

## Baby's Social/Emotional Development

### Month 1

Cries to communicate and ask for help  
Makes eye contact  
Responds to smiles and voices



### Month 2

Develops a social smile  
Plays with others, may cry when play stops  
Prefers to look at people and study faces  
Gurgles and coos  
First begins to express anger

### Month 3

Smiles and gurgles to start communication  
Smiles at you with the whole body – hands wide, arms lifted up, and legs moving  
Imitates some movements and facial expressions  
Like to cuddle and can be comforted by a familiar adult  
Plays peek-a-boo  
Pays attention to their own name

### Month 4

Turns towards children's voices  
Laughs when tickled or interacting with others  
Cries if play stops

### Month 5

Becoming more assertive – making needs known  
Can tell the difference between family members and strangers  
Likes to play during meals

### Month 6

May cling to parents or one parent in particular  
Respond actively to language and gestures  
Show displeasure at the loss of a toy

### Month 8

Responds to their own name  
Continues to imitate others  
Fearful of strangers  
Smiles at own reflection  
Raises arms to be held



### Month 12

Feed themselves finger foods, drinks with assistance  
Wants parents/caregiver in constant sight  
Holds out arms and legs while dressing  
Offers toys to others but wants them returned  
May become attached to a favorite toy or blanket  
Pushes away something he/she does not want

## Helpful Tips

- Memorize your social security number
- Get a school or California I.D. and keep your I.D. with you at all times
- If you have a Medi-Cal card, keep it with you
- Keep a list of emergency phone numbers (trusted adult, prenatal care advisor, baby's doctor, etc.)
- Save check stubs, financial statements, or other proof of income

## Text4baby

Text4baby is a free service for pregnant women. Information on maternal and child health is texted to your phone weekly, and is based on your due date or your baby's birth date. Information includes prenatal care and developmental milestones. Signing up is easy! Go to [www.text4baby.org](http://www.text4baby.org) or simply text the word **BABY** (or **BEBE** for Spanish) to 511411.



In California, there is a safe way to surrender your baby. If you feel that you cannot care for your baby, California law permits the parent(s) to safely and confidentially surrender a baby within three days of birth. The baby may be taken to a hospital or safe haven site displaying this logo.

# Pregnant And Parenting Teens

## Information and Help for you and your Child



## Resources Available In Yuba and Sutter Counties

## Pregnancy Testing and Information

A Women's Friend	741-0556
Harmony Health Medical Clinic	743-6888
Peach Tree Clinic (Yuba & Sutter)	749-3242
Planned Parenthood	674-2603

## Assistance with Food, Nutrition, & Diapers

American Red Cross	673-1460
CalLearn Program:	
Sutter County	822-7133 x 428
Yuba County	749-6284
Crossroads Church Clothes/Food	751-9168
Harmony Health	
Baby Buddies Lactation Station	743-6888
Salvation Army	216-4530
St. Andrews Food Closet	673-7353
United Way	743-1847
WIC:	
Sutter County	822-7224
Yuba County (Ampla Health)	749-4830
Contact a Family Resource Center (listed below).	

## Services, Resources, and Support

Family Resource Centers (FRCs) support families with services, resources, and information.

Sutter County:

Hands of Hope	755-3491
Family SOUP	751-1925
Live Oak Community RC	695-2100

Yuba County:

Camptonville FRC	288-9355
Harmony Health FRC	743-6888
GraceSource FRC	741-1386
Yuba County FRC	749-4049
Wheatland School FRC	633-4061

Other Resources:

CA Rural Legal Assistance	742-5191
Teen Success	(916)325-1711
Yuba City High School	
Young Mom's Support Group	674-4900 x 4902
Yuba County Public Health	
Nurse Home Visiting	749-6366

## Child Care and Early Education

For a list of area child care providers, including low/no cost services for those who qualify, call:

Children's Home Society 673-7503

## Transportation

YS Transit	742-2877
<a href="http://www.yubasuttertransit.com">www.yubasuttertransit.com</a>	
For low/no cost car seat:	
Harmony Health FRC	742-5049
HASPI (Sutter County)	751-3819
Sutter County Public Health	822-7215
Yuba County Public Health	749-6366

## Health, Family Planning, and Immunizations

Ampla Health Adult	673-9420
Ampla Health Gridley	846-6231
Ampla Health Olivehurst	743-4611
Ampla Health Pediatrics	671-8820
Ampla Health Richland	674-9400
Harmony Health Clinic	743-6888
Live Oak Medical Clinic	695-0700
Maternal, Child, Adolescent Health:	
Sutter County	1-800-371-3177
Yuba County	1-800-794-4067
Peach Tree Clinic (Yuba & Sutter)	749-3242
Planned Parenthood	674-2603
Sutter North Medical Foundation	1-877-766-3362

Health Insurance Information:

[coveredcalifornia.org](http://coveredcalifornia.org)

Dental Care:

Ampla Health Olivehurst	743-4614
Peach Tree Clinic – mobile van	788-2578
Sutter County CFC – mobile van	682-8428

## Education and Employment

CalLearn Program:	
Sutter County	822-7133 x 428
Yuba County	749-6206/6390
East Nicolaus Joint Union	
High School District	656-2255
Live Oak Unified School District	695-5400
Marysville Joint Unified	
School District	741-6000
Sutter Union High School District	822-5161
Yuba City Unified School District	822-5200
Wheatland Union High School	633-3100
Regional Career Center – 1 Stop:	
Sutter Co. – Youth Employment	822-5120
Yuba Co. – Youth Employment	749-4850
Rush Personnel Services, Inc.	770-3790
Yuba Community College	741-6700

## Child Development Resources

For information and help with your child's behavior and development.

Child Development Behavioral Specialist:

Sutter County	822-7215
Yuba County	749-4991

1,2,3 Grow Camptonville	288-1908
Alta CA Regional Center	674-3070
E Center Early Head Start	741-2995
Family SOUP	751-1925
First Five Yuba	749-4877
Foster Kinship Care Education	741-6750
Preschool Intervention Program	
(Sutter County)	822-2911
Marysville School Readiness	749-6165
Yuba City School Readiness	822-3206
Sutter County Children & Families	
Commission	822-7505
Sutter-Yuba Mental Health	
Services 0-5	822-7478
Yuba County Office of Education	
Speech/Special Needs Preschool	749-4996
Yuba County Public Health	
Nurse Home Visiting	749-6366

## Toll-Free Resources

Planned Parenthood	1-800-711-9848
Child Support Services	1-866-901-3212

## 24 Hour Intervention Services

Casa de Esperanza	
(Shelter for Domestic Violence/Rape/Child Abuse)	674-2040
Child Abuse Hotline	1-800-422-4453
Domestic Violence Hotline	1-800-799-7233
Psychiatric Emergency Services	1-888-923-3800
Sutter County CPS	822-7227
Youth Crisis Line	1-800-843-5200
Yuba County CWS	749-6288

## Drug/Alcohol Prevention Services

YS Drug/Alcohol Prevention	674-1885 x 109
ALA-Teen	1-888-4AL-ANON
Bi-County Substance Abuse Svs.	822-7200
First Steps Prenatal Day Treatment	822-7263
Tobacco Cessation	1-800-NO-BUTTS
Yuba Sutter Pathways	674-4536