

## Parent's Helpbook Online:

This resource directory is available and updated monthly online at [www.mcdowellpartnership-smartstart.org](http://www.mcdowellpartnership-smartstart.org)

To request that information be added to the Helpbook or updated, contact the McDowell County Partnership for Children & Families at 659-2462 or Alison Baldwin at [alison@mcdsmartstart.org](mailto:alison@mcdsmartstart.org).



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Parent's Helpbook  
published by:



McDowell County LICC  
Jeff Haslam, LICC Chair  
Phone: 439-2608 [jeffhaslam@hotmail.com](mailto:jeffhaslam@hotmail.com)

# Parent's Helpbook



2011 Directory of Services  
for Families of Young Children in  
McDowell County



*Published by the McDowell County  
Local Interagency Coordinating Council*



## Some Good Books to Read to Your Child

*Crocodile Beat*, by Gail Jorgenssen and Patricai Mullins

*The Listening Walk*, by Paul Showers

*The Doorbell Rang*, by Pat Hutchins

*Feast for 10*, by Cathryn Falwell

*Corduroy*, by Don Freeman

*It Looked Like Spilt Milk*, by Charles G. Shaw

*Mouse Paint*, by Ellen Stoll Walsh

*The Little Mouse, the Red Ripe Strawberry, and*

*The Big Hungry Bear*, by Don and Audrey Wood

*Chicka Chicka Boom Boom*, by Bill Martin, Jr. and  
John Archambault

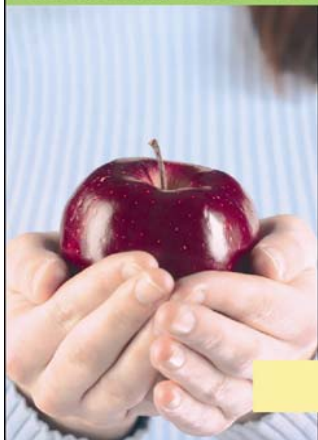
*The Rainbow Fish*, by Marcus Pfister

Any books by Dr. Seuss, Eric Carle and Ezra Jack Keats.

Ask the librarian at your public library for  
more good books.



### Eat Smart, Move More Health Tip



## Right-Size Your Portions

For tips on how to right-size  
your portions where you live,  
learn, earn, play and pray, visit



[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)

# Introduction

The community wide vision of the McDowell County Local Interagency Coordinating Council is Promoting interagency cooperation in supporting children, birth to five, with or at risk for disabilities and their families that they may fully participate in healthy development, family, and community lifestyles.

### McDowell County LICC Membership:

**Jeff Haslam, Chair**  
SpecialQuest

**Mandy Hice, Secretary**  
NC Early Intervention Program for  
Children Who Are Deaf or Hard of  
Hearing

**Caroline Rodier, Treasurer**  
Executive Director  
McDowell County Partnership for  
Children & Families, Inc.

**Jennifer Pittman**  
Head Start & Preschool Programs

**Kris Edwards, RN**  
Nurse Family Partnership  
McDowell County Health Department

**Rob Farkas**  
McDowell County DSS

**Amanda Garland**  
Regional Health Check Coordinator

**Marty Grist**  
Governor Morehead Preschool

**Rhonda Hamby**  
Behavior Specialist — Region 9  
Iredell Partnership for Young Children

**Amy Lee**  
Nurse Family Partnership  
McDowell County Health Department

**Sallie McCall, BSN, RN**  
Mission Hospital

**Lisa McCurry, RN**  
Care Coordination for Children  
McDowell County Health Department

**Rhonda McFadden**  
North Cove Family Network

**Debra Pittman, RN**  
Care Coordination for Children  
McDowell County Health Department

**Lisa Pressley**  
Parent Rep.

**Allen Whisnant**  
Children's Developmental Services  
Agency

**Paige Ziegler**  
McDowell County Schools Preschool  
Programs

**Tracey Cork**  
ECI Program Manager, IFF Specialist,  
ResCare Home Care

You can also access this  
publication on the web site of  
the McDowell County  
Partnership for Children &  
Families at

[www.mcdowellpartnership-smartstart.org](http://www.mcdowellpartnership-smartstart.org)

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*All area codes are (828) unless otherwise noted.*



**McDowell County LICC**  
**Jeff Haslam, LICC Chair**

Phone: 439-2608 [jeffhaslam@hotmail.com](mailto:jeffhaslam@hotmail.com)

## How can you help to create a great beginning to your child's Kindergarten year?

By simply believing that your child can succeed, you are helping your child to be successful! Expect and encourage a positive attitude about going to school, and your child will follow your lead. Here are some other things you can do to help your child in this important transition to Kindergarten.

- Read with your child every day! Ask questions and answer your child's questions as you read.
- Talk to your child! Listen carefully to your child's experiences, ideas, and feelings. Share stories about some of the good times you had at school when you were a child.
- Help your child learn how to make friends, share, and get along with others by organizing time for him or her to play with other children.
- Work with your child to be independent by learning to snap, zip, button, and tie so that he or she can put on shoes and coats at school.
- Start giving your child some responsibility for small jobs around the house, such as setting the table, or putting away toys and clean clothes.
- Help your child start to make decisions by giving him or her an opportunity to choose which book to read, which shirt to wear, or what activity to do next.
- Complete all of the necessary paperwork that your school requires and don't forget to call the school to get information about any Kindergarten events you should attend.
- Visit the school with your child. Meet the principal and other staff members and schedule a time to eat lunch in the school cafeteria with your child.
- Establish a good morning and bedtime routine well before the first day of school. Be sure to start with a good breakfast and end with consistent bedtime habits.

For more information, or for a free copy of the parent's guide to "Preparing your Child for Kindergarten," please call the

Partnership for Children at  
828-659-2462.



## I'm Going To Kindergarten!

The McDowell County Partnership for Children is charged with ensuring that children enter school healthy & prepared for success. Thanks to funding from Smart Start, we have developed and funded many projects to support children and families up until they enter Kindergarten.



### Who is eligible for Kindergarten?

By NC state law, registration in Kindergarten is open to ALL children who turn 5 years old on or before August 31.

### What do I need to bring when I register my child for Kindergarten?

- A certified copy of your child's birth certificate
- Your child's Social Security Card
- Your child's immunization record
- Emergency telephone numbers, your doctor's phone number, and your telephone number at work

North Carolina requires that all children entering school receive a health assessment within one year prior to entering kindergarten. Kindergarten Health Assessment Report, form PPS-2K, will be distributed at kindergarten registration. These may be completed by your child's physician or the McDowell County Health Department. If you wish to have this completed before the registration day the Health Department and local physicians already have the necessary form.

Several activities are planned for you and your child on registration day. These activities include visits to kindergarten classrooms, meeting the kindergarten teachers, and touring the school. Our kindergarten screening will take place during each school's orientation or appointments will be made for you to take your child back to the school at a later date.

For more information, contact your child's elementary school (see **Page 7** for phone numbers) or Elaine Seals, McDowell County Schools Central Office, at 652-4535.

# Child Care

### Division of Child Development (DCD)

2201 Mail Service Center  
Raleigh, NC 27699-2201  
1-800-859-0829

[www.ncchildcare.net](http://www.ncchildcare.net)

*Monitors and licenses all child care programs in North Carolina. Key responsibility is to assure a safe and healthy child care environment in licensed child care centers and family child care homes in NC. Also provides information to parents about choosing quality child care.*

### Children's Services Network

Child Care Resource & Referral  
McDowell Technical Community College  
54 College Drive  
Marion, NC 28752

*1-877-670-8735—Parent Resource Line  
Region 9 Child Care Resource & Referral Agency providing information to families and the community on child care, professional development opportunities for early childhood professionals, and technical assistance to child care facilities. Parents may call the parent resource line for information about all public and private child care options within the county. Offers an Early Childhood Resource Center with access to laminating, die cuts, and educational kits and resources for checkout.*

### Corpening Memorial YMCA School Age Care and Summer Camp

Corpening Memorial YMCA  
348 Grace Corpening Drive  
Marion, NC 28752  
659-9622

[www.ymcawnc.org](http://www.ymcawnc.org)

*The YMCA Child Care program is a licensed facility which provides year round care.*

### McDowell County Schools Head Start

2111 Sugar Hill Rd  
Marion, NC 28752

652-3229

*Head Start, Early Head Start, and preschool programs designed to meet the educational, health, physical, nutritional, and social needs of children 0-5. Children of families that meet federal income guidelines are served at no charge. Other children may be served in our paid More at Four slots and families may receive assistance with child care.*

### More at Four Preschool Program

McDowell County Schools Exceptional Children's Program  
P.O. Box 1024  
Marion, NC 28752  
652-6580

*More at Four is a state-funded, Pre-Kindergarten program for eligible four-year-olds. Classrooms are located at throughout McDowell County, at elementary schools, and in private child care centers.*

### McSMILES Part-Day Preschool Program

Eastfield Elementary School  
170 Eastfield School Rd.  
Marion, NC 28752  
652-3730 or 659-4400

Bus #1— Dawn Vetter — 442-4534  
Bus #2— Sandy Warren — 925-0272

*McSmiles supports families by creating access to high quality early childhood education programs. This free, part-time, mobile preschool program is based in school buses that have been fitted with the essential play centers to deliver age appropriate preschool activities.*

### Glenwood Family Resource Center

Glenwood Elementary School  
1545 Old Hwy 221 South  
Marion, NC 28752  
460-3473

*Offers a bridge between families & Glenwood Elementary. Prepares children to enter school ready to learn.*

Prepares parents for sending children to Kindergarten. Part-day preschool classes for two-, three-, four-, and five-year-olds, field trips, free child care for stay-at home moms & grandparents, so they can run errands, go to doctors visits, etc. Free parent resources. Parent/child literacy program.

#### North Cove Family Network

North Cove Elementary School  
401 American Thread Rd.  
Marion, NC 28752  
460-3497

A grassroots family program that has a Pre-K program, Parent Program & School age when needed. Pre-School Program for 4- and 5-year-olds. Manna Food Distribution.

#### Afterschool Programs and Summer Camp Programs

Call the Region 9 Resource & Referral Network at 1-877-670-8735 for a listing of local programs.

#### Child Care Assistance

McDowell County Department of Social Services  
145 East Court Street  
P.O. Box 338  
Marion, NC 28752  
652-3355

Provides financial resources for continuous, dependable child care for families in need. Also called child care subsidy or vouchers.

#### McDowell County Partnership for Children & Families

70 N. Main St, Suite 3  
PO Drawer 158  
Marion, NC 28752  
659-2462

[www.mcdowellpartnership-smartstart.org](http://www.mcdowellpartnership-smartstart.org)

Administers Smart Start funds to local agencies to help provide child care, health, and family support programs for children ages birth—five in order to prepare children to enter Kindergarten healthy and ready to succeed.

#### Promoting Healthy Social Behaviors in Child Care Centers

Iredell Partnership for Children (Region 9)  
132 E Broad Street  
Statesville, NC 28677  
828-929-3980

[rhamby@icpyc.org](mailto:rhamby@icpyc.org)

Provides specialized consultation, technical assistance and training focusing on identifying, preventing, and addressing challenging behaviors in young children in child care centers.

### Eat Smart, Move More Health Tip



## This Year's #1 Baby Gift: Breast Milk!

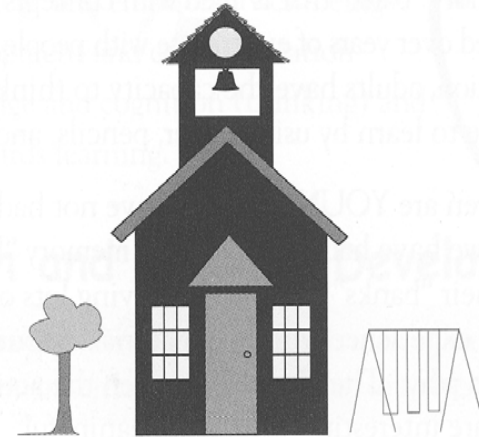
For tips on healthy nutrition where you live, learn, earn, play and pray, visit



[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)

# Kindergarten Readiness

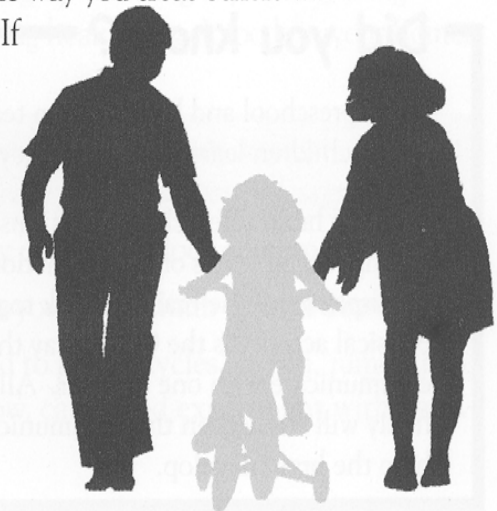
Materials from the Buncombe County Transition to Kindergarten Program  
([www.smartstart-buncombe.org/parentsschoolreadiness.htm](http://www.smartstart-buncombe.org/parentsschoolreadiness.htm))



## The Importance of Family

Family is the most important source of caring, teaching, and providing for a child. You are your child's first teacher and will ALWAYS be the most important one. What you do and the way you treat others will set a model for your child to follow. If you approach learning as important and worthwhile, your child will too.

