

Collaboration for Early Childhood

Strong Start, Bright Future

Founded in 2002 by all six of Oak Park's governing bodies, the Collaboration for Early Childhood is a public/private partnership that leverages the resources of more than 60 local agencies to promote the development of a comprehensive, community-wide system of high-quality programs and services to foster physical, cognitive and social-emotional development during the critical first five years of life. All Oak Park jurisdictions participate: the Village of Oak Park, District 97, District 200, Oak Park Township, Oak Park Public Library and Park District of Oak Park. In addition to the jurisdictions, the Collaboration's partners include a wide range of early childhood service providers and stakeholders. The Collaboration serves as the local "table" at which virtually all stakeholders in the early childhood system meet regularly.

The Collaboration estimates that there are 5,400 children birth to kindergarten age living in the Oak Park and River Forest community and that 800 are at-risk due to family income, status, developmental delays and stressed family situations. Its programs and activities are designed to benefit all children, with a special focus on at-risk children.

In April 2013, the Village of Oak Park, Oak Park Elementary School District 97 and Oak Park River Forest High School District 200 approved a contract for services with the Collaboration for Early Childhood to establish a comprehensive, high-quality system of services over a three-year period beginning in July 2013. This, the most significant expansion of the early childhood system in Oak Park and River Forest, supports the implementation of a research-based and evidence-informed home visiting program for children ages birth to three meeting risk criteria, and a wide-reaching parent support program for all families with children ages birth to three living in the two communities.

Program/Work of the Collaboration for Early Childhood

Parent Information and Support: Through contracts with family support agencies, the Collaboration seeks to engage parents of at-risk children ages birth to three (approximately 350-400 children) in a home visiting program, to provide a wide-reaching parenting support program for all parents with children birth to age three and to provide every parent with information about child development and services available in the community.

Developmental Screening: The Collaboration works with area pediatricians, family practice physicians and preschool & child care providers to promote universal developmental screening for children birth to five. The Collaboration also provides hearing and vision screening to more than 1,100 preschool children and works with all providers to ensure that children who need further assessment and services receive them.

Professional Development: The Collaboration works to increase the professional qualifications and skills of early care and education teachers and family child care providers through participation in professional development activities, college-level classes, and quality enhancement initiatives. The Collaboration also fosters professional communities through its Directors Round Table and Family Child Care Provider Round Table.

Public Preschool Coordination: The Collaboration works with three Preschool for All agencies and Head Start to find and enroll all at-risk children in Oak Park and River Forest in high-quality preschool (part-day or enriched, full-day program). It also provides technical support, training, and mentoring to ensure a strong curriculum and high-quality interactions between staff and children.

Measurement and Research: To monitor its progress and ensure that its approach is impactful, the Collaboration is developing a voluntary database with appropriate security features to house information about Oak Park's and River Forest's very youngest children, to track service usage, identify any shortages and underused services, track the coordination and integration of services and to allow for assessment data collection and impact analysis.

The League of Women Voters of Oak Park/River Forest



www.lwvoprf.org

P.O. Box # 3301, Oak Park IL, 60303-3301

Join our League and become a member of the most respected and effective grassroots organization in the country!

What are we? A grassroots organization that encourages everyone to be informed and active in our democracy.

Who are we? Women and men of every race, creed and political persuasion who care about the future of our community, county, state, nation and world.

What do we do? Register voters; carry out projects such as getting-out-the-vote and pollwatching; provide non-partisan forums about candidates for local political office, issues and government activities; study issues, arrive at consensus, and advocate for them; advocate for recent issues like redistricting and a fair graduated rate income tax; sponsor informal discussions on current issues, foreign policy and other topics; observe and report on local government meetings.

Have questions about membership or the League in general?

**Call us at 708-342-0803
or email us at lwvoprf@sbcglobal.net**



Add your voice and make a difference!

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The content of this publication has been compiled solely by the Collaboration for Early Childhood. The information provided herein with regard to hours and programming of listed facilities is listed as it was provided to the Collaboration. Any of the information listed herein may change at any time. The Collaboration in no way intends to convey a rating or endorsement of any provider nor to indicate that these listings are comprehensive.

Expanded Programs & Support for Families with Children Before Birth to Age Three

In April 2013, the Collaboration for Early Childhood entered into a contract with Oak Park School District 97, Oak Park River Forest High School District 200 and the Village of Oak Park to establish a comprehensive, high-quality system of services over a three-year period. This contract supports the implementation of home visiting and parenting support programs to benefit all children before birth to age three living in Oak Park and River Forest. In fall 2013, the Collaboration identified Parenthesis Family Center as its partner to deliver these services. **The new services will be available to families beginning in February 2014.**

Home Visiting

Parenthesis offers home visiting to families with children from the prenatal period to three years of age. This program provides home visits focusing on helping parents develop and grow in their role as their children's first and most important teacher and promotes family well-being. Weekly group meetings, child development screenings and resource networking are also provided.

Parent Information and Support

The Parent Information and Support program provides families developmentally appropriate programs and services that help their child reach his or her full potential. The program ensures that all children receive appropriate screenings and health care services, and relieves isolation and stress for parents. Workshops, play groups, drop-in programs, parent education meetings, parenting coaching services, and other services will be offered so that parents can have fun with their children and with other parents while learning. This program partners with many programs already familiar to families.

For more information about the Home Visiting Program or the Parent Information and Support Program please contact:

Parenthesis Family Center

405 S. Euclid Ave., Oak Park 60302

Phone: 708-848-2227

Email: info@parenthesis-info.org

To see what's coming or to find information on current programs, visit the Parenthesis website at www.parenthesis-info.org

CHILD CARE CENTERS & PRESCHOOLS LISTINGS

The listings in this directory include some preschools with extended day options. When exploring a school with extended hours, look at its preschool programming, as well as the quality of its child care facility.

By law, all child care agencies must be open to children with special needs. However, some facilities may work better for a child with special needs and this should be considered when making your decision.

Unless noted, all of the child care facilities listed have ongoing enrollment as long as there are openings. Please note that some programs may fill up as early as January or February for the following fall. Typically, the age eligibility listed is the child's age as of September 1st of the upcoming school year. Many programs housed in religious institutions will give preference to members. Call for specific information if you are interested in a particular program.

Parenthesis Preschool Fair

Each January, Parenthesis Family Center hosts an annual preschool fair where parents can explore many local preschools. For more information, call 708-848-2227 or go to www.parenthesis-info.org.

Choosing Center-Based Care & Preschools

Children who are nurtured and stimulated during their early years are better prepared for school and are more likely to have the social skills needed for kindergarten and beyond.

Look for a place where your child is warmly welcomed, where safety and health are priorities and where learning happens through play. Choose a center or school where children experience words and develop pre-reading skills through books, songs, and meaningful conversations with their caregivers.

Make appointments to visit each place on your list and plan to stay for a while to watch what goes on. An overview of what to look for and questions to ask can be found on pages 33-34.

The Illinois Department of Children and Family Services (DCFS) requires that all licensed child care centers and preschools meet minimum standards of health, safety, and appropriate practices for group care of children. Preschools that are part of an existing school system – public, faith-based, or Montessori – as well as government programs, are not required to meet these same standards.

The summary of DCFS licensing standards for homes and centers can be found on the DCFS website, www.state.il.us/dcfs, select “Library”. These standards are also available at the Oak Park Public Library.

The National Association for the Education of Young Children (NAEYC) has developed voluntary measures of quality that show that a center has met additional standards that go beyond state requirements. For more information about NAEYC accreditation and quality standards, visit their website, www.families.naeyc.org, or call 800-424-2460.

For a comparison of NAEYC and DCFS permitted child/staff ratios and group sizes, go to www.collab4kids.org/ecrdirectory.

ExceleRate Illinois (www.excelerateillinois.com)

The state of Illinois rates all licensed early childhood programs through a new “Quality Rating Improvement System” (QRIS) called ExceleRate Illinois.

The QRIS 1 - 4 star ratings will be replaced in 2014 by “Circles of Quality” that are color coded: Bronze, Silver and Gold, with Gold indicating the highest rating. Gold, silver and bronze ratings all indicate that a center or a preschool exceeds the basic state licensing requirements. The ratings indicate increasing levels of program quality based on the physical environment, staff education and training, and curriculum and activities for the children.

If You Cannot Afford Child Care

If you cannot afford long-term child care, Action for Children can help — www.actforchildren.org, or 312-823-1100. This state agency oversees an assistance program for low-income working families. Action for Children will send you the necessary application forms if your family qualifies.

ABC Toon Town Inc. ●■

146-148 W. Harrison St., Oak Park IL 60304

PHONE 708-848-9714

Child care: 6 weeks - 3 years

FAX 708-848-9783

7:00 am - 6:00 pm

WEB www.abctoontown.com

Full-time/part-time

EMAIL abctoon98@sbcglobal.net

Accepts state subsidies • Child/staff ratio: 4/1 (infants); 5/1 (toddlers); 8/1 (2 years) • Meets DCFS standards • Flexible hours • Year-round enrollment • Provides toilet training services

ABC Toon Town II Educational Center ●■

208 W. Harrison St., Oak Park IL 60304

PHONE 708-848-0701

Preschool, Kindergarten and

FAX 708-848-0702

After-school care: 3 - 12 years

WEB www.abctoontown.com

7:00 am - 6:00 pm

EMAIL abctoon98@sbcglobal.net

Full-time/part-time

Before and after school care available (ages 5 - 12) • Accepts state subsidies • Child/staff ratio: Exceeds DCFS standards (7/1) • QRIS 2 star rating • Flexible hours • Illinois State Funded Preschool for All Program, developmental screening, parent interview used to determine eligibility; designed to meet the needs of children and families with stress/risk factors (offered part-time, 2.5 hours daily) • Childcare available on school holidays and summers, 7:00 am - 6:00 pm (ages 5-12 years) • Certified Music & Movement and Spanish curriculum included • Year-round enrollment

Academy of Movement & Music Preschool ■

605 Lake St., Oak Park IL 60302

PHONE 708-848-2329

Preschool: 2 - 6 years

FAX 708-848-2391

8:45 - 11:00 am, 12:30 - 2:45 pm

WEB www.academyofmovementandmusic.com Part-time

EMAIL academyofmovementandmusic@gmail.com

Toilet training not required • Child/staff ratio: 5/1 (2-3 years); 8/1 (4-6 years) • Days vary by age • Registration usually 1st Sunday in February

● - FULL-TIME CHILD CARE

■ - PRESCHOOL OR PART-TIME CHILD CARE

Alcuin Montessori School

324 N. Oak Park Ave., Oak Park IL 60302

PHONE 708-366-1882

Preschool: 2 - 3 years, 3 - 5 years

FAX 708-286-1892

8:30 - 11:30 am, 8:30 am - 3 pm

WEB www.alcuin.org

Full-time/part-time

EMAIL avalera@alcuin.org

Extended day option available (age 3+) for Alcuin students • Toilet training required for children 3+ • Child/staff ratio: 5/1 (age 2); 8/1 (ages 3-6) • American Montessori Society accredited • Montessori school • Days and times vary by age • Ongoing enrollment • Financial aid available • Parent/caregiver-child classes available for children birth - 18 months

Ascension Catholic School

601 Van Buren St., Oak Park IL 60304

PHONE 708-386-7282

Preschool: 3 - 5 years

FAX 708-524-4796

9:00 - 11:40 am, 12:20 - 3:00 pm

WEB www.ascension-school.com

Part-time

EMAIL info@ascension-school.com

Extended day option available for Ascension students (7:00 am - 6:00 pm) • Toilet training required • Child/staff ratio: 15/2 (age 3); 20/2 (age 4); 25/2 (ages 5 - 6) • Parochial Catholic school • Some scholarships available for parish members • Open house on last Sunday in January; registration for parish members in February; open enrollment in March

Blocks 24-Hour Child Care Center

815 S. Oak Park Ave., Oak Park IL 60304

PHONE 708-445-1572

Child care: 6 weeks - 5 years

FAX 708-445-1573

7:00 am - 6:00 pm

WEB blockschildcarecenters.snappages.com/oak-park.htm

Full-time/part-time

EMAIL blockscenters@gmail.com

Provides toilet-training services • Child/staff ratio: Meets DCFS standards • Flexible hours available • Spanish language and music & movement classes available • 24-hour services available

Building Blocks Child Care ●■

at Cornerstone Church, 171 N. Cuyler Ave., Oak Park IL 60302

PHONE 708-386-1033

Child care: 6 weeks - 5 years

EMAIL childcare.building.blocks@gmail.com

7:00 am - 5:45 pm

Full-time/part-time

Toilet training not required for full-time care • Accepts State Subsidies •
Non-denominational Christian center

Children's Garden Montessori School ●■

165 N. Lombard Ave., Oak Park IL 60302

PHONE 708-383-6570

Preschool: Ages 2 - 6

FAX 708-784-1164

Child care: Ages 2 - 6

WEB www.childrensgardenmontessori.com

Preschool: 8:45 - 11:45 am

EMAIL rmawani@aol.com

Child care: 7:00 am - 6:00 pm

Full-time/part-time

Toilet training not required for 2 year olds • Child/staff ratio: Preschool
10/1; Child care 8/1 (ages 2 - 3); 10/1 (ages 3 - 6) • Association Montessori
Internationale accredited • Montessori school

Christ Lutheran Learning Center ■

607 Harvard St., Oak Park IL 60304

PHONE 708-386-3306

Preschool: 3 - 5 years (by 12/1)

FAX 773-890-7947

8:45 - 11:30 am; Mon., Tues.

