

Family Checklist

Before you leave the hospital or birth center, tell your nurse if need information and help getting in contact with help for:

Breastfeeding- Florida Keys Healthy Start	
Parenting information- Healthy Families Monroe	
Immunizations- Monroe County Health Dept	
Buying family foods- WIC	
Child care- Wesley House	
Medical services for baby- Children's Medical Services	
New mom support groups- WIC and/or Healthy Start	



Other Area Resources

American Red Cross	305-296-4033
Big Brothers/Big Sisters of Monroe	305-294-9891
Birth Certificates	305-293-7500
Boys & Girls Club of the Keys Area	305-296-2258
Breastfeeding Hotline	1-800-LaLeche
Child Find/FDLRS	305-293-1646
Domestic Abuse Shelter	305-294-0824
EMERGENCY	911
Florida Abuse Hotline	1-800-962-2873
Florida Family Health Line	1-800-451-2229
Florida Keys Children Shelter	305-852-4246
Fl. Keys Outreach Coalition	305-295-7580
HELPLINE	305-296-4357
Healthy Start	305-293-7515
Keys Hurricane Preparedness	1-800-427-6347
Poison Control	1-800-222-1222
Monroe County Public Library	305-292-3595
Monroe County School	305-293-1400
Monroe County Sheriff	305-296-2424
New Beginnings	305-292-4670
Samuel's House, Inc.	305-296-0240
So. Fl. Workforce	305-292-6762
Vocational Rehabilitation	305-289-6174



Florida Keys Healthy Start

New Parent Guide



*A community-wide effort
sponsored by
Florida Keys
Healthy Start Coalition
and our many partners*

*Working Together for
Keys Parents*

Florida Keys new parent guide

Special Needs

Children's Medical Services

Children with special health care needs who are under age 21 and whose have serious health needs, chronic physical , behavioral or emotional conditions that require special medical care.

Main office is in Marathon 305-289-2779

Easter Seals Provides help for disabilities and special needs. Specializes in medical rehabilitation and early intervention and physical, speech , hearing and occupational therapy. Marathon-305-289-7841

Early Steps offers early intervention services for families with infants and toddlers (birth to thirty-six months) who have developmental delays or a condition likely to result in a development delay such as a problem with speech. 305-294-1089



Healthy Start

Provides mothers and babies with the resources, support and help they need to have a healthy pregnancy, birth and early baby years. Education, referrals and support in all areas of the Keys. 305-293-8424 or www.KeysHealthyStart.org

Child Care

Wesley House

Main Number 305-292-7150

Wesley House provides a wide range of services to Monroe County children and families through early childhood programs, foster care home recruitment and training , supportive foster care and family intervention and prevention services, including crisis counseling, victim help, neighborhood centers, Healthy Families-Monroe, and parenting classes.

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The Neighborhood Center provides support, parenting education, counseling and crisis intervention for families with children at risk for abuse and neglect.

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Healthy Families is a voluntary home visiting program designed to promote positive parent/child interaction.

Health Care

WIC

Women, Infants and Children

WIC is a supplemental nutrition program for pregnant women and women who are breastfeeding or have a child under the age of 3. Education, support and nutrition education throughout the Keys.

Key West 305-293-1742; Middle Keys 305-289-2718;

Upper Keys 305-853-3241

Immunizations

Monroe County Health Department

Key West (Roosevelt Sands Clinic) 305-293-7500

Middle Keys (Ruth Ivins Center) 305-289-2708/2709

Upper Keys 305-853-3240

School Health 305-293-7526

Marathon Health Center

Providing affordable comprehensive primary care, obstetrics, midwifery, gynecology and dental services. For appointment call 305-743-4000

Rural Health Network

Provide quality health care in areas of outpatient primary care, mental health, substance abuse and dental care for uninsured residents.

Clinic 305-289-8915

Breastfeeding

LaLeche League of Key West 305-295-8597

Mothers In Paradise (Upper Keys) 305-394-2456

Florida Keys Healthy Start Coalition 305-293-8424 or

www.keyshealthystart.org