Your interest and involvement will help promote your child's learning. You can use your everyday activities to help your child gain skills and abilities that will support his/her success when s/he begins school.



**Town of Old Fort Business Office**  
668-7830

**Old Fort Police Department**  
668-7474 for Non-emergencies  
Emergency—Call 911

**Old Fort Post Office**  
668-7643

**Old Fort Water Department**  
668-7112

**Register of Deeds**

652-4727  
1 S Main St  
Marion, NC 28752  
[www.titlesearcher.com](http://www.titlesearcher.com)  
McDowell County Animal Control  
652-6643

**The Salvation Army**

95 W Henderson St  
Marion, NC 28752  
659-2522

[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

*The Salvation Army provides disaster relief services, day care centers, summer camps, holiday assistance, services for the aging, AIDS education and residential services, medical facilities, shelters for battered women and children, family and career counseling, vocational training, correction services, and substance abuse rehabilitation.*

**Shelter Plus Care**

Smoky Mountain Center  
825 Wilkesboro Blvd. SE  
Lenoir, NC 28645  
759-2160 Ext 3320

*Rental Assistance program for individuals and families with disabilities who are homeless. Similar to Section 8/Housing Choice Voucher Program. Shelter = Rental Assistance. Care = Services Provided.*

[rmesserspauldingwoods@verizon.net](mailto:rmesserspauldingwoods@verizon.net)

**Social Security Administration**

1-800-243-5772

**Spaulding Woods Apartments**

838 Spaulding Rd  
Marion, NC 28752  
652-7203

[rmesserspauldingwoods@verizon.net](mailto:rmesserspauldingwoods@verizon.net)

**Veteran's Administration**  
652-2911

**Victory Christian Ministries**

6011 US 221 N  
Marion, NC 28752  
756-0082

[www.operationfeedachild.org](http://www.operationfeedachild.org)

*Operation Feed-A-Child is the result of a partnership between school board staff and our organization – working hard to identify the needs of local area children.*

The following facilities have food available to those needing it. Unless otherwise stated, a current photo ID is required. Contact individual food pantries for other restrictions. Food is available in prepackaged bags or boxes and is canned or boxed. Email changes to [kennethwalters@verizon.net](mailto:kennethwalters@verizon.net)

Grace Community Church  
5182 US Highway 70 Pleasant Gardens 724-9599  
Monday and Wednesday 10AM-2PM

Victory Christian Ministries  
6011 Highway 221 North 756-0082  
Tuesday-Friday 11AM-5PM; Sundays 1230-130PM

Department of Social Services  
145 East Court Street, Marion 652-3355  
Monday-Friday 9AM-5PM

McDowell Mission Ministries  
804 State Street, Marion 659-3981  
Call for availability

St John's Episcopal Church  
319 S Main, Marion 652-4144  
Wednesday 2-4PM

Old Fort Area Crisis  
102 N. Spring St, Old Fort 668-0002  
Monday-Friday 9AM-5PM  
Old Fort and Crooked Creek residents only

Dysartsville Christian Ministries  
Trinity UMC  
174 Trinity Church Loop, Dysartsville  
Thursday 3:30-5:30PM

Glenwood Independent Baptist Church  
Highway 221 South 442-3124 or 803-7875  
Monday-Friday 3:30PM-5PM

Pleasant Hill United Methodist Church  
1496 Jacktown Rd, Marion 659-2059/659-6467  
Wednesdays 6PM-7PM

Low price food boxes available through Clinchfield Presbyterian (659-2300) and Greenlee Baptist Church (724-4589)

**SOUP KITCHENS**

Clinchfield UMC  
151 Ridge Road  
Marion  
Tuesdays and Thursdays  
11AM – 1PM

## How Do I Choose Quality Child Care?

There are many child care options available to parents today. In McDowell County, the main types of care available for young children are:

- Family Child Care Homes
- Child Care Centers
- Church-Affiliated Centers
- Public Preschool Programs
- Part-Day Programs

**How do parents identify a child care program that will be safe, healthy, and will be a good fit for what their family needs?** ChildCareAware suggests visiting several different child care programs before deciding which one is best for your needs. Count the number of adults and the number of children they will each be supervising to make certain there is enough adult supervision to ensure safety, and ask about the training, education and experience of all adults who will interact with your child. How many of the staff have had CPR/First Aid training? Have all caregivers gone through a background check? Are children supervised at all times, even while sleeping? Visit [www.childcareaware.org](http://www.childcareaware.org) for more tips. For more information on NC's child care licensing system, or to check the license status of a particular child care provider, visit the N.C. Division of Child Development's website at [www.ncchildcare.net](http://www.ncchildcare.net). To search for local child care, call the Region 9 Resource & Referral Line at 1-877-670-8735.

## Eat Smart, Move More Health Tip



# Choose to Move More Every Day

For tips on how to move more every day where you live, learn, earn, play and pray, visit



[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)

## What to Look For ...

when I'm visiting a potential child care provider

Children's Services Network, our local child care resource & referral agency, recommends keeping the following questions in mind when visiting potential child care providers:

### Basics

- Is the program licensed?
- Is the facility well maintained with a pleasant atmosphere?
- Are the toys safe and appropriate?
- Are medicines/cleaning products locked away?
- Are the hours acceptable and fees affordable?

### Caregivers

- Do the caregivers enjoy playing with the children?
- Are children and parents greeted when they arrive and leave the facility?
- Do the caregivers respond to the children's needs gently and promptly?
- What is the discipline policy?
- Do the caregivers meet with parents regularly and share information about the child on a daily basis?
- Are parents' ideas and input encouraged? Could you be involved?

### Activities

- Are the children engaged in interesting and age-appropriate activities?
- Are there plenty of materials in good repair for the children to play with?
- Do the children play outdoors each day? Is the outdoor play area safe and age-appropriate?
- Is there a clear schedule for meals, naps, play in small groups, story time, and individual/quiet time?
- Do the caregivers follow the schedule?
- Are snacks and meals nutritious and appealing?
- Are parents welcome to visit and spend time in the facility?

Children's Services Network, a child care resource and referral agency, helps parents navigate the local child care system regarding quality of environments, licensing requirements, education of teachers, and developmentally appropriate practices. Parents will be referred to a regional child care referral line for access to local child care options. In addition, information supporting local child care financial assistance opportunities can be explored. Parenting brochures can be requested on numerous topics relevant to children birth through age eight. To speak to an Early Childhood Specialist call 652-0649 or 659-8302.

652-4595

[www.nc.ngb.army.mil/](http://www.nc.ngb.army.mil/)

### North Carolina Department of Labor

322-2619 or 1-800-752-3410

[www.nclabor.com](http://www.nclabor.com)

*Job training, job seeking/keeping skills, referral services.*

### NC Division of Forestry

652-2636

Hwy 226 S

Marion, NC 28752

[www.dfr.state.nc.us/](http://www.dfr.state.nc.us/)

*The Division of Forest Resources' primary purpose is to ensure adequate and quality forest resources for the state to meet present and future needs.*

### NC Division of Vocational Rehabilitation Services

451 N Main St Suite 107

Marion, NC 28752

652-2826

<http://dvr.dhhs.state.nc.us>

*The North Carolina Division of Vocational Rehabilitation Services seeks to promote employment and independence for people with disabilities through customer partnership and community leadership.*

### North Carolina Military & Veteran Partnership (NCMVP)

1535 Beecher Anderson Rd.

Lenoir, NC 28645

757-4365

[nancy.davis3@us.army.mil](mailto:nancy.davis3@us.army.mil)

*NCMVP is a voluntary Military/community partnership organized to allow service providers to engage in multi-service networking to help connect Service Members and Families to local Military and/or community resources.*

### NC Highway Patrol

652-2181

Dysartville Rd

Marion, NC 28752

[www.nccrimecontrol.org](http://www.nccrimecontrol.org)

*The North Carolina State Highway Patrol's primary mission is to reduce collisions and make the highways of North Carolina as safe as possible.*

Nebo/Lake James Post Office

652-7617

### NC Employment Security Commission

652-7131

[www.ncesc.com](http://www.ncesc.com)

*The mission of the Employment Security Commission is to promote and sustain the economic well-being of North Carolinians in the world marketplace by providing high quality and accessible workforce-related services.*

### Oakview Apartments

40 4th C St

Marion, NC 28752

652-9132

### Old Fort Area Crisis Ministries

102 N Spring St

Old Fort, NC 28672

668-0002

*Old Fort Area Crisis Ministries helps people get clothing and food through the use of funding by donation, and their own thrift store. They also provide a once a year service to the needy by helping to pay their bills (power, mortgage, etc.).*

Eat Smart, Move More Health Tip



## Prepare More Meals at Home

All of us can benefit from eating more meals at home. Healthy meals can be quick, easy and inexpensive. Home-cooked meals also bring families together. Try using the "rule of thirds." Fill two-thirds of your plate with fruits, vegetables and grains and one-third with meat. Busy families can reduce preparation time by using simple, healthy recipes and by getting the family involved.

For more tips on how to prepare meals where you live, learn, earn, play and pray, visit

[www.FatSmartMoveMoreNC.com](http://www.FatSmartMoveMoreNC.com)



This message brought to you by

### **McDowell County Mental Health Association**

1621 Turfwood Drive  
Pfaftown, NC 27040  
Phone: 919-971-2063  
Fax: 919-954-7328

[www.mha-nc.org](http://www.mha-nc.org)

*The MHA/NC is the state's oldest and largest, private, non-profit mental health advocacy organization. Our mission is to promote mental health, prevent mental disorders, and eliminate discrimination against people with mental disorders. We accomplish these goals through advocacy, education, service, and research.*

### **McDowell County Senior Center**

100 Spaulding Rd  
Marion, NC 28752  
652-8953

[www.mcdowellseniorcenter.org](http://www.mcdowellseniorcenter.org)

*McDowell County Senior Center's mission is to enhance the quality of life for McDowell County's senior citizens. They provide home-delivered meals, transportation to medical appointments, bill paying, and essential shopping.*

### **McDowell County Sheriff's Department**

593 Spaulding Rd  
Marion, NC 28752  
652-4000 for Non-emergencies  
Emergency—Call 911

### **McDowell County United Fund**

PO Box 1563  
Marion, NC 28752  
652-6267

[www.liveunited.org](http://www.liveunited.org)

### **McDowell Housing Coalition**

60 East Court St  
Marion, NC 28752  
652-1461

[www.mcdowellgov.com](http://www.mcdowellgov.com)

*The North Carolina Housing Coalition is a private, non-profit membership organization working for decent, affordable housing that promotes self-determination and stable communities for low- and moderate-income North Carolinians. Our mission is to lead a campaign for housing that ensures*

*working families, people in crisis, seniors and persons with disabilities may live with dignity and opportunity.*

### **McDowell Medication Management Center**

486 Spaulding Rd  
Marion, NC 28752  
659-2222

### **McDowell Mission Ministry**

804 State Street  
Marion, NC 28752  
659-3981

[www.mcdowellmission.com](http://www.mcdowellmission.com)  
[mcdowellmission@verizon.net](mailto:mcdowellmission@verizon.net)

*Operates the Men's Shelter, the Friendship Home for Women and Children, and the Christian Clothing Closet. Provides emergency food and limited assistance with utilities, rent, and medications.*

### **McDowell Tech Small Business Center**

54 College Dr  
Marion, NC 28752  
652-0634

[deank@mail.mcdowell.cc.nc.us](mailto:deank@mail.mcdowell.cc.nc.us)

*McDowell Tech Small Business Center provides one-on-one counseling, as well as technical assistance.*

### **McDowell Volunteer Center**

60 E Court St  
Marion, NC 28752  
652-7121

[www.1-800-volunteer.org/1800vol/mcdowell](http://www.1-800-volunteer.org/1800vol/mcdowell)

*People working together to meet community needs.*

### **Mercy Fund Animal Rescue**

PO Box 2371  
Marion, NC 28752  
652-7980

[mercyfund@yahoo.com](mailto:mercyfund@yahoo.com)

*Our mission is to save the lives of animals in need and to find safe and loving homes for them. We foster pets in our own homes until permanent homes can be found.*

### **NC Army National Guard**

102 Spaulding Dr  
Marion, NC 28752

# Parent Support & Education

### **Becoming a Love and Logic Parent®**

McDowell County Partnership for Children & Families, Inc  
70 North Main Street  
Marion, NC 28752  
659-2462

*Becoming a Love and Logic Parent® provides simple and easy to use techniques to help parents have more fun and less stress while raising responsible kids of all ages.*

### **Family and Consumer Sciences Program**

McDowell County Center  
NC Cooperative Extension Service  
60 East Court Street, Room 249  
Marion, NC 28752  
828-652-7874

<http://mcdowell.ces.ncsu.edu>  
[Kristin.Mart@ncsu.edu](mailto:Kristin.Mart@ncsu.edu)

*Family and parenting education, child care education and training, age-paced newsletters for parents of infants/toddlers, healthy living and nutrition programs, and food safety.*

### **Family Resource Programs**

*Addresses family literacy, parenting classes, and lending libraries through programs such as FAST (Families and Schools Together), Family Reading Adventures, and Circle of Parents. Sites are located at North Cove, Glenwood, and Old Fort Elementary Schools. For more*

*information call North Cove Family Network at 460-3497, Glenwood Family Resource Center at 460-3473, or Old Fort Family Resource Center at 460-3932*

### **FIPP Family Resource Center Programs**

300 Enola Rd  
Morganton, NC 28655  
1-800-822-FIPP (3477)

[www.fipp.org](http://www.fipp.org)

*The mission of the Family Preschool Program is to promote the growth and development of young children by supporting and strengthening families and building caring, responsive communities. Great Beginnings: Pre and postnatal nurse home visits for families and infants up to one year. Developmental supports to children and their families – home visits. Parenting supports – home visits and group meetings. Developmental supports to childcare and preschool programs. Staff include: Occupational Therapists, Physical Therapist, Speech and Language Pathologists, Psychologists and Teachers.*

### **Parenting Classes**

McDowell County Department of Social Services  
145 East Court Street  
P.O. Box 338  
Marion, NC 28752  
652-3355

*A variety of parenting classes and one-on-one instruction is offered from time to time*

at the Department of Social Services.