WEB www.christlutheranoakpark.org

Wed., Fri. (2, 3 or 4 days
per week)

EMAIL christinedame@yahoo.com

Part-time

Toilet training required • Child/staff ratio: 7/1 • Religious Lutheran
school • Registration begins February 1

● - FULL-TIME CHILD CARE

■ - PRESCHOOL OR PART-TIME CHILD CARE

Concordia University Early Childhood Education Center

Christopher Bldg., 7400 Augusta Blvd., River Forest IL 60305 ●■

PHONE 708-209-3099

FAX 708-488-4304

WEB www.cuchicago.edu

EMAIL crfecec@cuchicago.edu

Preschool / Early Childhood

Education Center: 8 weeks - 8 years

9:00 - 11:30 am, 1:00 - 3:30 pm (part-time preschool programs); 7:00 am - 6:00 pm (full-day programs)

Full-time/part-time

Extended care available for children kindergarten - 2nd grade • Toilet training required for children 3+ • Accepts state subsidies • Meets NAEYC optimal standards • NAEYC, National Lutheran School Association accredited • QRIS 3 star rating • Religious Lutheran school • Ongoing registration for child care only • Applications accepted on last Wednesday in February for part-time preschool

Creative Children's Day Care Center

6139 W. North Ave., Oak Park IL 60302 ●■

PHONE 708-445-9522

FAX 708-445-1637

Child care: 6 weeks - 12 years

7:00 am - 6:00 pm

Full-time only available

Before and after school care • Toilet training not required • Accepts state subsidies • Child/staff ratio: Meets DCFS standards • QRIS 2 star rating

First Baptist Preschool and Kindergarten

820 Ontario St., Oak Park IL 60302 ●■

PHONE 708-383-1190

FAX 708-383-4662

WEB www.opfbc.school.org

EMAIL fb820@yahoo.com

Child care: 2 - 12 years

6:30 am - 6:00 pm

Full-time/part-time

After school program for Kdg - 6th graders (child/staff ratio 20/1) • Toilet training must be in process • Accepts state subsidies • Child/staff ratio: Meets DCFS standards • QRIS 2 star rating • Non-denominational Christian center • Transportation from school to center

First United Church Nursery School ■

848 Lake St., Oak Park IL 60301

PHONE 708-848-4910

Preschool: 2 - 6 years

FAX 708-386-7480

2 1/2-, 3-, and 3 1/2-hour

WEB www.firstunitedschool.com

options available, T-F

EMAIL jwhite@firstunitedschool.com

Part-time

Toilet training required for ages 3 - 6 • Child/staff ratio: 4/1 (age 2); 5/1 (age 3); 6/1 (ages 4 - 6) • NAEYC accredited • Financial aid available • Open house 3rd Tuesday in January • Optional 2-hour Lunch Bunch program available

Forest Park District 91 Preschool ■

Garfield School, 543 Hannah Ave., Forest Park IL 60130

PHONE 708-366-6945

Preschool: 3 - 5 years

FAX 708-366-8044

8:15 - 11:00 am; 12:00 - 2:45

WEB www.forestparkschools.org

pm, M - F

Part-time

Toilet training required • Child/staff ratio: 5/1 • Registration begins in August, by appointment only • \$100 materials fee per semester • Must be 3 years old to enroll • Limited enrollment (85 students)

Forest Park Montessori Child Development Center ●■

16 Lathrop Ave., Forest Park IL 60130

PHONE 708-771-8337

Preschool: Ages 2 - 6

WEB www.forestparkmontessori.com

Child care: 6 weeks - 6 years

EMAIL marian_zeidman@yahoo.com

Preschool: 8:30 am - 4:00 pm,
flexible days

Child care: 7:00 am - 6:00 pm

Full-time/part-time

Toilet training not required • Child/staff ratio: Meets DCFS standards • Montessori school (some AMI trained staff)

● - FULL-TIME CHILD CARE

■ - PRESCHOOL OR PART-TIME CHILD CARE

The Giving Tree Early Learning Center

Forest Park Campus

7510 W. Randolph Ave., Forest Park IL 60130

PHONE 708-209-1555

Child care: 6 weeks - 6 years

WEB www.givingtreeschools.com

7:00 am - 6:00 pm

EMAIL info@givingtreeschools.com

Full-time only

Toilet training not required • Accepts state subsidies • Child/staff ratio: Meets DCFS standards • Part-time care available for preschoolers

Glasser Preschool at Oak Park Temple

1235 N. Harlem Ave., Oak Park IL 60302

PHONE 708-386-3937

Preschool: 2 - 5 years

FAX 708-386-0955

8:30 - 11:00 am; 12:00 - 2:30 pm

WEB www.glasserpreschool.com

Extended day option (8:30

EMAIL glasserpreschool@oakparktemple.org am - 1:15 pm)

Part-time

Toilet training not required • Child/staff ratio: 4/1 (age 2); 7/1 (age 3); 8/1 (ages 4 - 5) • NAEYC accredited • Religious Jewish preschool • Financial aid available • Parent/caregiver-child classes available for children age 9 months to 2 1/2 years • Ongoing enrollment • Open to all regardless of religious affiliation

Goedert Center for Early Childhood Education

Priory Campus, 7200 W. Division St., River Forest IL 60305

PHONE 708-714-9150

Preschool: Ages 2 - 5

FAX 708-714-9151

Child care: Ages 2 - 5

WEB www.dom.edu/goedert

Preschool: 7:00 am - 12:30

EMAIL preschool@dom.edu

pm, 3 days or 5 days

Preschool/Child care: 7:00

am - 6:00 pm, 3 days or 5 days

Full-time/part-time

Toilet training required for children age 3+ • Accepts state subsidies • Child/staff ratio: Meets NAEYC standards • NAEYC accredited • QRIS 3 star rating • Affiliated with Dominican University • Call for part-time hours

Good Shepherd's Learning Center

326 Lake St., #8, Oak Park IL 60302

PHONE 708-386-2060

FAX 708-386-2059

EMAIL shantalsb@gmail.com

Child care: 6 weeks - 6 years

7:00 am - 6:00 pm

Full-time/part-time

Toilet training not required • Accepts state subsidies • Child/staff ratio:
Meets DCFS standards

Grace Lutheran School

Grace Lutheran Church, 7300 W. Division St., River Forest IL 60305

PHONE 708-366-6900

FAX 708-366-0966

WEB www.graceriverforest.org/school

EMAIL office@graceriverforest.org

Preschool: Age 3; Jr Kindergar

ten: Age 4; Kindergarten

Preschool: 8:30 - 11:30 am; 2-,
3-, or 5-day option

Jr Kindergarten and Sr Kinder
garten: 8:30 - 11:30 or 8:30

am - 3:00 pm; Extended day

(ages 4 - 14), 3:00 - 6:00 pm

Part-time

Toilet training required • Child/staff ratio: 8/1 (preschool and Junior
Kindergarten); 10/1 (Senior Kindergarten) • Evangelical Lutheran Edu-
cation Association, AdvancED accredited • Religious Lutheran school
• Registraton begins end of January for congregants; open registration
3/15 • All teachers are state certified • School serves PK3 - 8th grade

Hephzibah Head Start (CEDA)

Hephzibah Children's Association, 946 North Blvd., Oak Park, IL
60301

PHONE 708-649-7100

FAX 708-649-7120

WEB www.cedaorg.net

EMAIL msmith@hephzibahhome.org

Preschool: 3 - 5 years

8:00 - 12:00 pm (morning
session) and 12:00 - 3:30
pm (afternoon session)

Part-time

Toilet training highly recommended • Child/staff ratio: 13/2 • Voluntary
DCFS licence • Flexible hours • NAEYC accredited • Free to income-
eligible families • Ongoing enrollment • Transportation available • Must
reside in Oak Park, River Forest, Forest Park or Elmwood Park

● - FULL-TIME CHILD CARE

■ - PRESCHOOL OR PART-TIME CHILD CARE

Hephzibah Children's Association

1144 Lake St., 5th Fl., Oak Park IL 60301

PHONE 708-649-7140

FAX 708-649-7194

WEB www.hephzibahhome.org

EMAIL jmaxson@hephzibahhome.org

After-school care: K - 5th grade

After-school care available
at D97 elementary schools
until 6:00 pm

Part-time

Action for Children subsidy available • Child/staff ratio: 10/1 • Voluntary DCFS licence • Sliding fee scale • Ongoing enrollment • Maintains waiting list • Applications accepted at age 4 for Kindergarten after-school care • Full-day child care available on school holidays, 7:30 am - 6:00 pm • Nine-week, full-day summer program, 7:30 am - 6:00 pm

Howard Mohr Community Center Clubhouse

7640 Jackson Blvd., Forest Park IL 60130

PHONE 708-771-7737

FAX 708-771-7736

WEB www.forestpark.net

EMAIL bpowers@forestpark.net

Before- & after-school care:

K - 6th grade
6:30 - 8:15 am (before
school care), 2:30 - 6:00
pm (after-school care)

Part-time

Accepts state subsidies • Child/staff ratio: 7/1 • Must reside in Forest Park • Transportation available • Register in late summer for school year • Tutoring available

Intercultural Montessori Language School

301 S. Ridgeland Ave., Oak Park IL 60302

PHONE 708-848-6626

FAX 708-848-0407

WEB www.interculturalmontessori.org

EMAIL oakparkadmin@interculturalmontessori.org

Preschool/School & Child
care: 3 - 12 years

Preschool - Kindergarten:
8:00 am - 12:30 pm, 3:00
or 6:00 pm; Early child
care: 7:00 - 8:00 am

Full-time/part-time

Toilet training required • Child/staff ratio: 11/1 • Montessori school • Financial aid available • Ongoing enrollment • Chinese, Japanese, Spanish immersion

Kangaroo Korner Early Learning Center ●

900 Beloit Ave. Forest Park IL 60130

PHONE 708-366-4452

Child care: 15 months - 8 years

FAX 708-689-0356

6:30 am - 6:00 pm

WEB www.kangarookornerearlylearning.net Full-time/part-time

EMAIL suzanne.logan@comcast.net

Toilet training not required • Accepts state subsidies • Child/staff ratio: 5/1 (15 - 23 months); 6/1 (age 2); 10/1 (ages 3 - 4) • After-school care available (ages 5 - 9)

Keystone Montessori School ■

7415 W. North Ave., River Forest IL 60305

PHONE 708-366-1080

Preschool: 2 - 4 years

FAX 708-366-1083

Preschool: 8:30 - 11:30 am,
days/times vary by age

WEB www.ksmontessori.org

Kindergarten: 8:30 am - 2:45 pm

EMAIL vshae@ksmontessori.org

Before-/after-school care for

Keystone students

(ages 5 - 14): 7:30 - 8:30 am,

2:45 - 6:00 pm

Part-time

Toilet training not required for 2 year olds • Child/staff ratio: 6/1 (age 2); 11/1 (ages 3 - 6) • American Montessori Society, Association Montessori Internationale accredited • Montessori school • Ongoing registration • Parent/caregiver and infant classes available (4 - 22 months)

Kings Kidz Academy Inc. ●

210 Chicago Ave., Oak Park IL 60302

PHONE 708-434-5463

Child care: 6 weeks - 6 years

FAX 708-434-5482

7:00 am - 6:00 pm

EMAIL kingskidzacademy@yahoo.com

Full-time only

Toilet training not required • Accepts state subsidies • Child/staff ratio: Meets DCFS standards

● - FULL-TIME CHILD CARE

■ - PRESCHOOL OR PART-TIME CHILD CARE

La Casa Montessori

514 Adams St., Oak Park IL 60304

PHONE 708-613-0514

FAX 708-788-3261

WEB www.lacasamontessori.org

EMAIL info@lacasamontessori.org

Preschool/School: 2 years,
3 - 4 years, 5 - 12 years
8:00 am - 12:00 pm (part-
time); 8:00 am - 3:00 pm
(full-time); 7:00 am - 6:00
pm (extended day)

Part-time

Toilet training not required • Action for Children subsidy available • Child/staff ratio: 5.5/1 (ages 2 - 3); 8/1 (ages 4 - 12) • Meets DCFS standards • After-school/extended care enrichment programs available • American Montessori Society accredited • Montessori school • After-school enrichment programs

The Language and Music School

150 N. Oak Park Ave., Oak Park IL 60301

PHONE 708-524-5252

WEB www.lmschool.com

Preschool/Kindergarten:

Ages 3 - 6: 9:30 am - 12:30
pm, 12:00 - 3:00 pm;

Immersion: 11:30 am - 2:30 pm

Part-time

Toilet training not required • Child/staff ratio: 8/1 • Illinois Music Association accredited • Day care hours as needed • Ongoing enrollment • Spanish immersion available

Little Beginnings Daycare and Preschool

847 W. Madison St., Oak Park IL 60302

PHONE 708-445-0909

FAX 708-445-7457

WEB www.littlebeginningsinc.com

EMAIL beginningsinc@aol.com

Child care: 6 weeks - 6 years
6:00 am - 6:00 pm

Extended care to 12:00 midnight

Full-time/part-time

Toilet training not required • Accepts state subsidies • Child/staff ratio: Meets DCFS standards • QRIS 2 star rating • State licensed for 24/7 childcare • Hot meals • Open year-round • Multicultural curriculum • Spanish, Music and Movement • Drop-in and weekend care available

Montessori Language Academy

314 Circle Ave., Forest Park IL 60130

PHONE 708-771-5030

Preschool/Kindergarten:

FAX 708-771-5230

3 - 6 years

WEB www.montessorilanguageacademy.com

Preschool/Kindergarten:

EMAIL info@montessori.languageacademy.com

7:30 am - 3:30 pm

Extended day available, 7:30
am - 6:00 pm

Full-time/part-time

Child/staff ratio: 35/4 • American Montessori Society accredited • Montessori school/Foreign Language Immersion (Japanese) • Ongoing enrollments • Summer program available • Music and Movement and Art Class conducted by special teachers • Small group Spanish lessons available • Private piano lessons in Japanese available • Dance class available • Five to six field trips during school year

Morningside Children's Academy

1192 S. Cuyler Ave., Oak Park IL 60304

PHONE 708-386-3979

Preschool: 3 - 6 years

FAX 708-784-1164

Child care: 3 - 6 years

WEB www.morningsideacademy.net

Preschool: 8:45 - 11:45 am

EMAIL admissions@morningsideacademy.net

Child care: 7:00 am - 6:00 pm

Full-time/part-time

Before- and after-school care available for Irving School students • Toilet training required • Child/staff ratio: 10/1 • Association Montessori Internationale accredited • Montessori school • Spanish Immersion program available

Mosaic Montessori Academy

River Forest United Methodist Church, 7970 Lake St., River Forest IL 60305

PHONE 708-834-3099 or 312-351-0074

Preschool: 18 months - 6 years;

WEB www.mosaicmontessori.org

Extended day: 4 - 6 years

EMAIL info@mosaicmontessori.org

18 months - 2 years: 8:30 -

11:30 am, 3 to 5 days/week

3 - 6 years: 8:30 - 11:45 am,

2:00 pm or 3:15 pm, 5 days/wk

After-school prog: 3:30 - 5:00 pm

Full-time/part-time

Toilet training required • Child/staff ratio: 5/1 (toddler); 12/1 (primary)
• Montessori school (AMI trained faculty)

Oak Park Elementary Schools District 97

Pre-Kindergarten Partnership (PKP)

Longfellow School, 715 S. Highland Ave., Oak Park IL 60304

PHONE 708-848-2112

Preschool: 3 - 5 years

FAX 708-524-3037

8:15 - 10:45 am; 12:00 - 2:30 pm

WEB www.op97.org

Part-time

EMAIL dfarmer@op97.org

Illinois state-funded Preschool for All program • Child/staff ratio: 10/1
 • Ongoing enrollment if spaces are available • Developmental screening, parent interview used to determine eligibility; designed to meet the needs of children and families with stress/risk factors

Oak Park Montessori School

937 Garfield St., Oak Park IL 60304

PHONE 708-358-6000

Preschool/Child care:

FAX 708-358-8091

Infant - 6 years

WEB www.oakparkmontessori.com

Infant - 3 years: 7:00 am -

EMAIL oakparkmontessori@hotmail.com

6:00 pm; 3 - 6 years:

7:00 am - 3:00 or 6:00 pm

Full-time

Action for Children subsidy available • Child/staff ratio: 4/1 (infants); 6/1 (toddlers); 10/1 (3 - 6 years) • Meets DCFS standards • American Montessori Society accredited • Montessori school • Spanish Immersion
 • Offers art, music, soccer and dance

