

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. Andrew 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
www.yubasuttertransit.com	
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

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

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

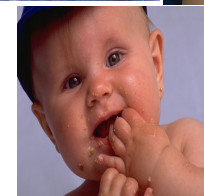
Text4baby is a free service for pregnant women. Information on maternal and child health is texted to your phone weekly, and is based on your due date or your baby's birth date. Information includes prenatal care and developmental milestones. Signing up is easy! Go to www.text4baby.org or simply text 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