**McDowell Technical Community College Family Literacy Program**

St. John's Episcopal Church  
c/o McDowell Tech  
54 College Dr  
Marion, NC 28752  
(828) 925-1550

[shelbam@mcdowelltech.edu](mailto:shelbam@mcdowelltech.edu)

McDowell Technical Community College's Family Literacy program offers Adult Basic Education, English as a second language, parenting skills classes, and also classes on how to read, write, and speak English. These courses are free to anyone interested.

**OnTrack Financial Education and Counseling**

50 S French Broad Ave Suite 227  
United Way Bldg.  
Asheville, NC 28801  
1-800-737-5485 or 828-255-5166

[www.ontrackwnc.org](http://www.ontrackwnc.org)

OnTrack Financial Education and Counseling helps people get on track with their finances. Their services include budget counseling, reverse mortgage counseling, home buyer education, student loan counseling, mortgage default, and delinquency counseling, in addition to credit/debt counseling.

**Foster Parent Support Group**

McDowell County Department of Social Services  
145 East Court Street  
P.O. Box 338  
Marion, NC 28752

[christina.wooten@ncmail.net](mailto:christina.wooten@ncmail.net)

DSS provides a monthly foster parent support group. Dinner and child-care are provided, and this support group can count as training hours. For more information, contact Christina Wooten at 652-3355 ext. 122.

**Southmountain Children and Family Services**

7330 Myrtle Dr  
Nebo, NC 28761

(828)584-1105

[www.southmountain.org](http://www.southmountain.org)

Southmountain Children and Family Services provide support for foster families by a trained staff that are willing to help, community programs, and by reducing the expenses of providing quality care. The Gingerbread House, a Child Advocacy Center, coordinates the efforts of various agencies who intercede in child abuse cases.

**Smoky Mountain Area Authority— Access to Care**

Toll Free 1-800-849-1627  
Call to find local Mental Health, Developmental Disabilities & Substance Abuse Services in McDowell County.

[www.smokymountaincenter.com](http://www.smokymountaincenter.com)

**Safe Harbor Grief Program for Children & Youth**

Hospice of McDowell County  
575 Airport Rd,  
Marion, NC 28752  
652-1318

[www.hospiceofmcdowell.org](http://www.hospiceofmcdowell.org)

The program objective is to assist children and their families in working through difficult grief and loss process due to deaths, divorce, or painful transitions. The program is offered at Hospice of McDowell County, county schools, and in the home.

**McDowell County Child Support Enforcement**

659-2649  
County Administration Building 2<sup>nd</sup> Floor  
60 E Court St  
Marion, NC 28752

[www.ncchildsupport.com](http://www.ncchildsupport.com)

McDowell County Child Support Enforcement's mission is to consistently collect as much child support as possible for the benefit of North Carolina's children.

**McDowell County Public Schools**

334 South Main St.  
Marion, NC 28752  
652-4535

Marion, NC 28752  
652-2215

[www.downtownmarion.org](http://www.downtownmarion.org)

The Downtown Advisory Committee works in close association with the Downtown Business Association, the Small Business Center at McDowell Technical College, and the McDowell Economic Development Association of McDowell County to promote the growth of new and established businesses.

**Marion Police Department**

20 N Logan St  
Marion, NC 28752  
652-3231 for Non-emergencies  
Emergency—Call 911

**Marion Post Office**

652-5838

**Maxwell M. Corpening Foundation**

348 Grace Corpening Dr  
Marion, NC 28752  
659-9622

[www.ymcawnc.org](http://www.ymcawnc.org)

The Maxwell M. Corpening Foundation provides emergency funds, such as heat medical bills, and tuition for people in need. Residents in McDowell County are eligible for this once a calendar year. Please call to schedule an appointment.

**McDowell Chamber of Commerce**

1170 W Tate St  
Marion, NC 28752  
652-4240

[www.mcdowellchamber.com](http://www.mcdowellchamber.com)

The McDowell Chamber of Commerce is a membership association of over 450 companies and individual members. The organization's mission is to provide services to the membership which support economic growth and encourage community involvement.

**McDowell Council on Alcohol and Drug Abuse**

Substance Abuse Services  
39 N Garden St  
Marion, NC 28752  
652-8428

[http://alcoholism.about.com/od/tx\\_nc/qt/](http://alcoholism.about.com/od/tx_nc/qt/)

[nc072.htm](#)

The McDowell Council on Alcohol and Drug Abuse's primary focus is substance abuse treatment services. They also provide substance abuse treatment, outpatient care, and special groups for DUI/DWI offenders.

**McDowell County Child Collaborative**

659-2462

Meets monthly at the McDowell County Mental Health Center to identify and address gaps in mental health services for children and families.

**McDowell County Child Protection and Child Fatality Review Team**

Contact Kris Edwards at 652-6811 Meets quarterly at the Department of Social Services to review child fatalities and address gaps in prevention and service delivery for families.

**McDowell County Clerk of Court**

652-7717

**McDowell Co. Dept. of Social Services**

P.O. Box 338  
Marion, N.C. 28752  
652-3355

[www.dhhs.state.nc.us/dss/local/dir\\_mcdco.htm](http://www.dhhs.state.nc.us/dss/local/dir_mcdco.htm)

Child Protective Services, Foster Care for Children and Adoptions, Child Support, Medicaid, Food Stamps, Work First, McDowell United Emergency Fund, and more.

**McDowell County Government**

County Manager, Tax Office, Planning/Mapping, Building Inspector, Tag Office, Board of Elections, NC Cooperative Extension Service  
60 S Main Street  
Marion, NC 28752  
652-7121

[www.mcdowellgov.com](http://www.mcdowellgov.com)

**McDowell County Home Health**

652-6901

**Healing Hearts Small Animal Rescue Inc**

668-7766 (Please no calls between 12:30 PM & 2:30 PM)

925-5420 or 460-5300 before 9:00 AM

[www.healingheartrescue@yahoo.com](mailto:www.healingheartrescue@yahoo.com)

We specialize in the rescue and rehabilitation of small animals (hamsters, gerbils, ferrets, etc.) birds, reptiles, small exotics (sugar gliders, hedgehogs, etc.) small dogs, and a limited number of cats.

**Isothermal Planning and Development Commission**

111 W Court St

Rutherfordton, NC 28139

(828) 287-2281

<http://www.regionc.org>

The Isothermal Planning and Development Commission assists the region's local governments in providing services to their citizens.

**Jarvis Group Home**

505 E Payne Rd

Marion, NC 28752

738-3098

Mental Health, Behavioral Health, Psychiatry, Addiction, Substance Abuse, Domestic Sexual Violence Shelters Crisis Centers Transitional Housing, Support Groups, Counseling, Crisis Center, Disabilities, Social Services

**Joblink Career Center**

81 S Main St

Marion, NC 28752

[www.ncjoblink.com](http://www.ncjoblink.com)

659-6001

Joblink Career Center Vision: To improve North Carolina's workforce and strengthen our state's economy by developing a system of Joblink Career Centers that offer labor market information, provides access to career training and job placement services, and serves as the connection between employers and qualified workers.

**Juvenile Crime Prevention Council**

334 S Main St

Marion, NC 28752

652-1040

[www.icpcmcdowell.com/index.html](http://www.icpcmcdowell.com/index.html)

The McDowell County Juvenile Crime Prevention Council (JCPC) is a planning body of concerned community members whose mission is to: support the development and implementation of community based programs that meet the identified needs of all children who are delinquent or are at risk of becoming undisciplined or delinquent.

**Juvenile Services Division**

21 S Main St

Marion, NC 28752

652-9640

[www.juvjus.state.nc.us](http://www.juvjus.state.nc.us)

The North Carolina Department of Juvenile Justice and Delinquency Prevention seeks "to promote public safety and juvenile delinquency prevention, intervention, and treatment through the operation of a seamless, comprehensive juvenile justice system.

**Keep McDowell Beautiful Inc**

60 E Court St

Marion, NC 28752

652-7121

[www.keeptomcdowellbeautiful.org](http://www.keeptomcdowellbeautiful.org)

Keep McDowell Beautiful focuses on education and awareness, litter prevention, beautification and community improvement, and waste reduction.

**Legal Aid of North Carolina Inc**

211 E Union St

Morganton, NC 28655

1-800-849-5195

[www.legalaidnc.org](http://www.legalaidnc.org)

Legal Aid of North Carolina Inc provides life altering solutions to critical legal issues.

**Make – A – Wish Foundation of America, Inc.**

652-2511

**Marion, City of**

652-3551

**Marion Downtown Business Association**

58 Depot St

[www.mcdowell.k12.nc.us](http://www.mcdowell.k12.nc.us)

Pre-school – 12<sup>th</sup> grade education and comprehensive support services, including social workers, school nurses, counselors, and mental health; Communities in Schools and McPALS – Endowment Fund of the Public Schools of McDowell County

**Pavillon Children's Program**

241 Pavilion Place

Mill Spring, NC 28756

392-4808

[www.pavillon.org](http://www.pavillon.org)

Our Children's Program is available to any child ages 6 to 14 affected by a parent or relative addicted to drugs and/or alcohol. This program is designed to empower children with healthy coping and communication skills.

**MCDOWELL COUNTY**  
**PUBLIC SCHOOLS**

Board of Education	652-4535
Superintendent	652-4535
Alternative Education Center	652-1040
McDowell High	652-7920
East McDowell Junior High	652-7711
West McDowell Junior High	652-3390
Eastfield Elementary	652-3730
Glenwood Elementary	738-4420
Marion Elementary	652-2141
Nebo Elementary	652-4737
North Cove Elementary	756-4342
Old Fort Elementary	668-7646
Pleasant Gardens Elementary	724-4422
West Marion Elementary	738-3353
McDowell County Head Start	652-3229
Exceptional Children's Program	527-8587
More at Four	652-6580



*Students in the Glenwood Family Resource Center Part-Day Preschool Program.*

# Home Visitation Programs for Expectant & New Moms

All programs provide Spanish-language interpretation services

## Pregnancy Care Management

McDowell County Health Department  
408 Spaulding Rd.  
Marion, NC 28752  
652-6811

[www.rpmhd.org](http://www.rpmhd.org)

*Maternity Care Coordination (MCC or Baby Love) is a Medicaid-funded program of the McDowell Health Department that provides assistance with utilizing available community services and support for women who are pregnant and eligible for Medicaid. Maternity Care Coordinators provide these services for the duration of the pregnancy, as well as two months of additional follow-up.*

## Care Coordination for Children (CC4C)

McDowell County Health Department  
408 Spaulding Rd.  
Marion, NC 28752  
652-6811

[www.rpmhd.org](http://www.rpmhd.org)

*Care Coordination for Children (CC4C) is a new program transitioning Child Service Coordination (CSC) program into a population management model in partnership with Community Care Networks and Local Care Management Entities that, in addition to the community based interventions for children to maximize health outcomes, the program will target the highest risk and highest cost children for care management.*

## Healthy Start

The McDowell Hospital  
430 Rankin Drive  
Marion, NC 28752  
659-5427

[www.mcdhospital.org](http://www.mcdhospital.org)

*Healthy Start is a Smart Start funded, in-home visitation program of the McDowell Hospital for mothers that screen positive on a records screen at the McDowell*

*Hospital, or who are referred by a physician for services. An RN and visiting paraprofessional provide family support by teaching parenting skills and bonding.*

## Family, Infant, and Preschool Program

300 Enola Road  
Morganton, NC 28655  
1-800-FIPP (3477)

[www.fipp.org](http://www.fipp.org)

*The Family, Infant, and Preschool Programs (FIPP) is a state-funded program that provides such services as weekly home visits, pregnancy information and planning, weight and health monitoring, and parenting and child development support. A nurse and licensed psychological associate provide these services for any mothers with mental health, substance abuse, and risk for pre-maturity for a duration of birth through 1 year after birth. There are no income eligibility criteria to meet.*

## Adolescent Parenting Program

176 Lukin Street  
Marion, NC 28752  
652-1040

[kaye.cuthbertson@mcdowell.k12.nc.us](mailto:kaye.cuthbertson@mcdowell.k12.nc.us)

*The Adolescent Parenting Program (AAP) is a State Adolescent Parenting funded program of the McDowell County Schools that provides teen parents 17 and under with intense case management through monthly or bi-monthly peer group meetings. This program encourages these young parents to stay in school, delay further pregnancies, and improve parenting skills.*

## Early Head Start

2111 Sugar Hill Road  
Marion, NC 28752  
652-3229

[www.mcdowellheadstart.org](http://www.mcdowellheadstart.org)

*Early Head Start makes one weekly home*

*assessment, substance abuse classes, aftercare support, individual and family counseling, recommendation and referral.*

## Dread Disease Society

Contact the McDowell County United Fund for information at 652-6267.