Oak Park River Forest Day Nursery

1139 Randolph St., Oak Park IL 60302

PHONE 708-383-8211

Preschool/Child care:

FAX 708-383-0692

2 1/2 - 6 years

WEB www.oprfdaynursery.org

7:00 am - 6:00 pm

EMAIL oakparkdn@att.net

Full-time/part-time

Toilet training required • Illinois state-funded Preschool for All program
 • Child/staff ratio: 7/1 • Meets DCFS standards • NAEYC accredited • QRIS 3 star rating • Program is designed to meet the needs of all children • Sliding fee scale offered • Developmental screening • Monthly optional parent meeting evening event, either on useful topics for parents or an activity night for entire family, dinner and child care provided

● - FULL-TIME CHILD CARE

■ - PRESCHOOL OR PART-TIME CHILD CARE

Park District of Oak Park Preschool ■

218 Madison St., Oak Park IL 60302

PHONE 708-725-2000 or 708-725-2106

Preschool: 2 - 5 years

FAX 708-383-5702

Days, times vary by age

WEB www.pdop.org

Part-time

EMAIL amanda.heiman@pdop.org

Toilet training required for 3 - 5 year olds • Child/staff ratio: 6/1 (ages 2 - 3); 9/1 (ages 3 - 5) • Meets DCFS standards • February registration
Several community center locations throughout Oak Park: Anderson, Barrie, Carroll and Field Centers

Pilgrim Community Nursery School ■

460 Lake St., Oak Park IL 60302

PHONE 708-848-5869

Preschool: 2 - 5 years

FAX 708-848-6880

2 1/2-, 3 1/2- and 4-hour

WEB www.pilgrimschool.net

options, M-Th

EMAIL pcns@sbcglobal.net

Part-time

Toilet training required • Child/staff ratio: 7/1 (age 3); 8/1 (age 4) • NAEYC accredited • January registration • Financial aid available • Friday enrichment program option

River Forest Community Center Early Childhood Learning Center ●

OPRF High School, 201 N. Scoville Ave., Oak Park IL 60302

PHONE 708-434-3199

Child care: 6 weeks - 5 years

EMAIL egraziano@oprhfs.org

7:00 am - 5:00 pm

Full-time only

Toilet training not required • Accepts state subsidies • Child/staff ratio: 4/1 (6 weeks - 3 years); 10/1 (ages 3 - 5) • Meets DCFS standards • Registration begins in Jan - Feb • Maintains a mailing/waiting list • Follows OPRFHS teacher calendar (closed during OPRFHS summer break)

● - FULL-TIME CHILD CARE

■ - PRESCHOOL OR PART-TIME CHILD CARE

River Forest Community Center Early Childhood Learning Center ●■

8020 Madison St., River Forest IL 60305

PHONE 708-771-5127

FAX 708-771-8958

WEB www.rfcc.info

EMAIL lmadonia@rfcc.info

Preschool: ages 3 -12

Child care: ages 3 -12

Preschool: 9:15 - 11:30 am,
7:00 am - 6:00 pm;

Child Care: 7:00 am - 6:00 pm

Full-time/part-time

Before and after school care available • Toilet training required • Child/staff ratio: 10/1 • Flexible hours available • Transportation available in River Forest and some Oak Park schools • Parent/child classes available for children 15-23 months

St. Catherine/St. Lucy School ●■

27 W. Washington Blvd., Oak Park IL 60302

PHONE 708-386-5286

FAX 708-386-7328

WEB www.scslschool.com

EMAIL cypser2001@yahoo.com

Preschool/School: 3 - 14 years

8:05 am - 2:30 pm

Extended day options: 7:00
- 8:00 am, 2:30 - 4:00 pm,

2:30 - 6:00 pm

Full-time

Toilet training required • Accepts state subsidies • Child/staff ratio: 15/1 • Meets DCFS standards • Parochial Catholic school • Registration begins in March

St. Edmund Parish School ●■

200 S. Oak Park Ave., Oak Park IL 60302

PHONE 708-386-5131

FAX 708-386-5616

WEB www.stedmundschool.org

EMAIL schoolinfo@stedmund.org

Preschool/School: 3 - 14 yrs

8:00 - 11:30 am, 8:00 am - 3:00 pm

Extended day options: 7:00
- 8:00 am, 3:00 - 6:00 pm

Full-time/part-time

Toilet training required • Child/staff ratio: 8/1 • Meets DCFS standards • ISBE accredited • Parochial Catholic school • Financial aid available • Register by August 15

St. Giles School

1034 Linden Ave., Oak Park IL 60302

PHONE 708-383-6279

FAX 708-383-9952

WEB www.stgilesschool.org

EMAIL office@stgilesschool.org

Preschool: 3 - 5 years

Age 3: 8:15 am - 11:15 am, 2-,
3- and 5-day options

Age 4: 8:15 - 11:15 am, 3- or 5-day

Extended day: 7:00 - 8:20 am,

11:15 am - 3:10 pm, 3:10 - 6:00 pm

Part-time

Toilet training required • Child/staff ratio: 8/1 (age 3); 10/1 (ages 4 - 5)
• Parochial Catholic school • Registration begins end of January • Full-day and morning Kindergarten options

St. Luke Parish School

519 Ashland Ave., River Forest IL 60305

PHONE 708-366-8587

FAX 708-366-3831

WEB www.school-stlukeparish.org

EMAIL jschwarzbeck@stlukeparish.org

Preschool: 3 - 5 years

Age 3: 8:00 - 10:45 am, 12:15
- 3:00 pm, 3-day option am

or 3- to 5-day option pm;

Age 4: 8:00 - 10:45 am,

12:15 - 3:00 pm

Part-time

Toilet training required • Child/staff ratio: 8/1 (age 3); 10/1 (ages 4 - 5)
• NAEYC accredited • Parochial Catholic school • K - 8 full day, 8:00 am - 3:00 pm • Registration begins in December • Parent and Tot Playgroup on Tuesday/Thursday, 9:00 - 10:45 am (no charge)

St. Vincent Ferrer School

1515 Lathrop Ave., River Forest IL 60305

PHONE 708-771-5905

FAX 708-771-7114

WEB www.svfsschool.org

EMAIL cterry@svfsschool.org

Preschool: 3 - 5 years

8:00 - 11:30 am or 8:00 am -

3:00 pm (3-year-old preschool
program and 4-year-old Junior
Kindergarten program)

Extended day ages 3 - 14: 7:00

- 8:20 am, 11:00 am - 6:00 pm

Part-time

Toilet training required • Child/staff ratio: 9/1 • Parochial Catholic school • K - 8 full day, 8:00 am - 3:10 pm • Registration begins last week in January • Before and after school care for St. Vincent Ferrer students

Walther Christian Academy

305 Circle Ave., Forest Park IL 60130

PHONE 708-366-2764

WEB www.walther.com

EMAIL wlaoffice@waltheracademy.org

Preschool: 3 - 5 years

8:10 - 11:45 am

Extended care, ages 3 - 5: 6:30
- 8:10 am and 11:45 am - 6:00
pm; ages 5 - 13: 6:30 - 8:10
am and 3:00 - 6:00 pm

Part-time

Toilet training required • Subsidy available through Action for Children
• Child/staff ratio: 8/1 (ages 3 - 5); 12/1 (ages 5 - 12) • Religious Christian school • Ongoing enrollment • Full-day kindergarten

West Cook YMCA Center for Global Learning Preschool & Y Kids Programs

255 S. Marion St., Oak Park IL 60302

PHONE 708-434-0230

FAX 708-383-0159

WEB www.westcookymca.org

EMAIL lmerdinger@westcookymca.org

Preschool: 2.5 - 5.5 years

2.5 - 3 years: 8:00 am - 1:00 pm,
T, W, Th or M - F

3 - 5.5 yrs: 8:00 am - 1:00 pm,
or 8:00 am - 6:00 pm, T, W, Th
or M - F

Before/after-school care:

7:00 - 9:00 am; 2:45 - 7:00 pm

Full-time/part-time

Toilet training required after age 3 1/2 • Action for Children subsidy available • Child/staff ratio: 2/1 (age 2); 6.5/1 (age 3); 8/1 (age 4); 13/1 (ages 5- 12) • Morning snack and lunch served • Swimming twice a week • Before- and after-school program available for ages 6 - 12 • Transportation available for after-school program • YMCA scholarships available

● - FULL-TIME CHILD CARE

■ - PRESCHOOL OR PART-TIME CHILD CARE

West Suburban Montessori School ■

1039 S. East Ave., Oak Park IL 60304

PHONE 708-848-2662

FAX 708-848-1977

WEB www.wsms.org

EMAIL peggerding@wsms.org

Preschool: 3 - 6 years

8:30 - 11:30 am; 8:30 am - 2:30 pm

Extended care: 7:00 am - 6:00 pm

Full-time/part-time

Toilet training required • Child/staff ratio: 15/1 (classroom); 10/1 (child care) • ISBE, Association Montessori Internationale accredited • Montessori school • Ongoing enrollment • Scholarships available • Extended day, flexible hours, full-time child care available

West Suburban Temple Har-Zion Early Childhood Center ■

1040 N. Harlem Ave., River Forest IL 60305

PHONE 708-366-9000

FAX 708-366-9006

WEB www.wsthz.org

EMAIL imarczak@wsthz.org

Preschool: 2 - 5 years

8:30 - 11:30 am

Enrichment: 11:30 am - 1:00 pm; days, times vary by age

Extended Care:

7:30 am - 6:00 pm (M - Th)

7:30 am - 3:30 pm (F)

Part-time

Child/staff ratio: 4/1 (age 2); 8/1 (ages 3 - 5) • NAEYC, Kehillah accredited • Reggio-inspired school • Ongoing registration • Preschool with some Jewish observance • Summer camp available

● - FULL-TIME CHILD CARE

■ - PRESCHOOL OR PART-TIME CHILD CARE

FAMILY CHILD CARE LISTINGS

A home child care provider opens up his or her home to children - often with one adult in charge. Home child care providers must be licensed by the state if they are caring for four or more children (including their own or relatives), unless all children are from a single household.

DCFS allows a single provider to care for 12 children (ages 12 and under), including the caregiver's own. However, the Village of Oak Park has more stringent rules and only allows a total of eight children in a home. The National Association for Family Child Care also provides accreditation for home child care providers that meet additional quality standards.

When choosing family child care, be sure to request two or three references and observe the home while children are present.

Many of the guidelines for child care centers also apply to home child care providers, but also examine the following:

- Is a current child care home license on display?
- Does the caregiver have written policies and a contract for parents?
- Are there others living in the home? Who and what age are they?
- Who, besides the provider, may be caring for my child?
- Will my child be taken out of the home while in your care?
- Are there pets or smoking in the home?
- Are bathrooms, diapering areas, and food preparation areas kept clean, safe and separate? Is the house "baby-proofed"?
- Are toys for older children kept out of reach of younger children?
- Are there any guns in the home? Any guns must be locked and stored separately from ammunition.
- Are there arrangements for substitutes if the caregiver is ill?
- Is a daily schedule posted for parents to see?
- Is there enough safe space for play (indoors and out) and for naps?
- Can parents visit at any time when their children are in care?
- Are there opportunities for parents and caregivers to talk to each other about what is happening in the child's life?

For more information about:

Choosing child care wisely: See pages 33-34 or visit the website for the Collaboration for Early Childhood, www.collab4kids.org, select “Early Childhood Resource Directory”.

DCFS licensing standards: Go to www.state.il.us/dcfs, select “Library”, or call 312-328-2464.

National Association for Family Child Care standards: Call 801-886-2322 or go to www.nafcc.org, select “Accreditation”.

West Suburban Home Day Care Association

P.O. Box 1156, Oak Park IL 60304

Phone: 708-848-8931

www.wshdca.org

A not-for-profit organization of more than 50 home-based child care providers; provides monthly training opportunities and networking; a referral line helps parents find provider options among local members.

A note about these listings: We do not list addresses for home care providers due to privacy concerns. Please contact them directly for more information.

B.J.'s Kids

Bj Richards

LOCATION Oak Park IL
EMAIL bjandara@aol.comHOURS 8:00 am - 5:30 pm
AGES 18 months - 5 years
CHILD/STAFF RATIO 8/3

Bertha Cervantes Home Day Care

Bertha Cervantes

LOCATION Oak Park IL
PHONE 708-574-6696HOURS 7:30 am - 5:30 pm
AGES birth - 12 years
CHILD/STAFF RATIO 8/2

Bobbie Brown Tiny Treasures

Thelma Brown-Gates

LOCATION Oak Park IL
PHONE 708-848-4606HOURS 6:00 am - 6:00 pm
AGES 6 months - 12 years
CHILD/STAFF RATIO 8/1

Bright Star Learning Center

Ronna Kowalski

LOCATION Oak Park IL
PHONE 708-925-1690
EMAIL ronnakowalski@yahoo.comHOURS 7:00 am - 6:00 pm
AGES 6 weeks - 12 years
CHILD/STAFF RATIO 5/1

The Busy Bee Learning Academy

Leticia Canchola

LOCATION Oak Park IL
PHONE 708-445-2761
EMAIL leticiacanchola84@yahoo.comHOURS 7:00 am - 6:00 pm
AGES birth - 6 years
CHILD/STAFF RATIO 8/1

Candie's Home Daycare

Candice M. Dever

LOCATION Forest Park IL
PHONE 708-307-7353
EMAIL canmfox@yahoo.comHOURS 7:00 am - 6:00 pm
AGES 6 months - 12 years
CHILD/STAFF RATIO 6/2

