Berrien Springs, MI 49103
269-471-7725

Child & Family Services of Southwestern Michigan

Helps people become more self-sufficient by providing respite care for families overwhelmed by responsibilities of being full-time care givers. Individual, family & marital counseling, homeless youth prevention, and more.

2450 M-139
Benton Harbor, MI 49022
269-925-1725

Children's Special Health Services

Service provided through Michigan Department of Community Health. Provided for children 0-21 years of age with chronic health conditions.

769 Pipestone
Benton Harbor, MI 49022
269-927-5620

Special Needs

Disabilities Network

The first stop for people with disabilities and their families in Southwest Michigan.

2900 Lakeview Avenue
St. Joseph, MI 49085
269-985-0111

Early On

A system of early intervention services for infants and toddlers, birth to three years of age, with developmental delay(s) and/or disabilities, and their families. Eligibility is based on the child's needs and not on the family's income. There is no charge to families for the in-home evaluation, Individual Family Service Plan (IFSP) development, or service coordination of this voluntary program. Early On is a collection of activities, supports, services and resources.

711 St. Joseph Avenue
Berrien Springs, MI 49103
269-471-7725 x 1301

Gateway

Provides occupational therapy, physical therapy, speech therapy, music therapy, recreational programs, community living supports, and job coaching.

201 Sylvester Street; PO Box 272
Berrien Springs, MI 49103
269-471-2897

Lakeland Rehabilitation Services

Provides physical therapy, occupational therapy, and speech therapy for any child with orders or a prescription from a physician.

905 North Front Street
Niles, MI 49120
269-683-6800

Therapeutic Equestrian Center

A year-round therapeutic equestrian facility that provides equine assisted activities for people of all ages and abilities.

615 North M-140
Watervliet, MI 49098
269-429-0671

Substance Abuse, Domestic Violence, Sexual Assault

Alano House of Southwest Michigan

4162 Red Arrow Highway
Stevensville, MI 49127
800-837-4247

Berrien County Council for Children

Serves children between the ages of 2 and 18 who have been or may have been sexually abused. Provides facilitation and coordination between the organizations responsible for the investigation of child sexual abuse. Provides counseling for children and their families.

4938 Niles Road
St. Joseph, MI 49085
269-556-9640

Berrien County Department of Human Services – Child Protective Services

401 Eighth Street; PO Box 1407
Benton Harbor, MI 49022
269-934-2000
Children's Protective Services – Daytime & After Hours Phone: 269-934-2300

Berrien County Health Department

Provides substance abuse counseling and urine screenings.

769 Pipestone
Benton Harbor, MI 49022
269-926-7121

Berrien County Health Department – Niles

Provides substance abuse counseling and urine screenings.

1205 North Front Street
Niles, MI 49120
269-684-2800

Substance Abuse, Domestic Violence, Sexual Assault

Berrien County Health Department – Three Oaks

Provides substance abuse counseling and urine screenings.

21 North Elm

Three Oaks, MI 49128

269-765-2008

DASAS - Domestic and Sexual Abuse Services

800-828-2023

Harbortown Treatment Center

Outpatient service center for those dealing with substance or alcohol addiction.

1022 E. Main Street; PO Box 929

Benton Harbor, MI 49022

269-926-0015

Safe Shelter

Serves women and children who are victims of domestic violence.

PO Box 8208

Benton Harbor, MI 49023

269-925-9500

Parenting is for a Lifetime

Good parenting includes:

1. Showing kids love, concern and respect at all times.
2. Giving kids a safe place to live and play.
3. Listening to what your kids are saying.
4. Helping your kids express all their feelings appropriately.
5. Giving your kids appropriate choices whenever possible.
6. Having reasonable rules that are understood by all.
7. Being responsible and teaching your kids to be responsible.
8. Spending time together with your kids.
9. Setting an example by what you say and do.
10. Asking for help when you need it.

Transportation

MyWayThere

Mywaythere.org is a tool that helps people overcome transportation barriers and gets them to the places they need to go.

www.mywaythere.org

Benton Harbor Dial-A-Ride

275 East Wall Street
Benton Harbor, MI 49022
269-927-4461

Berrien County Public Transportation

4676 East Shawnee Road
Berrien Springs, MI 49103
269-471-1100

Buchanan Dial-A-Ride

PO Box 186
Berrien Springs, MI 49103
269-697-0600

Niles Dial-A-Ride

623 North 2nd Street
Niles, MI 49120
269-684-5150

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Berrien County

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United Way
of Southwest Michigan