## Family Services of McDowell County

PO Box 1572  
Marion, NC 28752  
652-8538 or 652-6150 (24 hr Crisis Line)

[www.familyservicesofmcdowell.org](http://www.familyservicesofmcdowell.org)

*Family Services of McDowell County seeks to provide aid to victims of physical, emotional, and sexual violence in families and relationships by providing sanctuary; providing programs that promote prevention, healing, and empowerment; community education; forming partnerships with related agencies and local citizens who support the reduction of abuse and violence.*

## Foothills Detox/Crisis Program

2130 U.S. 18 Highway 64  
Morganton, NC 28655  
Intake: (866) 327-4968  
Hotline: (866) 327-4968  
Phone: (828) 432-2846

*Services offered: substance abuse treatment services, detoxification, residential short-term treatment, ASL or other assistance for the hearing impaired, Spanish, Medicaid, private health insurance, self payment, and sliding fee scale.*

## Foothills Industries of McDowell County

300 Rockwell Dr  
Marion, NC 28752  
652-4088

[www.foothillsindustries.com](http://www.foothillsindustries.com)

*Foothills Industries, a Community Rehabilitation Program since 1972, offers education, job training, and employment for adults who have work related disabilities or other barriers to employment.*

## Foothills Respite Care Center

101 Poplar St.

Morganton NC 28655  
584-2122

*Provides periodic services to all ages with a developmentally disabled diagnosis.*

## God's Country Outreach Center and Thrift Store

1155 N Main St  
Marion NC, 28752  
652-9000

*God's Country Outreach Center and Thrift Store is a resale, second hand, and used merchandise store that accepts cars, trucks, toys, records, house wares, furniture, collectibles & antiques, clothing, book's, boats & RV's. All donations are tax deductible.*

## Guardian Ad Litem Program

652-4632  
60 E Court St  
Marion, NC 28752

<http://galdistrict29ab.org/>

*The Guardian Ad Litem Program seeks to provide independent advocates to represent and promote the best interests of abused, neglected, and dependent children in the state court system and to work towards a plan that ensures that these children are in a safe, permanent home.*

## Habitat for Humanity

659-6272  
PO Box 75  
Marion, NC 28752-0075

[www.habitat.org](http://www.habitat.org) or [steve.davis@sdyc.com](mailto:steve.davis@sdyc.com)

*Habitat for Humanity International seeks to eliminate poverty housing and homelessness from the world, and to make decent shelter a matter of conscience and action.*

## HAP (Housing Assistance Program)

29 N Garden St  
Marion, NC 28752  
652-8098

*Administers Section 8 vouchers for McDowell County. These vouchers help low-income people with their housing and rent. From there it can step into mortgage help.*

# Human Services

## **Aiden's Heart Foundation**

29 West Henderson Street  
Marion, NC 28752  
652-5040

<http://www.aidensheart.org/>

*Aiden's Heart Foundation wants to ensure that not only families that are raising children with heart defects, but families that have children that are struggling, get the help they need. Several of our local projects address the needs of children thru the school system. We are currently helping thirty children at North Cove School, with the school backpack program. This program provides needy children with "kid friendly" meals for the weekend.*

## **Angel Food Ministries**

Clinchfield Presbyterian Church  
45 7th Street  
Marion, NC 28752

659-2300 (Laura Long)

[www.angelfoodministries.com](http://www.angelfoodministries.com)

*Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing grocery relief and financial support to communities throughout the United States.*

## **Centro Unido Latino Americano**

14 N Main Street  
Marion, NC 28752

652-0727

[www.mcdowellcentro.org](http://www.mcdowellcentro.org)

*Centro Unido Latino Americano is a North Carolina non-profit county advocacy and public policy organization dedicated to strengthening the Latino Community. This mission is accomplished through leadership development, proactive and direct advocacy, education, and promotion of cross-cultural understanding in*

*partnerships at the local, state, and national levels.*

## **Children's Home Society of NC**

PO Box 14608  
Greensboro, NC 27415

(336) 274-1538

[www.chsnc.org](http://www.chsnc.org)

*Children's Home Society of North Carolina seeks to promote the right of every child to a permanent, safe, and loving home. Their vision is "to be North Carolina's leading resource in adoption and foster care."*

## **Christmas Assistance for Children**

*The Salvation Army provides assistance for children ages infant—12 years of age through an application process. Call the Salvation Army for more information. Project Christmas also takes applications for Christmas assistance. Contact Richelle Bailey at The McDowell News (652-3313) for more information)*

## **Crossroads Recovery Center, Inc**

440 East Court Street  
Marion, NC  
28752

432 East Main Street  
Old Fort, NC

28762  
659-8626

[crossroadsrecoveryctr@verizon.net](mailto:crossroadsrecoveryctr@verizon.net)

*Crossroads Recovery Center, Inc offers counseling services assisting local residents to regain control of their lives while meeting the requirements of the Courts, DSS and/or Motor Vehicles Dept in order to regain their driving privileges in an expedient and affordable manner. Services include: screening and*

*visit of 1.5 hours to provide health and developmental information/activities for pregnant mothers and children ages 0-3 years old. Other services include monthly group socializations and ongoing developmental assessments. In order to be eligible for these services, families must have poverty level income and meet the Head Start guidelines.*

## **Children's Developmental Services Agency**

517-E West Fleming Drive  
Morganton, NC 28655

Phone: 432-5430

Fax: 432-5445

[www.ncei.org](http://www.ncei.org)

*Through a team approach with several professionals, this agency provides an in-depth evaluation of a child's medical, psychological, educational, physical, and speech-language needs. Child service coordinators assist families in locating services and therapies (such as speech, occupational, or physical) as well as other support resources. Parents and others may refer children to the CDSA.*

## **Nurse Family Partnership (NFP)**

McDowell County Health Department  
408 Spaulding Rd.

Marion, NC 28752

652-6811

[www.rpmhd.org](http://www.rpmhd.org)

*Nurse-Family Partnership is a voluntary program where highly educated nurses visit low-income women in their homes during their pregnancy and throughout the first two years of their children's lives to improve pregnancy outcomes, child health and development, and the economic self-sufficiency of the family.*



## **Home Visitation Collaborative**

The McDowell Home Visitation Collaborative meets quarterly to discuss coordination of services among local home visiting programs. Our goal is to provide seamless, universal home visiting programs to all pregnant and new moms (not necessarily first-time) in need of or desiring services. Call the McDowell County Partnership for Children at 659-2462 for more information and meeting dates.

# Special Needs & Disabilities

## Autism Society of North Carolina

505 Oberlin Road, Suite 230  
Raleigh, NC 27605  
(828) 256-5202  
1-800-442-2762

[www.autismsociety-nc.org](http://www.autismsociety-nc.org)

*Provides services for NC residents with autism and related developmental disabilities.*

## BEGINNINGS for Parents of Children Who Are Deaf or Hard of Hearing

7508 E. Independence Blvd., Suite 106  
Charlotte, NC 28227  
1-800-556-2796 (V/TTY) - in NC only  
704-566-0145 (V/TTY)

[www.ncbegin.org](http://www.ncbegin.org)

*Offers information, referrals and advocacy for families of deaf or hard of hearing children ages birth to 21.*

## Center for Early Communication and Learning: Assistive Technology Services

300 Enola Road  
Morganton, NC 28655  
828-438-6503  
Email: [www.ncecl.org](mailto:www.ncecl.org)

*Assistive Technology is any tool that helps someone participate in daily activities with greater ease and independence. Assistive Technology Services help children, their families, and service*

*providers select and use the appropriate tools based on a child's individual needs.*

## Check-it-Out

### North Carolina Network of Assistive Technology Loan Programs

[www.check-it-out.org](http://www.check-it-out.org)

*A coordinated effort to loan assistive technology equipment to North Carolinians with disabilities, their families, and their service providers.*

## Care Coordination for Children (CC4C)

McDowell County Health Department  
408 Spaulding Rd.  
Marion, NC 28752  
652-6811

*CC4C is a free and voluntary program that helps families find and use community services. The program goals are: to connect families with services for children and families...to support children in reaching their developmental potential...to help ensure children are raised in healthy, safe, and nurturing environments...and to serve as a link between parents and their child's doctor.*

## Children's Developmental Services Agency (CDSA)

(Formerly Early Childhood Intervention Services - ECIS - and Developmental Evaluation Center - DEC)

## Eat Smart, Move More!

Childhood obesity is a growing problem in our nation, our state ... and right here in McDowell County. Here are some quick and easy ideas and resources to encourage you and your family to embrace healthy behaviors. Make a decision to **Eat Smart** and **Move More** today!



### Tame the Tube...

Plan how much TV you and your family are going to watch. Set clear limits and be a good role model for your children. Make a list of activities you want to do instead of watching TV. Don't keep the TV on all of the time at your home. When you do watch, talk about what you've seen with your

### Prepare More Meals at Home...

Plan meals for your family for a week, two weeks, or longer - whatever works for you. Make a list of all of the food you will need, and then stick to your healthy plan. Keep it simple! Eat together as a family, without the TV, and talk to each other as you eat.

### Right-Size your Portions...



If you order take-out, don't super-size! Otherwise, remember that the secret to a "serving size" is in your hand. Here are some general rules:

- A fist or cupped hand = 1 cup of food (1 serving equals  $\frac{1}{2}$  cup of cereal, rice or pasta, 1 cup of raw leafy green vegetables, or  $\frac{1}{2}$  cup of raw vegetables or fruit)
- A thumb = 1 ounce (1 serving equals  $1\frac{1}{2}$ -2 ounces of low-fat cheese)
- A handful = about 1-2 ounces (1 serving equals 1 ounce of nuts or 2 ounces of pretzels)
- Palm of your hand = about 3 ounces (1 serving equals 3 ounces of meat)
- Tip of your thumb = 1 teaspoon (Keep high fat foods such as peanut butter and mayonnaise at a minimum by measuring the serving with the tip of your thumb from the knuckle up.)

### Choose to Move More Everyday...

### Re-Think your Drink...

Commit to take a walk every day - even Limit juice and soft drinks. Encourage if it's just for 10 minutes. Choose the your family to drink water, at least 6-8 stairs instead of the elevator. Park eight-ounce glasses each day. Children 1-farther away and walk. Have fun with 2 years old need 2 cups of whole milk a your kids - dance in the living room or kick a ball in the yard. Simply put - move more!



### Enjoy More Fruits and Veggies...

Eat 2-3 servings of fruit per day, and 3-5 servings of vegetables a day. To maximize the health benefits, choose fruits and vegetables in a variety of colors. Depending on the color, they offer a wide variety of nutrients that your body needs to be healthy.

For more information, go to [www.eatsmartmovemorenc.com](http://www.eatsmartmovemorenc.com). To find out the childhood obesity prevention efforts that are happening here in McDowell County, call the McDowell County Health Department at 652-6811.

## **Marion Parks:**

**Marion Community Building Park** – Located in Downtown Marion at 191 North Main Street, this park contains basketball and tennis courts, picnic shelters and tables, splash pad and a large playground. Restrooms are available on-site during certain hours. The Community Building Park was renovated in 2001 from generous donations of new playground equipment by individuals and businesses in the community. The park is open seven days a week, 7:00 a.m. to 11:00 p.m.

**West Marion Park** – Located next to Addie's Chapel United Methodist Church on Ridley Street, the West Marion Park was constructed in 2001 on land donated by Addie's Chapel. The park contains a walking trail, a picnic shelter and tables, a basketball court, and playground equipment. The hours of the park are dawn to dusk.