Candy Montanez Home Day Care

Candy Montenez

LOCATION Oak Park IL

EMAIL csrcm0856@yahoo.com

HOURS 7:00 am - 5:00 pm

AGES 6 weeks - 12 years

CHILD/STAFF RATIO 8/1

Caring Mom's Learning Daycare

Marjorie Clark

LOCATION Forest Park IL

PHONE 708-466-2795

EMAIL blessed_2_give@yahoo.com

HOURS 7:00 am - 7:00 pm

AGES 6 weeks - 5 years

CHILD/STAFF RATIO 4/1

Cathy's Day Care Home

Catherine Hoffman

LOCATION Oak Park IL

PHONE 708-386-6134

EMAIL hoffmans2@sbcglobal.net

HOURS 7:00 am - 6:00 pm

AGES 6 months - 6 years

CHILD/STAFF RATIO 5/1

Cristy's Home Daycare

Luz Cristina Solis-Black

LOCATION Oak Park IL

EMAIL luzcristinas@yahoo.com

HOURS 7:30 am - 5:30 pm

AGES 12 weeks - 12 years

CHILD/STAFF RATIO 4/1

Daniela's Day Care & Preschool

Ana Perez

LOCATION Oak Park IL

PHONE 708-383-3859

HOURS 7:30 am - 5:30 pm

AGES 6 weeks - 12 years

CHILD/STAFF RATIO 12/2

Diane Toppen Home Day Care

Diane Toppen

LOCATION Oak Park IL

PHONE 708-383-8924

HOURS 7:00 am - 6:00 pm

AGES birth - 12 years

CHILD/STAFF RATIO 8/1

The Early Learning Development Center

Jeanette Streeter

LOCATION Oak Park IL

HOURS 7:00 am - 6:00 pm

EMAIL jeanette.streeter@yahoo.com

AGES 6 weeks - 12 years

CHILD/STAFF RATIO 4/1

Flavia Lamb Home Day Care

Flavia Lamb

LOCATION Oak Park IL

HOURS 7:00 am - 6:00 pm

PHONE 708-445-7344

AGES birth - 5 years

EMAIL bevinlamb@gmail.com

CHILD/STAFF RATIO 8/2

Gaby's Day Care

Gabriela Serratos

LOCATION Oak Park IL

HOURS 7:00 am - 5:30 pm

PHONE 708-948-7112

AGES birth - 12 years

CHILD/STAFF RATIO 12/2

Gail's Daycare

Gail Black

LOCATION Oak Park IL

HOURS 7:30 am - 5:00 pm

PHONE 708-386-5586

AGES 3 months - 12 years

CHILD/STAFF RATIO 8/1

Honeybee Child Care

Erika & Rosetta Abel

LOCATION Oak Park IL

HOURS 7:00 am - 6:00 pm

PHONE 708-848-7424

AGES 6 weeks - 6 years

WEBSITE www.honeybeecdc.com

CHILD/STAFF RATIO 4/1

EMAIL honeybeecdc@yahoo.com

The Itsy Bitsy Home Day Care

Vicki Hutsler

LOCATION River Forest IL

HOURS 7:30 am - 5:30 pm

PHONE 708-366-5674

AGES 6 weeks - 5 years

WEBSITE www.itsybitsyhomedaycare.com

CHILD/STAFF RATIO 5/1

EMAIL vlhutsler@att.net

Jessica's Daycare

Jessica Montenez

LOCATION Oak Park IL

PHONE 708-613-5548

HOURS 8:00 am - 5:30 pm

AGES 6 weeks - 12 years

CHILD/STAFF RATIO 5/1

Jessica's Daycare

Jessica Worthington

LOCATION Oak Park IL

WEBSITE www.jessicas-daycare.com/about/

EMAIL jessrw@comcast.net

HOURS 6:30 am - 6:30 pm

AGES 6 weeks - 12 years

CHILD/STAFF RATIO 8/1

Kathleen Garness Home Day Care

Kathleen Garness

LOCATION Forest Park IL

EMAIL kmgfinearts@comcast.net

HOURS 7:00 am - 6:00 pm

AGES 6 weeks - 12 years

CHILD/STAFF RATIO 6/1

Margie's Kids Home Daycare

Margarita Guzman

LOCATION Oak Park IL

PHONE 773-727-2538

HOURS 7:30 am - 5:30 pm

AGES 2 months - 5 years

CHILD/STAFF RATIO 8/1

Montessori Academy Spanish Immersion

Maria Rueda

LOCATION Oak Park IL

WEBSITE www.myspanishmontessori.com

EMAIL montessori-academy@hotmail.com

HOURS 7:30 am - 6:00 pm

AGES 15 months - 12 years

CHILD/STAFF RATIO 8/2

Mrs. Fischer's Day Care Home

Kathy Fischer

LOCATION River Forest IL

PHONE 708-771-7496

HOURS 7:30 am - 5:30 pm

AGES birth - 12 years

CHILD/STAFF RATIO 8/1

Fun Steps Curriculum and Spanish Curriculum for preschoolers

Nancy Carl Home Day Care

Nancy Carl

LOCATION River Forest IL
PHONE 708-366-4695

HOURS 7:00 am - 5:00 pm
AGES 2 - 12 years
CHILD/STAFF RATIO 8/1

Oak Leaf Academy LLC

JoAnn Gantar & Melissa Lumkes

LOCATION Oak Park IL
EMAIL ola.oakpark@gmail.com

HOURS 7:30 am - 5:30 pm
AGES 6 weeks - 6 years
CHILD/STAFF RATIO 4/1

Parent's Helper Home Daycare

Melody Robinson

LOCATION Oak Park IL
PHONE 708-383-7209
WEBSITE www.parentshelperdaycare.org
EMAIL msmelphd@yahoo.com

HOURS 7:00 am - 12:00 am
AGES 6 weeks - 12 years
CHILD/STAFF RATIO 3/1

Prairie Home Kids

Pamela van Natter

LOCATION Oak Park IL
WEBSITE prairiehomekids.com
EMAIL pamvannatter@gmail.com

HOURS 7:00 am - 5:00 pm
AGES 6 weeks - 5 years
CHILD/STAFF RATIO 4/1

Prairie Home Kids After School

Pamela van Natter

LOCATION Oak Park IL
WEBSITE prairiehomekids.com
EMAIL pamvannatter@gmail.com

HOURS 3:00 - 6:00 pm; 2:00 - 6:00 pm (W)
AGES Kindergarten - 5th grade
CHILD/STAFF RATIO 10/1

Quetzali Child Care

Alma Martinez

LOCATION Oak Park IL
PHONE 708-655-1082
WEBSITE www.quezali.org
EMAIL alma.quezalichildcare@gmail.com

HOURS 6:00 am - 6:00 pm; 6:00 pm -
 midnight
AGES 6 weeks - 12 years
CHILD/STAFF RATIO 4/1

S.D. Studios After School Care (Art-based Child Care)

Sandra Dawson

LOCATION Oak Park IL

PHONE 708-908-0057

WEBSITE www.sandradawson.net

EMAIL sandradawson@comcast.net

HOURS 2:55 - 5:45 pm, M, T, Th, F
1:55 - 5:45 pm, Wed

AGES Kindergarten - 11 years

CHILD/STAFF RATIO 8/1

After-school care only

Near Beye School

Small Wonders Childcare

Pamela Daniels

LOCATION Oak Park IL

PHONE 708-948-7820

EMAIL pamelardaniels@att.net

HOURS 7:00 am - 6:00 pm

AGES 6 weeks - 12 years

CHILD/STAFF RATIO 8/1

Step by Step Family Day Care

Jerri Thurman

LOCATION Forest Park IL

EMAIL jrrthur@yahoo.com

HOURS 6:00 am - 6:00 pm

AGES 6 months - 12 years

CHILD/STAFF RATIO 8/1

Offers weekends

Susan's Garden Child Care

Susan Bjornson

LOCATION Oak Park IL

PHONE 708-846-9101

WEBSITE www.susansgardenchildcare.com

EMAIL susanbjornson@yahoo.com

HOURS 7:45 am - 5:45 pm

AGES 18 months - 5 years

CHILD/STAFF RATIO 6/1

Toni's Tykes

Antoinette Kizak

LOCATION Oak Park IL

EMAIL antoinetter@comcast.net

HOURS 8:00 am - 6:00 pm

AGES birth - 12 years

CHILD/STAFF RATIO 1/4 or 2/8

Young Learners of Oak Park

Maria Rosa Salazar

LOCATION Oak Park IL

PHONE 708-383-2559

EMAIL yloop@aol.com

HOURS 7:00 am - 5:30 pm

AGES 6 weeks - 5 years

CHILD/STAFF RATIO 3/1

CHOOSING QUALITY CHILD CARE

Points to Consider During the Decision-Making Process

Basic Indicators of a High-Quality Child Care Program:

- Licensed and/or accredited
- Low staff turnover
- The director ideally holds a college degree (bachelor's degree or higher) in a child-related field.
- Conducts background checks for all caregivers
- Staff participates in professional development programs
- Staff is trained to recognize and report suspected child abuse

Atmosphere:

- Makes you and your child feel welcome
- Engages children in activities and creates a happy environment
- Respects each child's individual cultural, ethnic and/or religious background
- Encourages positive, meaningful interactions between staff and children
- Provides consistency in terms of its caregivers
- Welcomes parents to drop in at anytime
- Supports discipline policies that are fair, positive, respectful, and consistent
- Offers clear and ongoing communications between the center, teachers and families through newsletters, conferences and events

Health:

- Promotes cleanliness; equipment and play materials are regularly disinfected
- Requires current immunizations for staff and children
- Emphasizes proper hand-washing rules for staff and children
- Maintains clean diapering and toilet training areas
- Staff is certified in first aid and CPR
- Has policies in place for giving out medication and caring for sick children

Safety:

- Provides adult supervision at all times,
- Follows “safe sleep” practices
- Keeps playground equipment fenced in, in good repair and securely anchored
- Offers safe and age-appropriate toys and play equipment
- Regularly checks for safety recalls of toys, cribs, and playground equipment
- Locks away all potentially poisonous substances including medications and cleaning supplies
- Has clear emergency procedures for accidents, missing children, custody situations, fires and other disasters

Program:

- Values learning through play
- Has clear educational and social goals
- Creates a environment where children learn words and pre-reading skills through books, songs, and two-way conversations.
- Encourages kids to become deeply engaged in play and allows them to make choices throughout the day.
- Offers a lot of books, blocks, puzzles, art, music and dramatic play activities
- Makes sand and water play available on a regular basis
- Limits screen time (television/videos limited to 1 hour daily in full-day program; computer time limited to 20 minutes daily)
- Provides space and equipment for indoor and outdoor gross motor (large muscle) play

Nutrition:

- Serves healthy and appetizing snacks and meals
- Safely handles food allergies, dietary restrictions and ethnic preferences
- Posts breakfast and lunch menus; ask to see one
- Allows for flexibility in eating patterns, whether kids leave food on their plates or ask for seconds

Care in Your Own Home

Some parents may prefer the one-on-one contact that an in-home provider can offer. A nanny works on a live-in or live-out basis performing child care and some minimal household duties. Usually unsupervised during the day, the nanny generally has a 40-60 hour work week. Check with an accountant or tax professional to learn about taxes you may be required to pay.

An au pair lives as an extended member of the family and provides up to 45 hours of in-home care per week. Au pairs cannot be left alone overnight with children or alone with an infant under the age of three months; they do not do housework that does not relate to the care of children. The au pair program in the United States is closely regulated by the State Department; it is intended to be a cross-cultural exchange program with a child care component.

Many of the guidelines for center-based care apply for care in your home, but there are additional issues that should be addressed.

- Interview the prospective caregiver at least twice. Ask for and speak to at least two or three references.
- Conduct a criminal background check with the Illinois State Police, and a DCFS Child Abuse and Neglect Tracking System (CANTS) check. In order to do a CANTS check, the prospective employee must sign a release form giving permission.
- Offer “what if” scenarios on discipline, eating habits, etc., to discover responses on how the caregiver would handle different situations.
- Make sure your caregiver understands and is comfortable with your rules, expectations, discipline guidelines, and parenting philosophy. Also, help your caregiver establish his/her authority with your child.
- Make sure that your caregiver has a signed consent form that allows medical treatment. (A blank consent form is available in the appendix of this directory.)
- Draw up a specific contract outlining expected duties, hours, salary, paid vacation and sick leave. Include parental obligations and set up periodic review dates. Many websites have sample nanny contracts.
- Observe the caregiver’s interaction with your child routinely and without advance notice.
- As your child grows older, consider whether your caregiver will adapt to changing demands and responsibilities.

Occasional or Evening Sitters

The top priority when seeking a babysitter is to find someone who can keep your child safe and happily entertained.

A good babysitter will:

- Have the attention span needed to actively watch your child.
- Have the patience to handle difficult behavior.
- Be able to keep him/herself and your child safe.
- Have the presence of mind to stay calm in an emergency.
- Know when to ask for help.

Before you leave the babysitter with your child:

- Allow enough time to orient a new babysitter to your child, your home, and your routines.
- Discuss expectations, additional responsibilities, and family rules.
- Discuss what to do in case of fire or another emergency.
- Take the sitter on a tour and show him/her the location of all doors, the burglar/fire alarms, the fuse box, and the first aid kit.
- Make sure the sitter knows where diapers, clothes, bottles and snacks are kept.
- Leave written instructions for warming up food and bottles.
- Leave a list by the phone with your home's address and phone number, the number where you can be reached, emergency numbers including Poison Control (800-222-1222), your child's doctor, and a readily available neighbor.
- Include a signed consent form to be used if your child needs medical treatment. (A blank form is included in the appendix of this directory).

All sitters should be trained in CPR and be aware of your house safety rules. The Red Cross offers a babysitting course for teenage sitters, as does the Park District of Oak Park.

Parents who need regular babysitting services can post their openings on job boards in the student career centers at Concordia and Dominican Universities.

Concordia Babysitting Job Board
Koehneke Community Center
Concordia University
Phone: 708-209-3090
campus.events@cuchicago.edu

Dominican Babysitting Job Board
Career Center, Room 216
Dominican University
Phone: 708-524-6822
jppaulus@dom.edu

HEALTH, SAFETY AND WELLNESS

Questions to Ask When Choosing Your Child's Healthcare

It is very important to find out whether your doctor's views on parenting issues mesh with your own. Do the doctor's views on issues like circumcision, breastfeeding, immunizations, nutrition, use of antibiotics, and alternative medicine match your own? Is the doctor aware of and sensitive to any cultural issues your family may have?

Other questions to ask include:

- What are the office hours? Are weekend or evening hours available?
- How are sick children separated in the office from children who are visiting for a checkup?
- Who will see your child if the doctor is on vacation or otherwise not available?
- With which hospitals are your doctors affiliated? If your child needs to be hospitalized, who will care for your child there?
- How does the office handle phone calls during and after hours? How quickly can you expect a call back during the day? After hours?
- Are there special call times for parents with non-emergency questions or is someone available during office hours?
- Does the doctor perform routine developmental screenings as part of well-baby visits?
- Will your child's doctor handle emergencies or will your child be referred to an urgent care center or emergency room?
- Are lab tests done in the office?
- What are the policies regarding referrals to specialists? Is the doctor penalized by your health plan for referrals to specialists? If you are in an HMO, how does your doctor handle out of network referrals?
- What are the fees for services and the payment policies? Must fees be paid in full or are payment plans available?
- Are there extra charges for things like advice calls, after-hour calls, paperwork, etc?

Paying for Children’s Healthcare and Eye Care

Illinois provides several insurance programs intended to serve uninsured or income-eligible families with children.

All Kids:

Provides comprehensive, affordable health insurance, regardless of immigration status or health condition. Children can get All Kids health insurance if: they live in Illinois; they are age 18 or younger; they meet the insurance requirements for All Kids; and their family’s income meets the All Kids Income Limit.

FamilyCare:

Will provide health insurance for uninsured parents/caregivers who meet income eligibility guidelines. This program is available only for legal residents and U.S. citizens. For more information on All Kids and FamilyCare, call 866-ALL-KIDS (866-255-5437) or go to www.allkids.com.