**Cross Mill Park** - completed in 2003, located on Granby Street. The park contains a walking trail, a picnic shelter and tables, a basketball court, a volleyball court, a disc golf course and playground equipment. Parking is available on site. The hours of the park will be dawn to dusk.

**Downtown Marion Gazebos** – The City maintains two gazebos in the downtown area to allow people to relax and enjoy and atmosphere of Main Street. One gazebo is located on North Main Street at Brown Drive, in the heart of the downtown area, and another gazebo is located on South Main Street at Morgan Street, on the southern edge of downtown.

**Historic Marion Greenway** – The first leg of development includes a 1 mile corridor extending from US Highway 70 West off of Sam Philips Drive just west of Lowe's toward US Highway 221 Bypass behind the Wal-Mart Shopping Center. Future phases of the Greenway will extend to the McDowell House on US Highway 70 West and beyond. A canoe launch is being developed by the City off of US Highway 221 North Business. Visit [www.marionnc.org](http://www.marionnc.org) for more information.

## **Old Fort Parks & Recreation:**

Lindley Park, Catawba River Road

The Old Fort Senior Citizens Park, Spring Street Andrew's Geyser, Mill Creek Rd.

The Sandlin Memorial Park, Mill Creek Rd.

Old Fort Recreation Pool, Catawba River Rd.

Visit [www.oldfort.org](http://www.oldfort.org) for more information.



## **State Parks:**

**Lake James State Park**—Try swimming and sunbathing or enjoy a picnic along the lakeshore. Boat, water ski, or fish in cool mountain waters, or take a walk and enjoy an abundance of wildflowers and wildlife along park trails. (Office Phone: 652-5047) visit [www.ncparks.gov](http://www.ncparks.gov)

For other recreation ideas, visit the McDowell Tourism Website attractions page at [www.mcdowellinc.org](http://www.mcdowellinc.org) or [www.nps.gov](http://www.nps.gov) to find hiking trails in the area ranging anywhere from a 20 minute hike to a 16 mile hike.

## **Walking tracks and playgrounds are available at the following locations:**

West Marion Elementary (4.25 Laps = 1 Mile), Old Fort Elementary (4 Laps = 1 Mile), East Junior High (4 Laps = 1 Mile), Nebo Elementary (2.5 Laps A-B-C = 1 Mile), North Cove Elementary (3 Laps = 1 Mile), McDowell High (4 Laps = 1 Mile), Main Street, Marion: Community Building (Curve x2 = 1 Mile), Tom Johnson's Camping Center (3.5 Laps = 1 Mile), Wal-Mart Parking Lot (1.8 Laps = 1 Mile), Wal-Mart Walkway (8.6 Laps = 1 Mile), Roses Parking Lot (2.6 Laps = 1 Mile), Bi-Lo Center Walkway (3.6 Laps = 1 Mile), Glenwood Elementary Trail (6 Laps = 1 Mile), Pleasant Gardens Elementary (4 Laps = 1 Mile), Joseph McDowell Historical Catawba Greenway (1 Mile)

Morganton/Hickory CDSA  
517-E West Fleming Drive  
Morganton, NC 28655  
Phone: (828) 432-5430  
Fax: (828) 432-5445  
[www.ncei.org](http://www.ncei.org)

Through a team approach with several professionals, this agency provides an in-depth evaluation of a child's medical, psychological, educational, physical, and speech-language needs. Child service coordinators assist families in locating services and therapies (such as speech, occupational, or physical) as well as other support resources. Parents and others may refer children to the CDSA.

## **ComServ Group Home (Laurel Wood)**

(828) 757-0209 or 659-3524 (in Marion)  
Located in Marion, NC, ComServ Group Home is an ICF/MR residential group home for children from birth to 21 who are developmentally disabled (i.e. autism, deafness, etc.)

## **Easter Seals UCP of North Carolina**

5171 Glenwood Ave.  
Suite 400  
Raleigh, NC 27612  
1-800-662-7119  
[www.nc.easterseals.com](http://www.nc.easterseals.com)

Easter Seals UCP North Carolina creates opportunities, promotes individual choice, and changes the lives of children and adults with disabilities by maximizing their individual potential for living, learning, and working in their communities.

## **Exceptional Children's Assistance Center (ECAC)**

P.O. Box 16  
Davidson, NC 28036  
or 94 West Gate  
Asheville, NC 28801  
(828) 255-1972  
(866) 545-5299  
1-800-962-6817  
[www.ecac-parentcenter.org](http://www.ecac-parentcenter.org)

Parent training and information center offering parents of children with disabilities information, assistance, and workshops on laws, IEP's, etc. Parent newsletter available.

## **Exceptional Equestrians**

300 Enola Rd  
Morganton, NC 28655  
(828) 433-2291  
[Lisa.stewart@dhhs.nc.gov](mailto:Lisa.stewart@dhhs.nc.gov) or  
[dottie.read@dhhs.nc.gov](mailto:dottie.read@dhhs.nc.gov)

A therapeutic horseback riding program for adults and children with disabilities. Also provides volunteer opportunities for adults and you to assist in providing services.

## **Family Support Network - HOPE Network**

1985 Tate Boulevard SE  
Hickory, NC 28602  
828-267-6471 Ext 232  
[www.fsnn.org](http://www.fsnn.org)  
Email: [fsn@charter.net](mailto:fsn@charter.net)

Provides information and referral for parents of children with special needs. Can also provide parent-to-parent matches for families of children with similar disabilities if desired. Serving Alexander, Burke, Caldwell, Catawba & McDowell Counties.

## **Governor Morehead Preschool for the Visually Impaired**

200 Aurora Drive  
Asheville, NC 28805  
828-251-6234  
Fax: 828-251-6237  
[www.governormorehead.net](http://www.governormorehead.net)

Provides a variety of services for children ages birth to five with visual impairments. Services may be delivered in homes, child care centers, and preschool classrooms.

## **Hickory Satellite Office**

1985 Tate Blvd. SE  
Hickory, NC 28602  
828-267-6464  
(Fax)828-267-6480

## **Just Between Friends Down Syndrome Parent Support Group**

Contact Alisha Painter  
724-3868  
[alishapainter@aol.com](mailto:alishapainter@aol.com)  
Monthly meetings for parents and children at McDonald's at 5:00 PM in McDowell County.

### **Local Interagency Coordinating Council (LICC)**

Please call your local CDSA office to get current information about your county's LICC contacts: 432-5430 (Burke, Caldwell, McDowell)

This organization is comprised of representatives from various agencies and parents of children with disabilities who work together to ensure that services for children with disabilities are efficient and family friendly.

### **Magical Moments Therapeutic Riding and Hippotherapy**

691 Davistown Rd  
PO Box 249  
Old Fort, NC 28762  
(828) 442-5839

[www.magicalmomentstrc.com](http://www.magicalmomentstrc.com)  
[magicalmomentstherapy@yahoo.com](mailto:magicalmomentstherapy@yahoo.com)

Magical Moments Therapeutic Riding and Hippotherapy is a nonprofit organization dedicated to providing equine therapeutic activities with the purpose of contributing positively to the community to increase the function and well-being of those with disabilities.

### **March of Dimes**

Foothills Division  
Elizabeth Franklin-Division Director  
1220-G Commerce Street  
Conover, NC 28613  
(828) 464-8905  
Fax (828) 464-9835

[www.marchofdimes.com/northcarolina](http://www.marchofdimes.com/northcarolina)  
[efranklin@marchofdimes.com](mailto:efranklin@marchofdimes.com)

Community services to address maternal and infant needs; advocacy for programs and policies to improve the health of mothers and babies.

### **McDowell County Schools Exceptional Children's Program**

P.O. Box 1024  
Marion, NC 28752  
652-6580

Public schools provide services for children ages 3-5 with disabilities. Call your school system if you suspect your 3-5 year old may have trouble with hearing, speech, learning, or other skills. Special

Education Services, Preschool Services, Physical Therapy, Occupational Therapy and Speech – language Services.

### **MUMS (Mothers United for Moral Support) National Parent-to-Parent Network**

1-877-336-5333 (toll free)

[www.netnet.net/mums](http://www.netnet.net/mums)

Maintains extensive database of children with disabilities (including very rare disorders) so that families may contact each other for support and to share medical information. Also publishes quarterly newsletter for families and professionals.

### **Muscular Dystrophy Association**

25 Woods Lake Rd Suite 412  
Greenville, SC 29607  
(864) 235-0041

[www.mda.org](http://www.mda.org) or  
[greenvilledistrict@mcausa.org](mailto:greenvilledistrict@mcausa.org)

The Muscular Dystrophy Association provides diagnostic testing, clinical services, physical and occupational therapies, summer camp, and public health education.

### **NC Early Intervention Program for Children Who Are Deaf or Hard of Hearing**

517 W. Fleming Dr.  
Morganton, NC 28655  
(828) 432-5345  
1-866-255-0079

[www.ncoes.net/preschools.shtml](http://www.ncoes.net/preschools.shtml)

Provides quality, comprehensive, developmental and educational early Intervention services to children ages birth to three who are deaf or hard of hearing and their families. Services may be delivered in homes or child care centers.

### **NC Outreach Homecare**

327 N. Logan St.  
Marion, NC 28752  
(828) 652-2112  
1-866-255-0079

[www.ncoutreach.com](http://www.ncoutreach.com)

NC Outreach Homecare provides CAP-MR/DD and CAP-C community-based, one-on-one services to help children with

### **McDowell Arts Council Association**

50 S Main St  
Marion, NC 28752  
652-8610

[www.mcdowellarts.org](http://www.mcdowellarts.org)

McDowell Arts Council Association, Inc. was organized on February 28, 1972 by a group interested in promoting artistic and cultural activities in McDowell County.

### **McDowell County 4-H Youth Programs**

NC Cooperative Extension Service  
60 E Court St  
Marion, NC 28752  
652-7121

Provides educational, social, and recreational activities for young children.

### **McDowell County Public Library**

Marion Branch – 652-3858  
Old Fort Branch – 668-7111

Call or visit your closest library for information about story times, summer reading programs and more. SMART START has provided parenting materials and other resources at the Marion Branch.

### **McDowell Trails Association**

PO Box 1325  
Marion, NC 28752  
724-4036

[www.mcdowelltrails.com](http://www.mcdowelltrails.com)

The McDowell Trails Association is a nonprofit corporation formed for the purpose of developing trails and greenways in McDowell County and in raising private funds for the trails. An advisory committee composed of government agencies and local citizens are involved in planning efforts. All of these groups and individuals are working together to make McDowell trails and greenways a reality.

### **McDowell Youth Foundation**

60 E Court St Room 226  
Marion, NC 28752  
652-7121

The McDowell Agricultural Youth Foundation seeks to provide guidance and funding to maintain and expand the youth livestock and agricultural awareness education programs.

### **Mountain Gateway Museum**

102 Water St  
Old Fort, NC 28762  
668-9259

[www.ncmuseumofhistory.org/osm/mgw.html](http://www.ncmuseumofhistory.org/osm/mgw.html)

Mountain Gateway Museum and Heritage Center promotes the understanding of regional history and culture and their relationship to the world at large, for the benefit of visitors and residents. Fishing and greenway available.

### **Yogi Bear's Jellystone Park**

Swimming pool, waterslide, pedal boats, mini golf, nature trails, horseshoes, volleyball court (for more information, call 652-7208)

### **Parks and Public Recreation Facilities**

#### **McDowell County Parks:**

#### **McDowell County Recreation Department Facility**

— Located in the heart of Marion, the Recreation Center offers a multitude of recreational opportunities. There you will find the McDowell County Skatepark, an outdoor swimming pool, and the center itself which houses a gym and classroom. Adjacent to the center is Hawkins-Waters Field, home to adult league softball and other team sports.

**Glenwood Park**—Glenwood Park is located in the Glenwood community. The facility is comprised of two improved baseball/softball field, a concession stand/restroom building, and two batting cages.

**McDowell County Sports Complex**—The McDowell County Sports Complex (formerly Maple Leaf Fields) is the country's premier baseball/softball complex. The facility is comprised of four lighted fields and a concession stand/restroom building.

**Sandi Andrews Park**—Sandi Andrews Park is located on 221 North in the community of North Cove. The facility consists of one lighted baseball field, one outdoor basketball court, and a playground. There are also several picnic shelters located near the North Fork River.

**Woodlawn Fitness Trail**— 7 stations, 2 exercises per station on a 1/4 mile jogging path (located on 221 at Woodlawn Work Center)

# Recreation & Entertainment

## **Apachy Stables**

Horseback riding; trail rides, riding lessons for all ages (for more information, call 652-7977)

## **Boy Scouts of America**

1222 East Franklin Boulevard  
Gastonia, NC 28053  
(704) 864-2694

[www.piedmontcouncilbsa.org](http://www.piedmontcouncilbsa.org)

Contact for information about Boy Scouting in your community. Designed to develop character, citizenship, and personal fitness.

## **Catawba Science Center**

243 3rd Avenue NE  
Hickory, NC 28601

**322-8169**

[www.catawbascience.org](http://www.catawbascience.org)

Provides hands-on science and technology for all ages, special programs and exhibits. Also features a special play and learning center for preschool children.