Moms & Babies:

Pays for all healthcare (inpatient and outpatient) for income-eligible women who are pregnant until 60 days after the baby is born regardless of immigration status. To apply for the Moms & Babies program, contact the Oak Park Department of Public Health (708-358-5484) or call the All Kids hotline (866-255-5437).

Affordable Care Act:

Get Covered Illinois information and assistance is available at the Oak Park Health Department (email health@oak-park.us or call 708-358-5483), for Oak Park residents. Information is also available at Proviso Township Mental Health Commission (call 708-240-4435 or email affordablecare@ptmhc.org).

Eye Care Resources

Check with your health insurance provider to see if visits to an eye doctor and/or optometry services for eyeglasses are covered. If your health insurance does offer vision coverage, check the American Optometric Association’s website at www.aoa.org. Click on “Find an Optometrist” and search by zip code. If you have All Kids/Medicaid insurance, call the member hotline at 877-912-1999 to find an eye doctor in your area.

Your Baby's Teeth

Start wiping your child's gums and teeth with a clean, damp washcloth or gauze pad when teeth appear. At age 18 months, begin using a small soft-bristled toothbrush and water. At age three, add a pea-sized dab of toothpaste with fluoride when brushing. If your baby is being exclusively breastfed, your pediatrician or dentist may prescribe a fluoride supplement. Consult with a dentist or healthcare professional by the age of one to discuss your child's teeth. Start visits to the dentist by the age of two.

Baby Bottle Cavities

Baby teeth are prone to cavities very early on. Letting your child drink at will from a bottle containing milk, breastmilk, formula, fruit juices or sweetened liquids can cause rapid and severe decay. Your child should not fall asleep with a bottle containing anything other than water.

Dental Exam Requirements

Illinois law now requires that children in kindergarten, 2nd, and 6th grades have proof of a dental exam; report cards can be withheld if parents do not take children to visit the dentist.

The Children's Clinic

sponsored by Oak Park River Forest Infant Welfare Society
320 W. Lake Street, Oak Park 60302 www.childrenscliniw.org
Phone: 708-848-0528 Email: info@childrenscliniw.org
Preventive and restorative dental services including endodontics and interceptive orthodontics. Available to low-income children birth to age 18. Accepts Medicaid, All Kids; sliding fee scale. No child is refused care for inability to pay.

PCC South Family Health Center

6201 W. Roosevelt Road, Berwyn 60402 www.pccwellness.org
Phone: 708-286-0845

Diagnostic, preventative, and restorative procedures; endodontics, periodontics and oral surgery; available to PCC patients under the age of 20; accepts All Kids, Medicaid & commercial insurance; sliding fee scale (based on procedure) available to uninsured patients.

Other Dental Resources

American Dental Association: 312-440-2500
Chicago Dental Society: 312-836-7300
University of Illinois Dental School: 312-996-7530
University of Illinois Pediatric Clinic: 312-996-7532
University of Illinois Orthodontics Clinic: 312-996-7505

Health and Safety Issues

Accidents are the number one cause of injury and death for children.

Car Safety:

Illinois law requires that children 8 years old and younger use a child restraint system (car safety seat or booster seat, depending on age and weight); children over the age of 8 must wear seatbelts.

A child safety seat is the key to preventing injury and death. When selecting a car seat, carefully check the manufacturer's limits for age and weight.

- Check the car seat label for the manufacturing date. If the car seat is older than 10 years, it should be discarded. Some makers recommend that seats only be used for up to 5 years. Check with the manufacturer if you have questions.
- Do not reuse a car safety seat that has been involved in an accident.
- Check for car safety seat recalls through the U.S. Department of Transportation hotline (800-424-9393).
- Various organizations offer information about selection and the correct installation of car safety seats: the National Highway Traffic Safety Administration (www.nhtsa.gov), the American Academy of Pediatrics (www.healthychildren.org; under "Safety and Prevention", select "On The Go".) or SeatCheck (call 866-SEAT-CHECK or visit www.seatcheck.org)
- The American Academy of Pediatrics and various other groups offer smartphone apps that help parents select the proper car seat.
- SafetyBeltSafe U.S.A., www.carseat.org, lists car seats suitable for special needs children. (Under "Resources, Program Materials", select "Reproducible Materials"; look for Item #173, "Automobile Restraints for Children with Special Needs: Quick Reference List".)

Choking:

- Children under three should not play with small toys or toys with small parts or pieces. Remember to read labels for age recommendations.
- If a toy can slide through the inside of a toilet paper roll, it's too small for a baby or preschooler.
- Do not keep soft toys or objects in your infant's bassinet or crib.
- Children should always be seated and supervised while eating.
- Avoid small round or hard pieces of food that can cause choking.
- Children should be supervised while playing with latex balloons.
- Regularly check your floors for buttons, coins and other small objects.
- Parents and child care providers ideally should know rescue procedures and CPR. Your local Fire Department offers classes in CPR. (See resource listings on Health & Safety beginning on page 54.)

Fires/Burns:

- Install smoke and carbon monoxide detectors on each floor of your home. (Carbon monoxide gas is colorless, odorless, tasteless, and poisonous.)
- Check batteries and detectors twice a year. To help remember, check them when you change clocks for daylight savings time.
- Young children have thinner skin that burns more easily. Turn the hot water heater temperature down to 120 degrees.
- If burned, put the injured area in cold water, bandage loosely and call your child's doctor.

Immunizations:

- The websites of the Centers for Disease Control, www.cdc.gov, and Children’s Hospital of Philadelphia, (www.chop.edu, search for “Vaccine Education Center”), have useful information about vaccinations.
- The CDC’s recommended vaccine schedule is revised every year and is available from your healthcare provider or from on the CDC’s website (www.cdc.gov/vaccines, select “Immunization Schedules”).
- The Oak Park Health Department provides immunizations for under- and uninsured residents under the age of 18. Call 708-358-5491 for information.

Lead Poisoning:

- Lead comes from two main sources in the home: water from lead pipes and dust from lead paint. Make sure that the lead levels in your home are normal. Home testing kits that allow you to test for lead dust are available at local hardware stores.
- Research shows that lead dust in soil can cause problems for kids living in urban areas. Have your children remove their shoes and wash their hands after playing outside.
- If you are rehabbing an older home, have your child’s doctor test your child’s blood levels for lead.
- There have been cases where high amounts of lead or toxic chemicals are found in children’s toys. Stay informed about product recalls and other children’s safety issues.

Poisoning:

- If you have a poisoning emergency, call Poison Control immediately (800-222-1222).
- Keep poison hotline numbers posted at home and programmed into your cell phone.
- Many poisons are tasteless and don’t smell.
- Keep all medicines, vitamins, and household cleaning products out of the sight and reach of children.

Other Accidents:

- Visit www.healthychildren.org, the website for parents designed by the American Academy of Pediatrics, to find detailed information on many topics related to children's health and safety, such as Allergens, Car Seats, Childproofing your House, First Aid, Lead Poisoning, Water Safety.
- The website for the Consumer Protection Safety Commission, www.cpsc.gov, has a link where one can sign up to receive regular email alerts about recalls for children's toys and other products.
- There are also a number of smartphone apps that help one stay informed about product safety recalls.
- Never leave a baby unattended in a high place such as a changing table, bed or sofa, even in a bouncy seat or car seat.
- Get on your hands and knees to explore your home and any safety risks from your child's perspective.
- The American Academy of Pediatrics recommends that families do not keep a loaded gun in a home where children live or visit. If you choose to keep a gun, keep it locked and store ammunition separately from the gun.

YOUR CHILD’S DEVELOPMENT

Is My Child Developing Normally? The Importance of Developmental Screening

Skills such as smiling at a familiar face, babbling, and throwing a ball show that your child is developing at a healthy rate. Although kids develop skills at different times, there are some expected age ranges for reaching these goals.

The Collaboration for Early Childhood publishes a guide for parents called “Watch and Help Me Grow”, which contains information about your child’s development. Our website, www.collab4kids.org, also provides information on “developmental milestones.” There are also several other web resources where you can track your child’s development, including:

PBS Parents – Child Development Tracker

www.pbs.org/parents/child-development

Centers for Disease Control – Parent Milestones Page

www.cdc.gov/ncbddd/actearly/parents/index.html

“Developmental Screening” is a brief test that provides a complete picture of a child’s communication, motor, cognitive and social-emotional skills. A developmental screening can be completed by a doctor at a well child check, a child care provider or other trained professionals. A screening can determine whether your child’s development is appropriate for his or her age. If the screening shows any concerns, further testing should then be sought through the Early Intervention system (ages birth to three) or school district (ages three to five).

The American Academy of Pediatrics recommends that doctors do informal developmental testing at each well child visit, and formal screenings at the 9-, 18-, and 30-month visits.

If a developmental delay is found, it is very important to get help for your child. Research shows that children get along better in school and with other children the earlier they get help with a delay.

If your child is under the age of three, and you have any concerns after speaking to your child's doctor, you may wish to contact your local Child and Family Connections. They can help determine if your child is eligible for early intervention services. Your local Child and Family Connections office is:

Child and Family Connections (CFC) #7

One Westbrook Corporate Center, Suite 610, Westchester 60154
Phone: 708-449-0625 or 888-KONTACT

Child and Family Connections (CFC) is the System Point of Entry for the Early Intervention system in the State of Illinois serving families with children birth-three years of age. The CFC helps families with children under the age of three obtain evaluations and assessments in order to determine eligibility for the early intervention system, and, if eligible, obtain recommended services.

If your child is three years of age or older, contact your local school district's department of special education; see the section on resources for children with special needs beginning on page 73 for contact information.

Supporting Your Child's Development

Children learn from the moment they are born. They are learning all the time at greater speeds than at any other time in their lives. Seven hundred neural connections form in the brain every second during the earliest years of a child's life!

Play

Play is the work of early childhood. Through play, children learn to follow directions, take turns, solve problems, and learn about the world. Engaging your child in the routines and activities that make up a normal day are terrific ways to help your child learn. Children also need lots of different people to play with them.

When wondering about how to help promote your child's development, or looking for programs for your child, keep the following in mind.

Relationships

Loving and caring relationships with the people in their lives are critical for children's successful development. Children need lots of different people – parents, caregivers, brothers and sisters, friends – to talk to and play with. Through relationships with other people, children learn about themselves and gain the confidence they need to try new things. Making friends, expressing anger through words, working through conflicts, showing concern for others, waiting patiently, and having fun with others are all part of healthy emotional and social development. As with any skill, children learn how to do these things in small steps, with the help of those around them.

Talking and Listening

Talk with and listen to your child. It's the best way to help them learn language. From the very first day of their lives, children are listening and learning to understand the language they hear. But it's not just numbers and words; conversation is most meaningful when you look directly at your child. Facial expressions, sounds and body language also help your child learn language and learn to communicate.

Responding to your child's communication, whatever form it comes in, helps your child understand that words have meaning and that communication is a two-way street.

Muscles Big and Small

Learning how to control muscles is an important job for very young children. Children use their big muscles – in the arms, legs, and trunk – to crawl, walk, jump, climb, and balance. Activities that use big muscles are often referred to as “gross motor skills”. One of the best ways to support the development of these muscles is to give young infants lots of “tummy time” to play on their bellies.

Small muscles in the hands, fingers, and face let children express themselves or handle simple tools like spoons. Pushing toy buttons, stacking blocks, grasping toys, finger painting, playing with clay or play-dough and using crayons, markers and pencils are great ways to develop small muscles. These small-muscle activities are “fine motor skills”.

Becoming Independent

Children become independent through little steps that parents and caregivers can encourage. Teaching children to hold their bottle or cup, hold onto a spoon, and pick up food with their fingers can help them take the first steps toward eventually feeding themselves. Asking children to participate in the dressing process by lifting arms and legs or putting little feet into shoes are the early steps in teaching children to dress themselves. Letting children participate in clean-up activities by washing faces and hands and helping with bathing, putting toys away and wiping down tables and chairs encourage independence.

Help Your Child Love to Read

Numerous studies show that it's very important to read to children from an early age. It contributes to childhood development and strengthens the bond between parent and child.

The very first lessons in reading do not happen in school; they begin at home.

To help build a love for words and books you can...

- Talk to your children from the day they are born.
- Read aloud to your child each day. Start when your infant is young enough to grab the book and chew on it (or even earlier). Continue — if your child is willing — even when they are old enough to read by themselves.
- Use story time to cuddle with and be close to your child.
- Don't be afraid to read the same books again and again. Young children enjoy and learn from when things are repeated to them.
- Use interesting and funny voices, if you are comfortable, when you read aloud. Act out the story and use different voices for different characters.
- Ask questions or play guessing games about the story. Talk about what you see on the page.
- Point to the words on the page as you read them. This helps your child connect spoken words with the printed words on the page.
- When they are old enough, give kids paper and crayons, so they can scribble, draw pictures, and pretend to write stories.
- Talk about letter sounds and names when you read to your preschooler. Young children are ready to learn about the sounds within words.
- Let your child see you enjoying yourself with a good book.
- Let your child read before bedtime. Make sure everyone has a good bedside light for reading.
- Let your child to pick his/her own books. They will read with more interest when they have picked the books themselves.
- Use your public library. Look for story times, reading programs, and special events that might interest kids. (Public libraries also provide free internet access to adults.) Contact information for local public libraries is listed under in the section on local resources (Music, Gym, Swim and More[™]) beginning on page 62.

Before the First Day of Kindergarten

Children must be 5 years old by September 1st in order to start kindergarten. Registration typically begins:

- Forest Park District 91 – in April; call 708-366-6945 (if you live north of I290; call 708-366-7498 if you live south of I290).
- Oak Park District 97 – in early February; call 708-524-3000.
- River Forest District 90 – in late January; call 708-771-8282.

To register your child, you will need proof of residency — such as a lease agreement/mortgage statement and utility bills — and your child's birth certificate. Contact your local school district for more details.

Forest Park and Oak Park school districts have full-day kindergarten. River Forest currently offers half-day kindergarten.

Oak Park District 97 asks all incoming kindergarteners to participate in a Kindergarten Readiness Screening. This testing does not affect a child's ability to enroll in kindergarten. Rather, it helps teachers get a snapshot of each child's readiness to learn. Screenings last about 90 minutes and include both the test, as well as a meeting with the child's parents/guardians. Call the District 97 office (708-524-3000) for more information or to make an appointment.

- Illinois law requires proof of a dental exam, and proof of immunizations for all kindergarteners.
- Before the first day of school, familiarize your child with the school, the teacher, the room and even the bathrooms.
- If possible, introduce your child to other children who will be in the same kindergarten class. Take your child to play on the school's playground.
- Talk to your child about how about how he or she will get to and from school.
- Develop daily school routines, including consistent wake up times and bedtimes.
- Help your child become independent. For example, have them keep track of their own things and put on their own clothes and shoes.

LOCAL RESOURCES FOR FAMILIES

Resources & Support Groups of Special Interest to New Mothers

Prenatal Classes at PCC Community Wellness Centers

Prenatal Classes open to the public and free of charge according to the schedule listed below. For more information, please contact Lucinda Reed at 773-378-3347, ext. 4287.

Tuesdays 5:00-7:00 p.m.

PCC South

6201 W. Roosevelt Rd., Berwyn 60402

Thursdays 4:30-6:30 p.m.

PCC Lake Street Family Health Center

14 W. Lake St., Oak Park 60302

About Breastfeeding and Bottlefeeding

www2.aap.org/breastfeeding/faqsbreastfeeding.html

www.healthychildren.org

The American Academy of Pediatrics suggests that babies be breastfed for at least the first six months of life. Consider what makes the most sense for you and your family. Breastfeeding and bottlefeeding are both safe and healthy for your baby. Whether by breast or by bottle, feeding your newborn provides a great opportunity to cuddle and make eye contact.

Families whose babies are being breastfed may want or need specific support. It can take time and practice for mother and baby to settle into a breastfeeding routine. The following organizations provide support to nursing mothers:

International Lactation Consultant Association

www.ilca.org

Maintains an online directory of lactation consultants.

La Leche League of Oak Park/River Forest

www.llofil.org

Contact Rebecca: 708-209-1127 or rirwin42@yahoo.com

Information and support for breastfeeding mothers; meets the first Friday of the month 10 a.m.-noon at the Buzz Café (905 S. Lombard, Oak Park); also meets 7:00-8:30 p.m. the third Tuesday of each month at Pilgrim Congregational Church (460 Lake Street, Oak Park). Phone support for parents with concerns about breastfeeding available between meetings.

Parenthesis Family Center

405 S. Euclid Avenue, Oak Park, 60302

www.parenthesis-info.org

Email: LVergotine@parenthesis-info.org

Phone: 708-848-2227

Parenthesis provides free monthly workshops on various parenting topics as well as the Morning Family Drop In Program in which children spend time in an age/developmentally appropriate classroom while their adults read, socialize, work, and use the internet wi-fi, in the Parent Parlor.

PCC Family Health Centers

14 W. Lake Street, Oak Park 60302

Phone: 708-383-0113

5425 W. Lake Street, Chicago 60644

Phone: 773-378-3347

6201 W. Roosevelt Road, Berwyn 60402

Phone: 708-386-0845

All locations offer lactation consultation and home visits, breastfeeding peer counseling program for PCC primary-care patients. The location at 5425 W. Lake Street also provides free infant massage classes on Mondays from 1:00-2:30 p.m.

Maternal Depression

Maternal depression (clinical depression that occurs during pregnancy or within a year of giving birth) affects as many as one in eight new mothers. Maternal depression is not the same thing as the “baby blues;” it is an illness that requires medical care and can be treated successfully. This illness impacts not only the mother, but the husband/partner, the baby, and the entire family unit.

For more information, the **National Institute for Mental Health** sponsors a website, www.mededppd.org, that provides extensive information about maternal/postpartum depression.

Postpartum Progress, a non-profit organization, also maintains a website, www.postpartumprogress.com, that has information and links to resources.

PCC Family Health Center

www.pccwellness.org

14 W. Lake Street, Oak Park 60302

Phone: 708-383-0113

6201 W. Roosevelt Road, Berwyn 60402

Phone: 708-386-0845

Maternal Depression support is available for PCC primary-care patients.

Support Groups

Postpartum Depression Alliance of Illinois Helpline

www.ppdil.org

Phone: 847-205-4455

Other Sources for Information

Healthcare Alternative Systems Inc. (HAS)

www.hascares.org

Phone: 773-292-4242

HAS offers a community-based treatment program for maternal depression in the Chicago metropolitan area; provides services in English and Spanish.

Voices for Illinois Children – Building Better Lives

www.voices4kids.org

Phone: 312-456-0600

Voices works across all issue areas to improve the lives of children. Under “Get Involved” you can attend an event on maternal depression; under “Library” you can read/download publications pertaining to perinatal and maternal depression.

Child Care Resources

Action for Children

Email: referrals@actforchildren.org

Phone: 312-823-1100

www.actforchildren.org

The Quality Counts Online Child Care search is a service to search for child care programs in Cook County; Action for Children helps parents determine if they qualify for assistance in paying for child care and to receive the appropriate forms to apply. Both services are free.

Child Care Aware

www.childcareaware.org

Phone: 800-424-2246

Illinois Department of Children and Family Services (DCFS)

www.state.il.us/dcfs

National Association for the Education of Young Children

www.families.naeyc.org

Phone: 800-424-2460

Organization of early childhood educators and others dedicated to improving the quality of programs for children from birth to age 8.

Oak Park Department of Public Health

Phone: 708-358-5480

Will provide a list of licensed centers and home child care providers in Oak Park.

West Suburban Home Day Care Association

www.wshdca.org

Phone: 708-848-8931

A not-for-profit organization of more than 50 home-based child care providers; a referral line helps parents find provider options among local members.

Provider Background Checks

Child Abuse and Neglect Tracking System (CANTS)

To determine if a prospective caregiver has ever been investigated for child abuse and neglect in Illinois, call the local DCFS Field Office (708-338-6600), or access the DCFS website at www.state.il.us/dcfs/. Click on the link for “Forms” to request Form CFS-689, Authorization for Background Check for Programs NOT Licensed by DCFS.

Illinois State Police

Phone: 815-740-5160

Provides criminal background checks on prospective caregivers.

Health and Safety Resources

Action for Children

Phone: 312-823-1100

www.actforchildren.org

Resource and referral agency for services including All Kids, child care referrals, and subsidized child care; must meet income/eligibility requirements for certain services; other services available to everyone.

All Kids Covered and Illinois Health Benefits Hotline

Phone: 866-ALL-KIDS (255-5437)

www.allkidscovered.com

Provides health insurance for uninsured children regardless of family income or immigration status. Services include doctor visits, hospital stays, prescription drugs, vision care, dental care, and eyeglasses.

American Red Cross Greater Chicago Chapter

Phone: 312-729-6100

www.chicagoredcross.org

Provides training in CPR & first aid; babysitting course for teenagers.

Centers for Disease Control

Phone: 800-CDC-INFO (800-232-4636)

www.cdc.gov

Provides health/safety information in English and Spanish 24/7.

The Children's Clinic

Sponsored by Oak Park River Forest Infant Welfare Society

320 W. Lake Street, Oak Park 60302

www.childrenscliniciws.org

Phone: 708-848-0528

Email: info@childrenscliniciws.org

Provides full range of medical services including nutritional screening and counseling. Available to low-income children (birth – age 18). Medicaid, All Kids, sliding fee scale. No child is refused care for inability to pay.

Ann & Robert H. Lurie Children's Hospital of Chicago

225 E. Chicago Avenue, Chicago, 60611

Phone: 312-227-4000

www.luriechildrens.org

One of the region's major children's hospitals.

Cook County Health Department

www.cookcountypublichealth.org

Multiple clinic sites; call 708-786-4000 for clinic times and locations
Preventive health services for suburban Cook County residents, including well-child care, immunizations, dental and post-partum care; some services have income eligibility guidelines; other services available to everyone at no cost.

Family Case Management – Oak Park Department of Health

Oak Park residents: 708-358-5484

Helps parents locate and use local care providers for themselves and for their children; must meet income/eligibility requirements.

Forest Park Fire Department

7625 Wilcox, Forest Park, 60130

Phone: 708-366-1234

Car seat check for residents.

Home Child Care Provider Nurse Consultant

Oak Park Department of Health

Oak Park residents: 708-358-5480

Helps home child care providers with communicable disease prevention, policy development, risk assessments, education and support with home visits.

Loyola Medical Center Ronald McDonald Children’s Hospital

2160 S 1st Ave, Maywood 60153

Phone: 877-216-KIDS www.loyolamedicine.org/childrenshospital

One of the region’s major children’s hospitals.

Maryville Academy Children’s Healthcare Center

4015 N. Oak Park Avenue, Building B, Chicago 60634

Phone: 773-205-3600

Fax: 773-205-3630

www.maryvilleacademy.org

Transitional care between hospital and home for medically fragile children from birth to age 21; training for caregivers. Respite care services also provided.

Oak Park Fire Department

100 N. Euclid Avenue, Oak Park 60302 Phone: 708-445-3300
www.oak-park.us/Fire_Department Email: fire@oak-park.us
Regularly scheduled CPR classes (free for residents, \$50 fee for non-residents); certified safety technician will do free car seat check by appointment; call 708-358-5604 to schedule. Bring child and car seat to fitting; if possible, bring manuals for car and car seat.

Oak Park Police Department – Community Policing

123 Madison Street, Oak Park 60302 Phone: 708-386-3800
Resident beat officers work with residents to resolve neighborhood safety issues.

Oak Park Department of Public Health

123 Madison Street or 6026 W. Roosevelt Road
Phone: 708-358-5480 Email: health@oak-park.us
Fax: 708-358-5515
Fax: 708-358-5116 (for confidential health information)
www.oak-park.us/village-services/department-public-health
Preventive health services, including family case management (see listing on page 55); information about lead screenings; WIC nutrition services (see listing on page 57); call for more information and appointment.

PCC Family Health Center

14 W. Lake Street, Oak Park 60302 Phone: 708-383-0113
6201 W. Roosevelt Road, Berwyn 60402 Phone: 708-386-0845
www.pccwellness.org
Comprehensive health care for all ages, including prenatal care; accepts private insurance, Medicaid, All Kids; sliding fee scale discount program available for uninsured patients. Call for appointment.

Resurrection Immediate Care Center

7230 W. North Avenue, #106B, Elmwood Park 60707
www.reshealth.org/rhcservices/immediate_care_centers.cfm
Phone: 708-453-3000
Hours: 8:00 am - 8:00 pm, Mon - Sat; 9:00 am - 5:00 pm, Sun; 365 days/year
Provides immediate medical care for those without life-threatening injuries or illnesses. If unsure whether to go to the emergency room or to immediate care, call 877-RES-INFO (877-737-4636).

River Forest Fire Department

Phone: 708-366-7629 www.river-forest.us/departments/fire/
CPR classes offered to River Forest residents.

Rush Oak Park Hospital

520 Maple Avenue, Oak Park 60304 Phone: 708-383-9300
www.roph.org
One of Oak Park's two major hospitals.

Rush University Medical Center Rush Children's Hospital

1750 W. Harrison Street, Chicago 60612
Phone: 888-RUSH-KID
www.rush.edu/clinical_services/pediatrics
One of the region's major children's hospitals.

Shriners' Hospital

2211 N. Oak Park Avenue, Chicago 60707
Phone: 773-622-5400 www.shrinershospitalsforchildren.org
Medical care free of charge for children under age 18 for certain orthopedic and neurological conditions, craniofacial surgery, spinal cord injury rehabilitation.

Tuberculosis Clinic – Cook County Dept of Public Health

7556 W. Jackson Blvd., Forest Park 60130 Phone: 708-836-8600
Free tuberculosis screening and treatment for suburban Cook County residents; proof of residency required; please call for appointment.

West Suburban Medical Center

3 Erie Court, Oak Park 60302
Phone: 708-383-6200 www.westsuburbanmc.org
One of Oak Park's two major hospitals.

WIC – Supplemental Food Program for Women, Infants, Children: OP/CEDA WIC Program

6026 W. Roosevelt Road, Oak Park 60302
Phone: 708-445-3314 www.cedaorg.net (Programs and Services)
Supplemental food, nutrition, education and counseling for pregnant women, teenage mothers, new mothers, breastfeeding women, and children up to age five who meet income/eligibility requirements.

Other Local Resources and Support Groups

Catholic Charities

1400 S. Austin, Cicero 60804 www.catholiccharities.net
Phone: 708-222-1491, 708-329-4024 or 708-329-4030 (Direct lines to intake)
Food pantry, clothing, outreach for Medicare/LINK; referral to emergency assistance program; suburban shelter; family and elder services; counseling and psychotherapy; outreach to survivors of suicide; immigration; children and adolescent pregnancy program (CAPP); adoption services and intact family services program; respite services.

CEDA (Community & Economic Development Assn.) Near West

6141 W. Roosevelt Road, Cicero 60804 www.cedaorg.net
Phone: 708-222-3824

A variety of services for income-eligible families including Family Case Management, Access to Care, Head Start, WIC, energy assistance (LIHEAP), weatherization, rent and mortgage assistance.

The Children's Clinic

sponsored by Oak Park River Forest Infant Welfare Society
320 W. Lake Street, Oak Park 60302 www.childrensclinicwiws.org
Phone: 708-848-0528 Email: info@childrensclinicwiws.org
Provides mental health services including bilingual psychiatric evaluation and treatment. Available to low-income children (birth - age 18). Medicaid, All Kids, sliding fee scale. No child is refused care for inability to pay.

Erikson Institute Center for Children and Families

Willet Center, 120 Madison Street, Oak Park 60302
Erikson Institute, 451 N. LaSalle Street, Chicago 60654
Email: ccf@erikson.edu Phone: 312-893-7119
Counseling services available free of charge for families with children 8 years old or younger.

Fussy Baby Network at the Erikson Institute

Phone: 888-431-BABY www.fussybabynetwork.org
Services including free parent support phone line, home visit program, English and Spanish support groups, and fussy baby clinic.

Grandparents Raising Grandchildren Support Group

at RUSH-Oak Park Hospital, Oak Park 60304
520 S. Maple Avenue, North Conference Room Phone: 708-660-4636
Group meets 6:30 – 8:30 pm on the 2nd Thursday monthly, Sept–June.
Discussion groups and guest speakers. Children are provided a light supper and supervised craft.

Hephzibah Children’s Association

1144 W. Lake Street, 5th floor, Oak Park 60301

Phone: 708-649-7140

www.hephzibahhome.org

Services for children and families; case management/social work; parent support and training; foster care; information and referral; advocacy.

Maryville Academy Crisis Nursery

4015 N. Oak Park Avenue, Building B, Chicago 60634

Phone: 773-205-3637

Fax: 773-205-3633

www.maryvilleacademy.org

Short-term care for children birth – age 6, for families in crisis, such as domestic violence, medical emergencies, or family instability.

Oak Park MOPS (Mothers of Preschoolers)

at First Presbyterian Church, 7551 Quick Avenue, River Forest 60305

www.oakparkmops.com

Email: info@oakparkmops.com

Support for mothers of children birth – 5 yrs; provides fellowship from a Christian perspective; meets 9:00-11:00 am on the 1st & 3rd Fridays, Sept–May. Children participate in supervised activities; variable fee structure. Online chat forum also available.

Oak Park River Forest Food Pantry

848 Lake Street, Oak Park

www.oprffoodpantry.org

(basement of First United Church of Oak Park, enter thru parking lot)

Phone: 708-386-1324

Email: info@oprffoodpantry.org

Hours: Saturdays: 9:00 am – 12:00 noon

1st Wednesday of month: 7:00 – 8:30 pm

2nd, 3rd, 4th, and 5th Wednesday of month: 3:30 – 5:00 pm

Clients select an allotment of food once a month; assistance with food stamp applications is available. Clients must reside within service boundaries; photo ID and proof of residence is required.