## **Corpening Memorial YMCA**

348 Grace Corpening Dr  
Marion, NC 28752  
659-9622

[www.ymcawnc.org](http://www.ymcawnc.org)

The YMCA is a non-profit human services organization that provides children with a safe, caring environment, positive role models, and creative activities. The YMCA serves all ages, races, religions, income levels, and abilities. Scholarships are available.

## **Davidson's Fort**

PO Box 1636  
Old Fort, NC 28762  
668-4831

[www.davidsonfort.com](http://www.davidsonfort.com)

A living history site dedicated to telling the true story of the families of Western

North Carolina during the 18th Century and the American Revolution.

## **Foothills Community Theatre**

24 S Main  
Marion, NC 28752  
652-8610

[www.fctplays.org](http://www.fctplays.org)

Live drama theatre open to children and adults as audience or participants.

## **Girl Scouts Carolinas Peaks to Piedmont**

Asheville, NC 28814  
1-800-522-6280

[www.girlscoutswnc.org](http://www.girlscoutswnc.org)

Girl Scouting offers a variety of programs for girls ages 5-17 to build character and skills for future success; an accepting environment where girls discover the fun, friendship, and power of girls together.

## **The Health Adventure**

Pack Place Education, Arts and Sciences Center

2 South Pack Square  
Asheville, NC 28801  
(828) 254-6373

[www.thehealthadventure.org](http://www.thehealthadventure.org)

The Health Adventure is a health and science museum for children and dedicated to improving health awareness, promoting wellness lifestyles, and increasing science literacy through programs and exhibits.

## **KidSenses Museum**

172 N Main St  
Rutherfordton, NC 28139  
(828) 286-2120

[www.kidsenses.com](http://www.kidsenses.com)

Kid Senses Museum is an interactive children's museum that seeks to provide all visitors with an inspiring and engaging experience.

developmental disabilities be successful in their home and community.

## **Patrick Beaver Learning Resource Center**

737 12th Street SW  
Hickory, NC 28602

**(828) 261-9930**

[www.patrickbeaverlrc.org](http://www.patrickbeaverlrc.org)

Information and resources related to ADHD and other learning differences.

## **Pregnancy Exposure Riskline**

1-800-532-6302

[www.missionhospitals.com](http://www.missionhospitals.com)

Provides information about prenatal exposure to drugs, alcohol, and many other substances. Anyone parenting a substance-exposed child is invited to call.

## **Children's Neurotherapy Services (CNS Clinic)**

For parents of children with sensory integration issues (difficulty experiencing touch, sound, or movement). Call 828-267-1688 for more information.

[www.cnsclinic.com](http://www.cnsclinic.com)

## **ResCare HomeCare**

301 10th Street NW  
Conover, NC 28613  
828-695-9378

Fax: 282-695-9379

Cell: 828-575-3344 or 828-443-3343

[tcork@rescare.com](mailto:tcork@rescare.com)

Early Childhood Intervention Services are for families with children 0-3 years old who have, or are at risk, for developmental disabilities, delays, atypical developmental, or social health needs. Services include: Community Based Rehabilitation Services (CBRS), individualized developmental instruction, and activities designed to enhance cognitive, physical, behavioral, self-help, and language skills. Services are provided by certified Infant Toddler and Family Specialists.

## **Special Families Support Group**

304 W Union St  
Morganton, NC 28655

**326-5953**

[fsn@charter.net](mailto:fsn@charter.net)

Special Families Support Group meets bi-monthly at CHILDCARE CONNECTIONS in Morganton from 6:30 until 8:30. Childcare, dinner, and materials available to those that pre-register.

## **Special Olympics**

Patti Wilkerson

McDowell County Coordinator  
296 American Thread Road  
Marion, NC 28752

828-756-4485 (H)

Email: [pwilkers@mcdowell.main.nc.us](mailto:pwilkers@mcdowell.main.nc.us)

Provides opportunities for children and adults with mental retardation to develop physical fitness, engage in athletic competition, and experience the joy of sharing and friendship through a variety of sporting events.

## **Summer Camp Directory**

[www.fsnncc.org](http://www.fsnncc.org)

A listing of summer camp opportunities for children with special needs.

## **Tadpole Lending Library**

919-575-3093

Lends and delivers low-tech assistive technology devices and toys free to families and professionals who work with individuals with special needs.

## **TEACCH Center (Treatment and Education of Autistic and related Communication Handicapped Children)**

469-B Hospital Drive  
Gastonia, NC 28054  
704-833-1294

[www.teacch.com](http://www.teacch.com)

A resource for parents of children diagnosed with autism.

## **Walkin' Roll Activities League, Inc.**

P.O. Box 2815  
Hickory, NC 28603  
**326-5193**

[www.walkinroll.org](http://www.walkinroll.org)

Provides sports and recreation activities for children with disabilities and their families.

**Do you need information about Specialized Therapies for your child?** (i.e. occupational therapy, speech therapy, physical therapy)

Consult your child's physician, your child's service coordinator, or your local yellow pages for referrals or for additional resources.

My Child Can ...

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I Would Like to Ask My Child's Doctor About ...

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## What are Developmental Milestones?

Many parents worry about how their child is developing! It is very common for parents to wonder if their child is on track with where he or she should be at any particular age and stage.

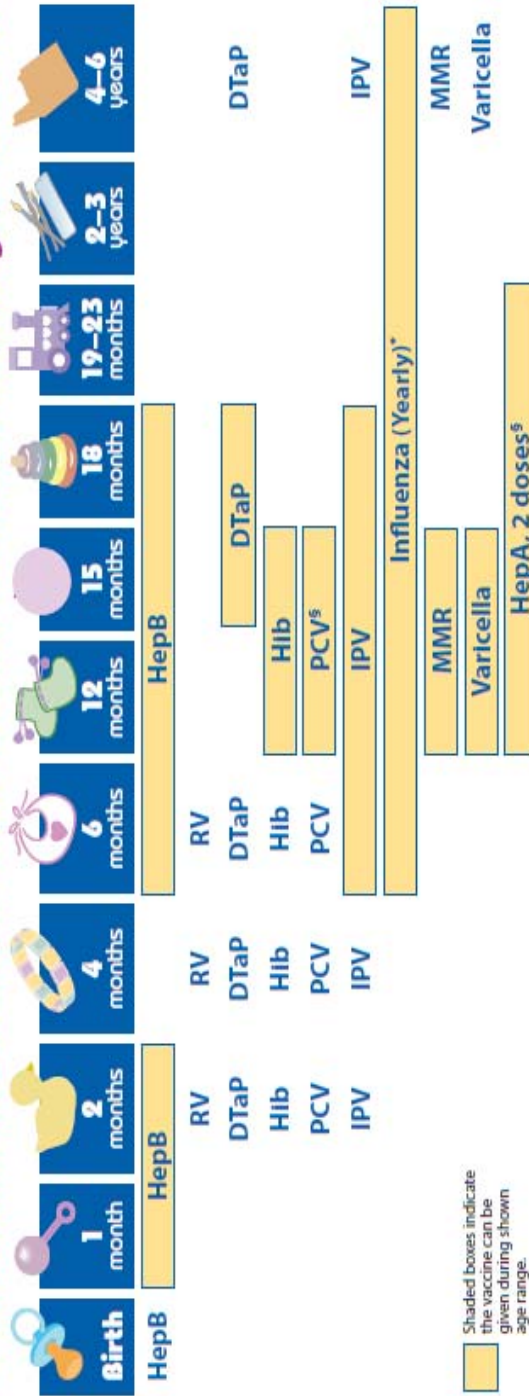
The **Developmental Milestones** described on the following pages offer a description of the typical skills that children generally have at certain ages. These are not complete lists. These are just some of the things you should be looking for as your child grows.

As you read these lists, please keep in mind that each child develops at a different pace and that an individual child may develop more quickly in one area than in another. These lists are meant to provide you a framework for reviewing how your child is developing.

Use the information on the following pages as a guide, based on the child's age. If you have any concerns, please talk with your child's doctor.

For more information, you may also call the Children's Developmental Services Agency (CDSA) at 828- 432-5430.

### 2011 Recommended Immunizations for Children from Birth Through 6 Years Old



Shaded boxes indicate the vaccine can be given during shown age range.

**NOTE:** If your child misses a shot, you don't need to start over, just go back to your child's doctor for the next shot. The doctor will keep your child up-to-date on vaccinations. Talk with your doctor if you have questions.

**FOOTNOTES**

- HepA vaccination is recommended for high-risk children older than 2 years. Children with certain medical conditions may also need a dose of meningococcal vaccine (MCV4) and pneumococcal vaccine (PPSV). HepA vaccination may be administered to any child older than 2 years for whom immunity is desired. See vaccine-specific recommendations at <http://www.cdc.gov/vaccines/pubs/ACIP-list.html>.
- Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting a flu vaccine for the first time. Children who only got one dose in their first year of vaccination should get two doses the following year.

For more information, call toll free 1-800-CDC-INFO (1-800-232-4636) or visit <http://www.cdc.gov/vaccines>



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

AMERICAN ACADEMY OF FAMILY PHYSICIANS  
STRONG MEDICINE FOR AMERICA

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

## When Do Children Need Immunizations?

The table on the next page lists the 2011 recommended schedule for routine immunizations of infants and children. Because this schedule may change, please contact the McDowell County Health Department at 652-6811 with any questions or for an annual update.

North Carolina law requires every child to have a basic series of immunizations. In order for child care centers and schools to maintain compliance with the immunization laws, it is necessary to have a copy of an updated immunization record or immunization card endorsed by a registered nurse, physician, physician extender, or clinic within 30 days of enrollment on file at the child care center or school. If a child is exempt from vaccination because of medical condition or religious objection, this should be noted on the immunization certificate and supported in the child's file with documentation from the physician or religious authority.

Each child will be provided an immunization card at birth. This card should be treated with care and should accompany the child to each doctor's visit. Please keep this UPDATED immunization card with other important documents such as social security cards and birth certificates.

**For more information, visit the following websites:**

Centers for Disease Control and Prevention  
(National Immunization Project)

[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

American Academy of Pediatrics  
<http://aap.org/new/immpublic.htm>

### IMMUNIZATION SCHEDULE DISCLAIMER:

This schedule includes recommendations in effect as of December 21, 2010. Any dose not administered at the recommended age should be administered at a subsequent visit, when indicated and feasible. The use of a combination vaccine generally is preferred over separate injections of its equivalent component vaccines. Considerations should include provider assessment, patient preference, and the potential for adverse events. Providers should consult the relevant Advisory Committee on Immunization Practices statement for detailed recommendations: <http://www.cdc.gov/vaccines/pubs/acip-list.htm>. Clinically significant adverse events that follow immunization should be reported to the Vaccine Adverse Event Reporting System (VAERS) at <http://www.vaers.hhs.gov> or by telephone, **800-822-7967**. Use of trade names and commercial sources is for identification only and does not imply endorsement by the U.S. Department of Health and Human Services.