Oak Park Women’s Guild

at The Nineteenth Century Club, 178 Forest Avenue, Oak Park 60301

www.oakparkwomensguild.org

Email: opwomensguild@gmail.com

Non-profit volunteer organization with a focus on community service as well as social opportunities. Meets 9:00 - 11:00 am, two Wednesdays per month Sept-May. Babysitting provided for a small fee.

OPRF Mom Mail

www.mommail.wordpress.com

Email: OPRFMomMail@gmail.com

Daily community email listserv on different topics (sitters wanted/available, items wanted/for free/for rent, for sale, etc.).

Parenthesis Family Center

405 S. Euclid Avenue, Oak Park 60302 www.parenthesis-info.org
Phone: 708-848-2227 Email: info@parenthesis-info.org

Offers on-site and in-home parenting education and support for all families. Support groups for pregnant/parenting teens, single moms; Family Wrap parent coaching; Parent/child Drop In program provides play-based, age-appropriate for children (ages birth – kdg). Parents of children ages 3 – 5 can use Drop Off program two mornings per week.

Parents of Children Having Allergies (POCHA)

Email: oakparkpocha@earthlink.net

Support, education, and advocacy for families in the Oak Park/River Forest area who have children with food allergies.

PCC Family Health Centers

14 W. Lake Street, Oak Park 60302 Phone: 708-383-0113
6201 W. Roosevelt Road, Berwyn 60402 Phone: 708-386-0845
www.pccwellness.org

Behavioral health services include family and couples counseling for PCC primary-care patients.

Pillars

6918 Windsor Avenue, Berwyn 60402
6415 Stanley Avenue, Berwyn 60402
Phone: 708-386-2100 or 708-745-5277 www.pillarscommunity.org

24-Hour Domestic Violence Hotline: 708-485-5254

24-Hour Sexual Violence Hotline: 708-482-9600

Community mental health center offering social services for children (ages 2 – 17) and their families; child psychologist on staff; early childhood mental health; bereavement, crisis, individual and family counseling; (SASS); domestic violence shelter.

Prevail

848 Lake Street, Oak Park
(basement of First United Church of Oak Park, enter thru parking lot)
Phone: 708-386-1946 www.prevailon.org

Direct services: job readiness, financial literacy, and emergency assistance and referral. Help with replacing IDs and birth certificates, eviction & utility shutoff, and public transportation for essential appointments. Referrals to medical, dental, and vision services; overnight shelter and rental assistance; meal programs and food pantries.

Sarah’s Inn

P.O. Box 1159, Oak Park 60304

Phone: 708-386-3305

www.sarahsinn.org

24-Hour Crisis Line: 708-386-4225 Email: sarahsinn@sarahsinn.org

Comprehensive domestic violence services for children and women; individual and group counseling; parenting classes; court advocacy; abuser services; art therapy; computer training.

TAPP (Teenage Parent Program)

at Oak Park-River Forest High School, 201 N. Scoville, Oak Park 60302

Contact Erin Graziano: 708-434-3199 Email: egrazio@oprfs.org

Provides care for children (6 wks – 5 yrs) of teenage parents while they attend classes at OPRFHS; sliding fee scale. For more support for teenage parents, see listing for Parenthesis on page 60.

Thrive Counseling Center

120 S. Marion Street, Oak Park 60302

www.thrivecc.org

Phone: 708-383-7500

Email: admission@thrivecc.org

24 Hour Crisis Line: 708-383-7500

Community mental health center with 24 Hour crisis line; sliding fee scale; parent, family, and youth (ages 12 – 18) counseling; drug & alcohol prevention programs; bullying and conflict prevention programs; youth anger management; client advocacy and case management; victim and witness assistance program.

West Suburban MOMS (Mothers of Multiples)

Email: wsmoms@gmail.com

www.wsmoms.org

Provides support and encouragement to parents of twins, triplets, and multiple birth children. Online support group; monthly parent meetings held on the 3rd Wednesday of every month.

West Suburban PADS

1851 S. Ninth Avenue, Maywood 60153

Phone: 708-338-1724 or 888-338-1744

www.westsuburbanpads.org

Emergency homeless shelter, supportive services & housing, employment readiness and one-time homelessness prevention program.

Music, Gym, Swim and More

Academy of Movement and Music

605 Lake Street, Oak Park 60302

Phone: 708-848-2329

Email: stephanieclemons@hotmail.com

Fax: 708-848-2391

www.academyofmovementandmusic.com

Ballet (ages 3 and up) and boys' production workshop (ages 5 and up).

Brookfield Zoo

First Avenue, between Ogden Avenue and 31st Street, Brookfield

Phone: 708-688-8000

www.brookfieldzoo.com

Open 365 days/year. Free general admission on Tuesdays and Thursdays, October – December. Many exhibits suitable for visits during bad weather. See website or call for special events and pricing.

De Maira Dance Studio

1146 Chicago Avenue, Oak Park 60302

www.demaira-dance.com

Phone: 708-386-1833

Email: demairadancestudios@comcast.net

Tot combination class–ballet, tap, creative movement, & tumbling (ages 3 and up).

Fenwick High School Swim Classes

505 W. Washington Blvd., Oak Park 60302

Phone: 708-386-0127 x 195

kperry@fenwickfriars.com

Three 2-week summer sessions, eight lessons per session (age 5 and up).

Forest Park Public Library

7555 Jackson Boulevard, Forest Park 60130

Email: Askus@fppl.org

Phone: 708-366-7171

www.fppl.org

Age-specific and family storytimes; see website for details.

Garfield Park Conservatory

300 N. Central Park Avenue, Chicago 60624

Phone: 312-746-5100

www.garfield-conservatory.org

Hours: 9:00 am – 5:00 pm (Thursdays: 9:00 am – 8:00 pm), 365 days/year

Six greenhouses (including a children's garden); two exhibition halls.

The Gasse School of Music

7641 Polk Street, Forest Park 60130

www.gassesm.com

Phone: 708-488-8117

Email: info@gassesm.com

Classes for children birth-high school Mon-Sat; Musikgarten program (birth – age 5); parent/child instrument lessons in cello, piano, violin, and viola (age 4); instruction for Spanish-speaking students; ongoing enrollment; class schedules follow public school calendar.

Harold “Hal” Tyrrell Trailside Museum

738 Thatcher Avenue, River Forest 60305

Phone: 708-366-6530

Summer Hours (March-October) 9:00 am – 4:45 pm, Saturday – Thursday

Winter Hours (Nov.-February) 9:00 am – 3:45 pm, Saturday – Thursday

Nature tours; sanctuary for injured and orphaned animals unable to survive in wilderness; wildlife museum; Cook County Forest Preserve. Closed on Fridays except for programs scheduled in advance.

Huskie Swim Camp at Oak Park River Forest High School

East Pool, 201 N. Scoville Avenue, Oak Park 60302

Phone: 708-434-3431 or 708-434-3600

Three 2-week summer sessions (eight lessons per session) at seven different start times; mail-in registration at beginning of April; walk-in registration at beginning of June (ages 4 – 10).

INTUITdance

237 Harrison Street, Oak Park 60304

www.intuitdance.org

7515 Madison Street, Forest Park

Email: info@intuitdance.org

Phone: 312-505-0186 or 708-524-0500

Beginning ballet, Dance for Children (creative movement), and Dance for Boys (boys' ballet).

The Language and Music School

150 N. Oak Park Avenue, Oak Park 60301

www.lmschool.com

Phone: 708-524-3340

Music classes with parent (4 mos – 4 years); language immersion classes (ages 2 –9); instruction for most instruments.

Legere Dance Centre

7377 W. North Avenue, River Forest 60305

Phone: 708-771-9500

www.legeredancecentre.com

Beginning to advanced levels in Ballet, Pointe, Jazz, Modern, Tap and Hip-Hop (ages 3 – adult).

Magical Minds Studio

343 Harrison Street, Oak Park 60304 www.magicalmindsstudio.com

Phone: 866-736-ARTS

Email: contact@magicalmindsstudio.com

Ongoing (punchcard purchase) parent-child classes (18 mos +) that include art & sensory media; Open Studio sessions; birthday parties.

Music Together at Oak-Leyden

411 Chicago Avenue, Oak Park 60302

www.musictogether.com

Phone: 708-524-1050, ext. 107

Email: rwood@oak-leyden.org

Inclusive family music classes (8 mos – 5 years).

Musikgarten of Oak Park

344 Harrison Street, Oak Park 60304

www.makingmusik.com/msamy/

Phone: 708-445-1633

Email: angie.musikgarten@yahoo.com

Family music classes for babies (birth – 18 mos), toddlers

(16 mos – 3 yrs) and children (3 – 5 yrs).

My Gym Children's Fitness Center

7625 W. Lake Street, River Forest 60305

Phone: 708-209-1600

www.my-gym.com/riverforest

Email: mygymopr@gmail.com

Classes for children (6 mos – 10 yrs) incorporate music, dance, relays, games, sports, gymnastics, and more. Birthday parties & camps.

Oak Park Art League

720 Chicago Avenue, Oak Park 60302

www.oakparkartleague.org

Phone: 708-386-9853

Email: oakparkartleague@gmail.com

Children's art classes (age 3 1/2 and up) involving a variety of art materials. Preschool Pop-In; check website for detail.

Oak Park Conservatory

615 Garfield Street, Oak Park 60304, across from Rehm Park
Phone: 708-3725-2460 www.fopcon.org
Email: coordinator@fopcon.org
Hours: 10:00 am – 4:00 pm, Tuesday–Sunday; 2:00 – 4:00 pm, Monday
Interactive Exploration Station at no cost 10:00 – noon, on Saturday
mornings, Sept. – May; annual Kids Fest and George the Parrot’s
birthday on 1st Sunday in March; tours available for groups by appt.

Oak Park Gymnastics and Recreation Center (GRC)

21 Lake Street, Oak Park 60302 www.pdop.org/programs/gymnastics
Phone: 708-725-2200 Email: gymnastics@pdop.org
Instruction for children ages two and up. See website for details.
Preschool Playtime for ages six and below from October thru May on
Tuesday 10-11:30, Wednesday 10-11:30, Friday 1-2:30. Check website
or call to confirm times and fees.

Oak Park Public Library

Main Library, 834 Lake Street, Oak Park 60301 www.oppl.org
Phone: 708-383-8200 or 708-452-3420 (children’s department)
Dole Branch, 255 Augusta Avenue Phone: 708-386-9032
Maze Branch, 845 S. Gunderson Avenue Phone: 708-386-4751
Year-round activities, including story times and summer reading
incentive programs. Call or visit the website for more information.

Panda Dance Studio

1003 Garfield Street, Oak Park 60302 www.pandadancestudios.com
Phone: 708-386-0743 Email: pandastudios@comcast.net
Combined ballet, tap, and tumbling classes (ages 3 – 5).

Park District of Forest Park

7501 W. Harrison Street, Forest Park 60130 www.pdofp.org
Phone: 708-366-7500 Fax: 708-366-1142
Parent/child swim classes (for children 6 months & up), recreational
programs for children of all ages. Aquatic Center includes zero depth
pool and sprayground. Call or visit website for more program details.

Park District of Oak Park

218 Madison Street, Oak Park 60302

Phone: 708-383-0002

www.pdop.org

Fax: 708-383-5702

Email: info@pdop.org

Family music classes for children (3 months – 5 years); children’s dance, preschool arts and crafts, swimming, ice skating, hockey, sports at several locations (age 3 and up); online brochure and registration available.

Peekaboo Playroom

206 S. Marion, Oak Park 60302

www.peekabooplayroom.com

Phone: 708-848-4815

Email: info@peekabooplayroom.com

Mon-Fri 9:15-5:00, Saturday 9:00-1:00, Closed Sunday

Indoor playground where parents can relax as their children play; parties. See website for special events.

River Forest Community Center

8020 Madison Street, River Forest 60305

Phone: 708-771-6159

www.rfcc.info

Fax: 708-771-8958

Email: jconrad@rfcc.info

Parent/child programs (ages 15 – 23 mos); art, dance, music, gymnastics, karate (age 3 and up); birthday parties; summer camps.

River Forest Park District

401 Thatcher Avenue, River Forest 60305

www.rfparks.com

Phone: 708-366-6660

Email: info@rfparks.com

Activities for children (age 4 and up), including pee-wee sports; arts and crafts; after school sports; summer camp for tots.

River Forest Public Library (Children’s Services)

735 Lathrop Avenue, River Forest 60305

www.riverforestlibrary.org

Phone: 708-366-5205, ext.312 Email: childrens@riverforestlibrary.org

Storytimes for infant – 6 years weekdays; monthly Grandparent and Pajama Storytimes; special events – see website for details. All programs are free; some require registration.

Steckman Studio of Music

829 S. Oak Park Avenue, Oak Park 60304

Phone: 708-524-1954

www.steckman-studio.org

Fax: 708-524-5412

Email: kathy@steckman-studio.org

Parent/caregiver-child music classes (12 – 35 mos), independent music classes (ages 3 – 5), individual and group instrument lessons.

TranscenDance Studios at Fitness Formula Club

1114 Lake Street, Oak Park 60301 www.transcendancestudios.com

Phone: 773-944-5352

Email: caitjones@transcendancestudios.com

Pre-combo ballet-tap classes (ages 3 – 5).

Tri-Star Gymnastics

1401 Circle Avenue, Forest Park 60130

www.tri-stargym.org

Phone: 708-771-STAR (7827)

Fax: 708-771-5909

Parent/tot classes (18 mos – 3 1/2 years), independent gymnastics classes (ages 3 1/2 yrs+), weekly drop-in parent/child family fun classes; birthday parties.

West Cook YMCA

225 S. Marion Street, Oak Park 60302

Phone: 708-383-5200

www.westcookymca.org

Various activities offered to members and non-members including day camps, preschool family gym, ballet, storytime, dance and drama, gym & swim, and seasonal events.

Wonder Works Children’s Museum

6445 W. North Avenue, Oak Park 60302

www.wonder-works.org

Phone: 708-383-4815

Email: info@wonder-works.org

Hours: 10:00 am – 5:00 pm Mon, Wed – Saturday; noon – 5 pm Sunday
Interactive non-profit children’s museum for children ages 8 years and younger with 6 permanent exhibits; birthday parties. Special programs for music, arts & crafts, science and nature, and creative play included in museum general admission. See website for schedule and special events.

Some Useful Websites for Families

Advocacy

Collaboration for Early Childhood

www.collab4kids.org

Phone: 708-613-6122

Local public/private partnership that works to assure that all families have access to high-quality affordable childhood care and education.

Children’s Defense Fund

www.childrensdefense.org

Advocacy on behalf of children, especially children at risk and children with disabilities.

Illinois Action for Children

www.actforchildren.org

Information & advocacy on behalf of children, families and communities; Quality Counts Online Child Care search tool.

Ounce of Prevention Fund

www.ounceofprevention.org

Programs, research, and training to give children in poverty the best chance of success in school and in life.

Voices for Illinois Children

www.voices4kids.org

Information and advocacy on behalf of children and their families.

Child Development and Milestones

Centers for Disease Control – Parent Milestones Page

www.cdc.gov/ncbddd/actearly/parents/index.html

Information about children’s developmental stages and early intervention; developed by the CDC.

Center on the Social and Emotional Foundations for Early Learning

www.vanderbilt.edu/csefel

Information about social/emotional development and school readiness for children from birth to age 5.

Child and Family WebGuide

www.cfw.tufts.edu

A directory of websites on parenting, child development, and family issues.

Collaboration for Early Childhood

www.collab4kids.org

Phone: 708-613-6122

Click on the link for “Watch and Help Me Grow”, a guide to developmental milestones, written especially for parents.

Early Childhood Learning and Knowledge Center

www.eclkc.ohs.acf.hhs.gov/hslc

Website for Head Start; administered by the US Dept. of Health and Human Services.

Healthy Children

www.healthychildren.org

Information about age-related milestones, safety, nutrition, parenting, and more; developed by the American Academy of Pediatrics.

Zero to Three

www.zerotothree.org

Clearinghouse for information on the first years of life.

Choosing Toys and Books for Children

Commonsense Media

www.common sense media.org

Non-partisan group that rates and reviews books, movies, & other media for children.

Dr. Toy: The Best Advice on Children’s Products

www.drtoy.com

Information on recommended products and toys for children.

Food Allergies

Kids with Food Allergies Foundation Community Page

www.community.kidswithfoodallergies.org

Food allergy management strategies for children and their families.

Medical Resources

Centers for Disease Control (CDC)

www.cdc.gov

Comprehensive information about a range of health and safety issues, administered by the federal government.

Children’s Hospital of Philadelphia

www.chop.edu/healthinfo

Noted online resource for children’s health issues.

KidsHealth.org

www.kidshealth.org/parent

Information about children’s health, written for parents.

Merck Medical Library

www.merckmanuals.com/home/index.html

Free layperson’s edition of The Merck Manual of Medical Information.

Safety

CarSafety.org

www.car-safety.org

Consumer Product Safety Commission

www.cpsc.gov

Free email alerts announcing recalls of children’s products.

KidSource Online

www.kidsource.com

Information about children’s health, education, and product safety.

National Highway Traffic Safety Administration Child Safety

www.nhtsa.gov/Safety/CPS

Child car safety information administered by the federal government.

Special Needs

Disability Resource Monthly

www.disabilityresources.org/ILLINOIS.html

Lists a variety of regional disability resources in Illinois.

National Information Center for Children with Disabilities

www.nichcy.org

Referral center and clearinghouse for information about disabilities.

One Place for Special Needs

www.oneplaceforspecialneeds.com

Online community for families with special needs.

Wrightslaw

www.wrightslaw.com

Information about law and advocacy for children with disabilities.

CHILDREN WITH SPECIAL NEEDS

Early Intervention for Special Needs

Skills such as turning one's head when hearing a familiar voice, using words, and running are developmental milestones. Although the development of skills (for example, language skills) varies from one child to another, there are some expected age ranges for these milestones. The Collaboration for Early Childhood publishes "Watch and Help Me Grow", a guide for parents about developmental milestones. If you have concerns, speak to your child's doctor about screening for developmental delays.

If after talking to your child's doctor, you still have concerns and your child is under the age of three: Contact your local Child and Family Connections (CFC) office.

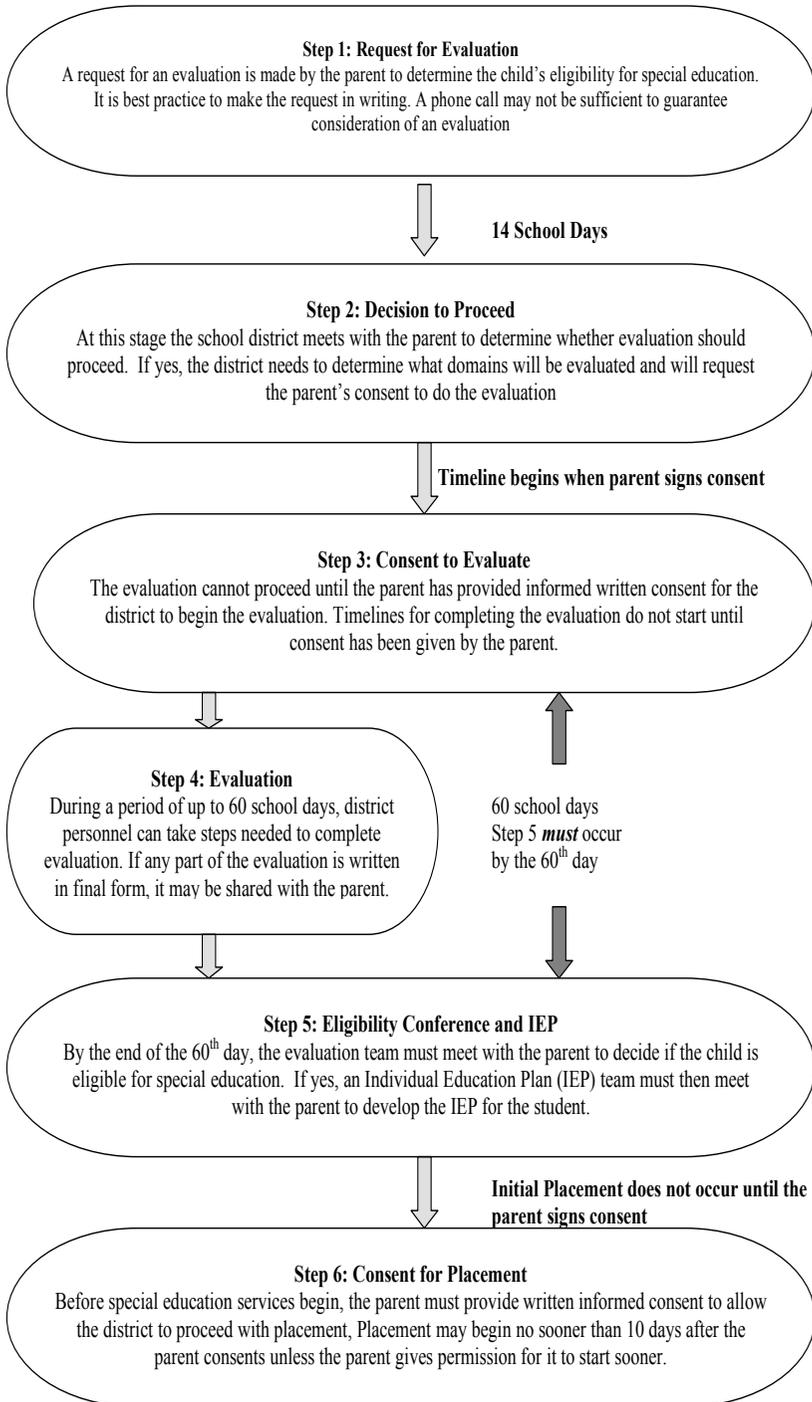
Child and Family Connections (CFC) is the System Point of Entry for the Early Intervention system in the State of Illinois. The CFC helps families with children under the age of three obtain evaluations and assessments in order to determine eligibility for the early intervention system, and, if eligible, obtain recommended services.

Child and Family Connections #7 - West Suburban Cook County
One Westbrook Corporate Center, Suite 610, Westchester 60154
Phone: 708-449-0625 or 888-KONTACT

If your child is age three or older: Contact your local school district's department of special education; school districts in Forest Park, Oak Park, and River Forest all provide screening to children over age three in the areas of communication, social/emotional development, cognition, motor skills, hearing, and vision on a regular basis, in compliance with federal law. Further diagnostic evaluations are completed for eligible children. The diagram on the next page outlines the Initial Eligibility Process for Early Childhood Special Education Services.

All three local school districts house early childhood programs for eligible children, age three and up, in at least one of their elementary schools. See the listings on page 73 for contact information for the local elementary school districts.

Eligibility Step by Step



Flowchart courtesy of Educational Rights and Responsibilities, page 17, Illinois State Board of Education, 2009

Resources for Children with Special Needs

Families of children with special needs have unique issues. The following is a compilation list of resources that families with special needs children may find useful. There are many additional resources, although we have attempted to list most local groups — or regional/national organizations if a local resource does not exist. The print version of this directory lists general resources for families whose children have special needs. Additional resources relating to specific areas of development or diagnosis are listed in the online version of this Early Childhood Resource Directory at www.collab4kids.org.

Links to additional resources for specific special needs are also available at www.thecenterweb.org/starnet/res-links.html.

Please note that many of these resources depend upon local, state, or federal funding and that availability of services may vary based upon government funding levels.

Local School Districts

Forest Park (District 91) Student Services Department

925 Beloit Avenue, Forest Park 60130 Phone: 708-366-5742
www.forestparkschools.org/information-special-services-my-child

Oak Park (District 97) Special Education

970 Madison, Oak Park 60302 Phone: 708-524-3000
www.op97.org/special-education/

River Forest (District 90) Special Education

7776 Lake Street, River Forest 60305 Phone: 708-771-8282
www.district90.org

General Resources

Aspire Children's Services

1815 South Wolf Road, Hillside, IL 60162
Phone: 708-236-0979 www.aspireofillinois.org
Provides family-centered early intervention and specialized services for children with developmental delays or disabilities, and their families.

Advocate Illinois Masonic Medical Center

836 W. Wellington Ave., Chicago 60657

Phone: 773-296-7450

Fax: 773-296-7370

www.advocatehealth.com/immc/outpatient-rehabilitation-services-and-treatments

Audiology, developmental therapy, occupational therapy, physical therapy, social-emotional/mental health therapy and speech therapy

Community Support Services

9021 W. Ogden, Brookfield 60513

Phone: 708-354-4547

www.communitysupportservices.org

Case management/social work; developmental disabilities services; parent support/training; respite care.

Division of Specialized Care for Children (DSCC)

at University of Illinois Chicago (UIC)

Phone: 800-322-3722

www.uic.edu/hsc/dsc

Care coordination for children from birth to age 21 with physical disabilities. Financial assistance with medical costs for qualifying income-eligible families. Information available in English and Spanish.

Family Resource Center on Disabilities

20 E. Jackson Blvd, Room 300, Chicago 60604

Phone: 312-939-3513

www.frcc.org

Provides information, training, and support for families who have children with disabilities.

Fussy Baby Network at Erikson Institute

Phone: 888-431-BABY (2229)

www.fussybabynetwork.org

Variety of services including free parent support phone line, home visit program, English and Spanish support groups, and fussy baby clinic.

Helping Hand Rehabilitation Center

9649 W. 55th St., Countryside 60525

Phone: 708-352-3580, ext. 383

Fax: 708-352-9728

www.hhrehab.org/pgrms/child_services.html

Developmental therapy, occupational therapy, physical therapy, and speech therapy.

Illinois Early Intervention Clearinghouse

Phone: 877-275-3227

www.eiclearinghouse.org

Fax: 217-522-4670

Email: illinois-eic@illinois.edu

Provides library and information services to Illinois residents on health, educational and developmental concerns of infancy and early childhood; call to order materials at no cost.

Imagine Pediatric Therapy

606 W. Roosevelt Rd., Chicago 60607

Phone: 312-588-5050

Fax: 312-588-5040

www.imaginepeds.com

Occupational therapy, physical therapy and speech therapy.

Kids Unlimited Therapeutic Services LLC

820 North Blvd. (side entrance), Oak Park 60302

Phone: 708-524-2445

Fax: 708-524-2443

www.kidsunlimitedtherapyservices.com/Index/html

Occupational therapy, physical therapy and speech therapy.

Lekotek (National Center)

2001 N. Clybourn, Chicago 60614

Phone: 773-528-5766

www.lekotek.org

Fax: 773-537-2992

Email: lekotek@lekotek.org

Toy Resource Helpline: 800-366-PLAY

National resource on toys and play for children with special needs.

Services include toy lending libraries, family playgroups, home visits, parent support groups, special events, and advocacy.

Lurie Children's Outpatient Center at Westchester

2301 Enterprise Dr., Westchester 60154

Phone: 708-836-4800

Fax: 708-836-4805

Audiology, occupational therapy, physical therapy and speech therapy.

Oak-Leyden Developmental Services

411 Chicago Avenue, Oak Park 60302

Phone: 708-524-1050 ext. 107

www.oak-leyden.org

Individualized, family-centered services for young children from birth to age 5 with developmental delays or disabilities. Program services include: physical, occupational, speech, and developmental therapies, play groups, family training and support, and family events. Developmental screenings available upon request.

Pillars

6918 Windsor Ave., Berwyn 60402

Phone: 708-745-5277

Fax: 708-795-4834

www.pillarscommunity.org

Social-emotional/mental health therapy.

STAR Net Region II

2626 S Clearbrook Dr, Arlington Heights 60005

Phone: 224-366-8579

www.thecenterweb.org/starnet

Support and Technical Assistance Regional Network provides training and technical assistance to parents of children with special needs (birth-age 8) in western Cook County.

Supported Education Association (SEA)

Email: seaoakpark@gmail.com

www.sea-oprf.org

Parent group for families in Oak Park and River Forest with children with special needs: physical, emotional, and learning development needs (ADHD, LD); meets every third Thursday of the month.

Thrive Counseling Center

120 S. Marion St., Oak Park 60302

Phone: 708-383-7500

Fax: 708-383-7880

www.thrivecc.org

Social-emotional/mental health therapy.

Vital Rehabilitation

5820 W. Irving Park Rd., Chicago 60634

Phone: 773-685-8482

Fax: 773-685-8479

www.vitalrehabilitation.com/index.php

Developmental therapy, occupational therapy, physical therapy, social-emotional/mental health therapy and speech therapy.

West Suburban Special Recreation Association (WSSRA) & Lekotek

2915 Maple Street, Franklin Park 60131

Phone: 847-455-2100

www.wssra.net

Cooperative extension that provides recreational opportunities for children and adults with special needs, disabilities, or handicapping conditions. WSSRA also offers Lekotek, a lending library of toys for children with disabilities.

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Medical Release Form

We, _____, residing

at _____

hereby give permission to

to authorize medical care for our child/children

in the event of an emergency.

Permission is hereby granted to authorize the appropriate medical care, as ascertained by a certified physician in consultation with the above named caregiver.

Signed _____ Date _____

Witness _____ Date _____

Emergency Numbers

Emergency/Police/Fire: 911
Poison Control: 1-800-222-1222
Child Abuse Hotline: 1-800-25 ABUSE

Personal Information

Your home address: _____

Your phone number: _____

Your work number: _____

Your cell phone number: _____

Emergency Contacts

Nearest relative _____

Phone Number _____

Neighbor/friend _____

Phone Number _____

Neighbor/friend _____

Phone Number _____

Neighbor/friend _____

Phone Number _____

Health care provider _____

Phone Number _____

Insurance company _____

Agent/phone number _____

Policy number _____