### Developmental Milestones: About 0-3 Months

#### Cognition

Responds to new sound with movement or with voice  
Follows movement of hands with eyes  
Looks at an object or person  
Shows positive response to familiar sounds

#### Communication

Makes small, throaty noises  
Coos expressively, vocalizes  
Smiles at mother's voice  
Responds vocally to a friendly person

#### Gross Motor

Waves hands and kicks feet when on back  
Turns head to either side when lying on stomach or back  
Rolls from side to back  
Gains head control in upright position

#### Fine Motor

Follows movement up, down & across  
Glances from one object to another  
Grasps object when placed in hand  
Watches movement of own hands

#### Self-Help

Demonstrates sucking reflex  
Opens mouth to bottle or breast and sucks  
Demonstrates gag reflex

#### Social

Enjoys being tickled and cuddled  
Smiles spontaneously  
Smiles in response to smile, voice, or touch  
Expresses pleasure with physical activity  
Quiets when picked up  
Maintains brief eye contact during feeding

### Developmental Milestones: About 3-6 Months

#### Cognition

Repeats action on objects  
Recognizes mother  
Looks at hand and object when grasping  
Uses visually directed reaching  
Secures partially hidden object  
Imitates cooing sounds  
Uses movement or sound to continue an interesting game

#### Communication

Turns head to locate sounds and voices  
Responds to voice by sound or movement  
Vocalizes sound patterns, begins babbling  
Varies crying to different stimuli

#### Gross Motor

Pushes up from ground, lifts head and chest  
Pushes self to sitting position; sits alone momentarily  
Rolls from stomach to back  
Straightens hips, lifts legs when on stomach  
Reaches for feet and brings to mouth

#### Fine Motor

Holds objects directly in front, both hands  
Uses fingers and palm to hold objects  
Bangs objects in play

#### Self-Help

Eats baby foods from spoon  
Anticipates feeding with increased activity  
Reaches for and holds bottle

#### Social

Laughs aloud often  
Notices strangers  
Voices pleasures and displeasures  
Approaches image in a mirror  
Cries when left alone or put down  
Likes physical play  
Shows awareness of strange environments

**Developmental Milestones:  
About 6-9 Months**

**Cognition**

Imitates simple, familiar gestures  
Responds to name  
Uncovers toys that have been partially hidden  
Tracks and locates object falling out of view

**Communication**

Vocalizes consonant/vowel syllables and two syllables (gaga, mama, dada)  
Engages in vocal play; uses word-like expressions  
Uses vocalization for attention  
Responds to name vocally

**Gross Motor**

Bears weight in standing position  
Sits unsupported and reaches for toys  
Lifts head when on back  
Rolls from back to stomach  
Crawls forward with stomach on floor  
Bounds when held in standing position  
Maintains balance on hands and knees  
Assists in pulling to standing position

**Fine Motor**

Grasps with thumb and side of index finger  
Moves wrist to manipulate toy or object  
Reaches for and obtains objects 10"-12" away  
Retains one toy when given another  
Transfers objects from one hand to the other  
Clasps hands

**Self-Help**

Begins chewing movements  
Reaches for and holds bottle  
Drinks from a cup with help  
Manipulates finger foods  
Holds, bites, and chews biscuit

**Social**

Plays Peek-a-Boo  
Expresses pleasure when playfully handled  
Reacts playfully to mirror image  
Plays unattended for short periods of time  
Understands and adapts to social signals (smile, harsh tone)  
Shows displeasure when a familiar toy is removed

**Developmental Milestones:  
About 9-12 Months**

**Cognition**

Plays simple games (pat-a-cake)  
Acts on or with visible toys or objects  
Moves to reach a desired toy  
Finds a completely hidden object  
Looks at pictures in book  
Touches adult or object to cause reaction

**Communication**

Plays pat-a-cake, waves good-bye  
Imitates coughs, tongue clicks, lip smacks  
Stops activities in response to "no"  
Repeats what adults say  
Understands a few words and gestures  
Uses jargon or non-meaningful monologue  
Imitates new words

**Gross Motor**

Creeps forward on hands and knees  
Pulls to standing, using stable support  
Sits from standing with help and then alone  
Walks holding on to furniture  
Walks with support  
Lots of go of support and stands alone

**Fine Motor**

Uses index finger alone  
Purposely releases an object  
Makes mark on piece of paper with pencil or crayon  
Grasps with finger and thumb  
Pokes at objects with index finger  
Bangs spoon or cup

**Self-Help**

Stops drooling  
Licks food off utensil or from sides of mouth  
Finger feeds for part of meal  
Usually weaned from bottle or breast  
Drinks from cup, with some spilling from mouth

**Social**

Laughs aloud in play with adult  
Responds appropriately to adult's change of mood  
Temporarily responds to "no"  
Shows preference for one toy over another

# NC Child Passenger Safety Law

## Summary of law - updated 3-24-11

**Ages/Positions Covered:**

» Children less than age 16 in front or back seats are covered under the NC Child Passenger Safety law.  
» Drivers and passengers 16 years old and older are covered by the [NC Seat Belt Law](#).

**Vehicles Covered:**

» All vehicles required by federal standards to have seat belts are covered. All passenger cars manufactured after 1967 are required by federal regulations to have seat belts and are covered by the NC Child Passenger Safety Law. Vans, pickup trucks and sport utility vehicles manufactured after 1971 are required to be equipped with belts and are also covered by the NC Child Passenger Safety Law. There are no exemptions for vehicles registered in other states or vehicles driven by out-of-state drivers.

**Restraint Required:**

» A properly used child restraint device (CRD) is required if the child is less than 8 years old AND weighs less than 80 pounds. Most parents and other care givers will be able to comply by using belt-positioning booster seats for children between 40 and 80 pounds. The child must be within the weight range for the child restraint/booster seat and it must meet Federal standards in effect at time of manufacture.  
» Children may be secured in a properly fitted seat belt at age 8 (regardless of weight) OR at 80 pounds (regardless of age) - whichever comes first. Placing the shoulder belt under a child's (or adult's) arm or behind the back is both dangerous and illegal.  
» If no seating position equipped with a lap and shoulder belt to properly secure a belt positioning booster seat is available, a child who weighs at least 40 pounds may be restrained by a properly fitted lap belt only.  
**WARNING: Belt-positioning booster seats can only be used with lap and shoulder combination safety belts. Belt-positioning booster seats must NEVER be used with just a lap belt.**

Refer to "[What are Options for Children over 40 pounds?](#)" in the "Choosing and Using" section for additional information on booster

seats and safer alternatives for lap-belt-only seating positions.

**Position in Vehicle:**

» The CRD must be installed in the rear seat if the child is less than age 5 and 40 lbs. and if the vehicle has a passenger side air bag and a rear seat.  
» Front seat installation is allowed if the CRD is designed for use with air bags

**Exemptions\*:**

» Vehicles not required to have belts (such as cars made before 1968 and pickup trucks, SUVs, and vans made before 1972, and large buses )  
» Ambulances and other emergency vehicles  
» If all seating positions with belts are occupied

**Responsibilities/Penalties:**

» Driver responsible for all children less than sixteen  
» Penalty not to exceed \$25  
» Full court costs apply (\$136 as of July 1, 2010 and \$141 as of October 1, 2010)  
» Two (2) driver license points  
» No insurance points  
» No conviction if the child is less than 8 years old and proof is presented at trial that an appropriate CRD/Booster seat has been acquired for a vehicle in which the child is normally transported since the violation.

Information from:  
[www.buckleupnc.org](http://www.buckleupnc.org)

### PROPER CAR SEAT INSTALLATION

To make sure your car seat is installed properly or to get information about how to get a safe car seat for your child, contact McDowell County SAFE KIDS at 652-3982 or go to [www.ncdoi.org](http://www.ncdoi.org) for NC

access to care, nutrition, and obesity prevention (Eat Smart, Move More).

## **OTHER COMMUNITY HEALTH**

### **RESOURCES:**

#### **Health Check/Health Choice**

#### **McDowell County Department of Social Services**

652-3355

Provides access to health care for children up to age 21 who qualify for Medicaid. DSS also provides the Medication Assistance Program that provides quality pharmaceutical care at a reduced cost to people in McDowell County who are living on a limited income and are not eligible for other assistance programs.

#### **Health Resource Navigator**

#### **McDowell County Department of Social Services**

659-0613

The primary role of the Health Resource Navigator is to help place the uninsured and the underinsured into appropriate primary care settings. Please contact Health Resource Navigator Amanda Casillas for more information.

#### **McDowell Emergency Management Agency**

60 E Court St  
Marion, NC 28752  
659-2241 or 659-2197

Provides assistance with proper installation of child safety seats for parents and caregivers. Limited assistance (for replacement of) improper car seats.

#### **McDowell Pregnancy Care Center**

2170 Rutherford Road  
Post Office Box 2728  
Marion, NC 28752  
652-7676

Hours— M-TH 8-5pm and F 9-5pm

[www.mpccnc.org](http://www.mpccnc.org)

McDowell Pregnancy Care Center provides pregnancy counseling, free pregnancy tests, limited ultrasound services, maternity and baby clothes, baby furniture, referrals, and post-abortion counseling.

#### **The McDowell Hospital's Preschool Dental Program**

#### **McDowell County Health Department**

408 Spaulding Road  
Marion, NC 28752  
652-6811 Ext. 330

*This program will provide children age 6 months to 5 years (and before Kindergarten) with a limited oral exam. The exams will take place at day care centers, family child care homes, preschool classes, and select community events. Signed permission from a parent or guardian is required.*

#### **Healthy Smiles Dental Fund**

#### **McDowell County Partnership for Children and Families**

70 N. Main St, Suite 3  
PO Drawer 158  
Marion, NC 28752  
659-2462

[www.mcdowellpartnership-smartstart.org](http://www.mcdowellpartnership-smartstart.org)

Provides dental assistance for eligible children who have a dental "need." Contact the Partnership for an application.

#### **NC Family Health and Child Care Resource Line**

[www.healthychildcarenc.org](http://www.healthychildcarenc.org)

1-800-FOR-BABY (1-800-367-2229)  
Information about local health resources, children's health insurance, health/safety issues in child care settings, and more. In English and Spanish.

#### **PSALMS Urgent Care Center**

200-C South College Street  
Morganton, NC 28655  
438-1117

[www.psalmsurgentcare.com](http://www.psalmsurgentcare.com)

At PSALMS Urgent Care, we provide efficient care for many of the injuries and illnesses treated in the Emergency Room at a cost even your doctors office can't match. Most of our visits are priced lower than your co-pay for either Urgent Care or the Emergency Room. Our services range from treating injuries to a runny nose. We also take care of chronic problems such as arthritis, hypertension, thyroid problems and much more.

### **Developmental Milestones: About 12-18 Months**

#### **Cognition**

Places one round shape in a form board  
Uses tool such as stick to obtain objects  
Recognizes shapes in a puzzle board  
Imitates unfamiliar sound patterns & gestures  
Points to an object named or wanted  
Imitates at least one facial gesture  
Attempts to operate toy

#### **Communication**

Shakes head from side to side to mean "no"  
Uses first spontaneous words  
Uses one word to express an idea ("milk")  
Follows simple command  
Performs requested actions

#### **Gross Motor**

Makes 4-5 stepping movements in place  
Creeps upstairs  
Stands alone in the middle of floor  
Walks backwards and sideways  
Climbs upstairs, with one hand held  
Creeps downstairs backwards  
Rises to standing position independently  
Walks alone

#### **Fine Motor**

Places small toys into cup  
Uses both hands to perform same action  
Holds crayon and scribbles on paper  
Stacks one block on top of another  
Builds tower of 3 or 4 blocks

#### **Self-Help**

Picks up cup and drinks  
Spoon feeds without many spills  
Removes simple garments on request  
Cooperates in dressing by moving limbs  
Indicates wet or soiled diaper

#### **Social**

Repeats a performance laughed at  
Exhibits specific emotional behaviors such as fear, joy, and anger  
Gives affection - returns a kiss or hug  
Makes some decisions for self

### **Developmental Milestones: About 18-24 Months**

#### **Cognition**

Identifies parts of own body  
Names 5 parts of the body  
Pays attention to nursery rhymes  
Points to pictures in book when asked  
Imitates sounds, words, or body movements  
Activates objects directly  
Finds object from indirect visual cues

#### **Communication**

Uses two words to describe actions  
Uses one word for many similar things  
Refers to self by name  
Uses two-word possessives (daddy car)  
Follows verbal instructions  
Uses familiar names of objects

#### **Gross Motor**

Walks downstairs with support  
Jumps in place  
Pushes/pulls a light object  
Sits directly in small chair  
Runs length of the room without falling  
Stands on one foot momentarily  
Picks up toy from floor when standing up

#### **Fine Motor**

Imitates vertical crayon stroke  
Places 3 shapes in a form board  
Picks up an object with fingers and thumb alone  
Imitates stacking tower of 4 blocks  
Turns pages of book one by one

#### **Self-Help**

Zips and unzips large zipper  
Attempts to put on shoes  
Removes all clothes without help  
Attempts to put familiar objects away  
Unwraps enclosed food such as crackers  
Ceases activity for naptime

#### **Social**

Cries or fusses for short period when parents are absent  
Plays alone for extended period of time  
Shows intense positive and negative reactions  
Becomes easily frustrated  
Shows pride in actions  
Pays attention to other children

**Developmental Milestones:  
About 24-36 Months**

**Cognition**

Matches familiar objects  
Enjoys short stories read from picture book  
Points to "one" and "many"  
Exhibits sense of ownership ("it's mine")  
Recognizes self in mirror  
Engages in domestic make-believe play

**Communication**

Joins in songs and rhythm activities  
Uses own first name, says complete name  
Uses 3-word phrases  
Uses "no" appropriately  
Uses simple pronouns and regular plurals  
Asks questions with appropriate tone  
Carries out 2-step commands

**Gross Motor**

Walks up and down stairs holding railing  
Stands on balance beam with help  
Kicks ball without support  
Balances on one foot, runs and jumps  
Throws ball overhead  
Rides tricycle using pedals

**Fine Motor**

Imitates drawing horizontal & vertical strokes  
Snips or makes small cuts with scissors  
Strings 3 or 4 beads  
Begins to hold crayons correctly  
Builds tower of 9 blocks

**Self-Help**

Eats whole meal with spoon; starts to use fork  
Toilets with some help and has only occasional accidents  
Puts on simple clothing and then all clothes except for buttoning  
Washes and dries hands with help  
Brushes teeth with help

**Social**

Varies mood in response to reactions of others  
Initiates own play activities and plays in simple games  
Indulges in pretend or make-believe play  
Requests that specific stories be read  
Avoids dangerous situations  
Attempts to take turns

**Developmental Milestones:  
About 36-48 Months**

**Cognition**

Matches 2-3 colors, counts up to 3  
Knows concepts big/little, fast/slow, long/short  
Tells a simple story  
Matches pictures of similar objects  
Discriminates size, weight, and length

**Communication**

Asks questions beginning with who, what or where  
Uses possessives correctly ("Mommy's car")  
Uses regular past tense and prepositions like in, on, and under  
Learns to whisper  
Uses normal loudness and tone  
Uses language in imaginative play  
Uses sentences most of the time

**Gross Motor**

Catches a bounced ball  
Walks downstairs without support, alternating feet  
Jumps forward without falling  
Throws ball overhead  
Stands on balance beam without help  
Walks entire length of tape line on floor  
Climbs to top of slide and slides down

**Fine Motor**

Strings 1/2" beads  
Copies a circle  
Cuts along line with continuous motion  
Laces shoes, not necessarily with pattern

**Self-Help**

Buttons and unbuttons larger buttons  
Completely dresses with verbal assistance  
Wipes up spills  
Brushes teeth with verbal assistance  
Washes and dries hands independently  
Completely cares for self at toilet

**Social**

Initiates play in group and remains in play  
Shares toys upon suggestion  
Performs simple errands  
Plays cooperatively  
Shows sympathy and concern when appropriate  
Enjoys helping and participating

**EMERGENCIES:**

**Poison Control**

Call 911 or 1-800-222-1222

*If someone ingests, inhales, or touches, a poisonous substance, or splashes something in his or her eyes:*

1. Don't panic!
2. If you suspect poisoning, bring the container to the phone and call 1-800-222-1222 immediately.
3. Follow the poison center's instructions.

**LOCAL HOSPITAL:**

**The McDowell Hospital**

430 Rankin Drive  
Marion, NC 28752  
659-5000

*We offer a family-friendly environment with a caring, supportive nursing staff trained in labor, delivery, breastfeeding and infant care. Our certified instructors also teach Childbirth Preparation, Breastfeeding and Infant CPR classes. Each new mother receives in-hospital post-delivery education and discharge preparation. Two staff lactation consultants offer breastfeeding support, while each newborn is given a hearing screening test. Postpartum home visitation by our nursing staff is available to all mothers who would like additional support.*

**MCDOWELL COUNTY HEALTH**

**DEPARTMENT:**

**McDowell County Health Department**

408 Spaulding Drive  
Marion, NC 28752  
652-6811

*Offers a variety of family services, including family planning, child health clinic, WIC nutrition program, health screenings, immunizations, care coordination for children, and more.*

**American Red Cross**

39 N Garden St  
Marion, NC 28752  
652-6531

*The American Red Cross helps keep the public prepared to respond to disasters and emergencies. They also provide training in lifesaving skills such as CPR and first aid, Babysitting courses also available.*

**Care Coordination for Children (CC4C)**

McDowell County Health Department  
408 Spaulding Rd.  
Marion, NC 28752  
652-6811

*Care Coordination for Children (CC4C) is a new program transitioning Child Service Coordination (CSC) program into a population management model in partnership with Community Care Networks and Local Care Management Entities that, in addition to the community based interventions for children to maximize health outcomes, the program will target the highest risk and highest cost children for care management.*

**Carolina Access**

Division of Medical Assistance  
2501 Mail Service Center  
Raleigh, NC 27699-2501  
1-800-662-7030

[www.dhhs.state.nc/dma](http://www.dhhs.state.nc/dma)

*Carolina ACCESS is North Carolina's Medicaid managed care program. It provides you with a medical home and a primary care provider (PCP) who will coordinate your medical care.*

**Good Samaritan Clinic of McDowell County**

PO Box 3002  
Marion, NC 28752  
Phone: 460-6832  
Fax: 652-1004

*The Good Samaritan Clinic of McDowell County was established to provide care to those who are uninsured and cannot afford care. It is a part-time, Christian-based, primary care clinic staffed by dedicated volunteers.*

**McDowell Health Coalition**

Contact: Mary Smith, 652-6811  
408 Spaulding Drive  
Marion, NC 28752

*Partners joining together to improve the health and well being of McDowell County residents by identifying and addressing health priorities and disparities through public awareness and education, community involvement, maximizing resources, and influencing public policy. Special emphasis on tobacco prevention,*

# Health & Safety

## Help Prevent SIDS

Sudden Infant Death Sndrome (SIDS) is an occurrence of sudden, unexpected death in seemingly healthy infants under the age of one year. In the year 2000, SIDS was the 3<sup>rd</sup> leading cause of infant death in North Carolina.



Here are some tips to help prevent SIDS:

- Put your baby to sleep on his back - always! All caregivers of the child should follow this practice.
- Provide plenty of supervised "tummy time" where your baby can practice head control while playing and interacting with you!
- Use a firm mattress in your baby's crib, and remove all pillows, soft toys, and excess bedding. Never let your baby sleep on a waterbed or a beanbag.
- Do not allow anyone to smoke around your baby. Secondhand smoke or smoking during pregnancy can increase the risk of SIDS.
- Keep room temperatures comfortable, but not too warm (68-72° F, not over 75° F.) During colder weather, choose a one-piece sleeper for baby, rather than heavier or additional bedding.

For more information, call 1-800-505-CRIB or 1-800-FOR-BABY or go to [www.nichd.nih.gov/sids](http://www.nichd.nih.gov/sids) to learn more about the "Back to Sleep" campaign.

## What is a Medical Home?

A Medical Home is the **one place** you take your child for **all** their health care needs:

- checkups
- sick visits
- accidents
- special health needs
- immunizations (shots)

A Medical Home is a doctor's office, a community clinic, or a local health department. The staff there knows you, your child, and your child's health history. You want to take your child to someone you know and trust. A Medical Home offers the **very best care**. Because the staff knows your child, they can:

- Make sure your child gets the checkups, screenings, and shots they need to stay well
- Work with you in planning your child's care
- Tell you about community programs and resources that may be helpful
- Help you locate the right specialists and equipment for your child

## Developmental Milestones: About 48-60 Months

### Cognition

Knows own age  
Knows day and night  
Matches and names four primary colors  
Counts 10 objects; answers how many on request  
Sequences pictures in order of occurrence  
Answers questions about a story being read  
Names three objects from memory  
Chooses own categories for sorting

### Communication

Regularly uses pronouns (i.e. he, she) and possessive pronouns  
Uses some adverbs  
Verbally call attention to own performance  
Carries out series of three unrelated commands  
Uses future tense  
Names attributes of objects (size, shape, color)  
Uses "no" and "not" appropriately  
Uses contracted negatives (i.e. can't, don't)

### Gross Motor

Gallops  
Walks full length of balance beam without falling  
Kicks rolling ball toward target  
Skips, Alternating feet  
Hops on one foot  
Catches a thrown ball  
Walks on tiptoes for 10 feet



### Fine Motor

Draws a picture  
Demonstrates hand preference  
Copies shapes (circle, square, triangle, rectangle) from example  
Cuts out a circle and other simple shapes

### Self-Help

Blows nose independently  
Serves self at table from bowl without spilling  
Eats with spoon and fork skillfully  
Stays dry overnight  
Distinguishes between front and back of clothing  
Plays in yard with periodic monitoring  
Hangs coat on hook

### Social

Calls attention to own performance  
Uses social responses (i.e. please, thank you, raises hand, stands in no line)  
Chooses another child to play with  
Talks about family  
Prefers to be with peers rather than adults  
Controls emotions and expresses them in acceptable ways

### Eat Smart, Move More Health Tip



## Tame the Tube— and Get Moving

For tips on how to move more every day where you live, learn, earn, play and pray, visit



[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)

**Young Children with Challenging Behavior**  
**When Should Parents Be Concerned?**

Age	Normal Behavior	Behavior of Concern	Suggestions on Behavior of Concern
<b>Infancy</b> Birth to 1 year	Cries in response to frustration, hunger or fatigue Has regular sleep habits, sleeps soundly Recognizes familiar faces, may be scared by strangers Tracks movement with eyes by 2 to 3 months Snuggles and relaxes when held Smiles responsively by 2 to 3 months	Excessive crying that continues even when needs are met Not sleeping, restless sleeper Shows random affection with familiar faces. May show irrational fear without cause Does not track movement with eyes by 2 to 3 months Muscles become rigid when held. Doesn't want to be held Seldom smiles	Make sure all basic needs are met. Babies should not be disciplined; they are too little to know right from wrong Try calling another parent or relative about your concern If you are still concerned, call a medical hot line, your insurance hot line, or a pediatric nurse supervisor Call your pediatrician right away to schedule an appointment
<b>Toddler</b> 1 to 3 years	Constant exploration, walking, running, climbing Can be left with minimal anxiety Interested in toilet training by 18 months to 2 years, but may not be successful Uses the word "no" Responds with curiosity to stimulus, comfortable with touch and noise May hit and bite, but can be redirected and stopped	Fearful of exploration Severe separation anxiety Attempts to toilet train are difficult and creates excessive anxiety and behaviors Consistently screams instead of using language Easily overwhelmed by stimulus, overreacts to touch, noise Severe temper tantrums that cannot be redirected or stopped	Make sure all basic needs are met Try to redirect behavior Be consistent and set time limits for behavioral incidents Keep track of frequency and intensity of behaviors to see if there is a pattern If you are still concerned, call a medical hot line, your insurance hot line, or a pediatric nurse supervisor Call your pediatrician to schedule an appointment

Age	Normal Behavior	Behavior of Concern	Suggestions on Behavior of Concern
<b>Early Childhood</b> 3 to 5 years	More engaged in positive interaction with peers Imaginary companions Likes one-on-one attention from caregivers, but can share attention as well Curious; asks "why" questions Has fears; shows off and uses bad language to get attention Aggressive behavior to family members or peers that can be redirected Is actively exploring environment, but can take direction in safety	Has difficulty playing or taking turns with peers Seems unusually cruel to animals Responds aggressively to shared attention Belligerent behavior in response to change in schedule or unexpected or unknown situation Excessive fears; uses bad language to get control Intentionally harmful behavior to self or others Excessively hyperactive; does not respond to or remember safety instructions Exhibits dangerous behavior, starts fires	Continue to reinforce appropriate behavior Develop a way of rewarding appropriate behavior and consistently implement it for several weeks to see if the behavior of concern is changing Reassure your child that you love him or her despite the challenging behaviors Call your school district or the principal of your local school to ask for the telephone number of the early childhood coordinator. This person will give you suggestions for responding to the behaviors of concern. Call your pediatrician to schedule an appointment. Your pediatrician may encourage you to schedule an evaluation with a child psychologist

**Resources:**

Health Education Consultants: "What is Normal Difficult Behavior?" and "What is Unacceptable Behavior?"  
 National Mental Health Organization Web Site: "Erik Erickson's Eight Stages of Human Development"  
 Parent Child Abuse Hawaii, Hawaii Chapter, National Committee for Prevention of Child Abuse: "Developmental Stages of Children"

 **PACER Center, Inc.**  
 8161 Normandale Boulevard • Minneapolis, MN 55437-1044  
 (952) 838-9000 voice • (952) 838-0190 TTY • (952) 838-0199 fax • (800) 537-2237 toll-free  
 pacer@pacer.org • www.pacer.org

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# Faith Community Connections

**Online Ministries Club[r]**

Walker Road Baptist Church  
 Morganton, NC 28655  
 910-916-3998 (Laura Ollis' Cell)  
 828-584-3530 (Laura Ollis' Home)  
[www.mountainridgeministries.com](http://www.mountainridgeministries.com)

[www.eastsidebaptistnc.com](http://www.eastsidebaptistnc.com)

**Nebo First Baptist Church**  
 5360 US Hwy 70 E  
 Nebo, NC 28761

**Greenlee Baptist Church**  
 5967 US 70 W  
 Old Fort, NC 28762

**The Blue Ridge Christian News**  
 29 Crystal Street, Suite 101  
 Spruce Pine, NC 28777  
 765-6800  
[info@brcnews.com](mailto:info@brcnews.com)

**Awana's**

*Awana has been a leader in children's ministry, helping churches and parents worldwide raise children and youth to know, love and serve Christ.*

**Awana's is available at the following churches in McDowell County:**

**Grace Baptist Church**  
 930 Shady Lane  
 Marion, NC 28752  
**Marion Missionary Alliance Church**  
 1014 Airport Road  
 Marion, NC 28752  
 828-652-6963

**New Horizon Baptist Fellowship**  
 5878 IS 221 North  
 Marion, NC 28752  
 828-756-2203  
[www.newhorizonbaptistfellowship.org](http://www.newhorizonbaptistfellowship.org)

**Eastside Baptist Church**  
 963 Harmony Grove Rd  
 Nebo, NC 28761

The McDowell News prints a comprehensive listing of Church News every Friday. Call 652-3313 to reach the McDowell News or consult your local phone book for a listing of church phone numbers. For faith-based counseling services, contact First Baptist Church of Marion at 652-6030.

**Eat Smart, Move More Health Tip**



**Enjoy More Fruits and Veggies**

For tips on how to eat your fruits and veggies every day where you live, learn, earn, play and pray, visit 

[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)