

WHO ARE FAMILY, FRIEND  
AND NEIGHBOR  
CAREGIVERS?

You are part of a large and important group called Family, Friend and Neighbor caregivers because you regularly care for children who are a part of your extended family, neighborhood, or circle of friends. This includes grandparents, aunts and uncles, other elders, adult siblings, friends and neighbors who help care for young children.



Even if you do not get paid for the work you do, you are a part of this group. The time you spend with children every day is important to the children you care for, their families and our community as a whole. Read on for additional information on the resources available to help you do this important job.



**Oregon Child Care  
Resource & Referral  
Network**

805 Liberty St. NE, Suite 2  
Salem, OR 97301

Phone (800) 342-6712

Fax (503) 399-9858

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

**This publication is a joint effort of the:**

*Oregon Child Care Resource & Referral Network  
Service Employees International Union (SEIU)*

*Oregon State Library*

*Oregon Department of Human Services*

*Child and Adult Care Food Program*

*Oregon Center for Career Development*

*Oregon Child Care Division*

*Oregon Commission for Child Care*

*Oregon Commission on Children & Families*

*And others...*



Oregon  
Commission  
for Child Care



OCCF  
State of Oregon

Do you care for the  
children of a  
family member,  
friend or neighbor?



Resources are  
available to  
help you!

## YOU ARE NOT ALONE!

A support system is here to help you do your best as a caregiver and to help the children in your care do well. Call the **Oregon Child Care Resource & Referral Network** for local information on:

- Caring for young children
- Communicating with the adults in your children's lives
- Tips for play and activities
- Training sessions for first aid/cpr, health and safety, childhood development, early literacy, and many more
- Help for low-income families to pay for child care, a program that reimburses you for feeding the children, and more.



## STATEWIDE RESOURCES:

**Oregon Child Care Resource & Referral Network** .....800-342-6712  
The Network can refer you to your local Resource & Referral agency. They help parents find quality child care and offer resources to providers who want to enhance the quality of the care they give.  
<http://www.oregonchildcare.org/>

**Oregon SafeNet** .....800-723-3638  
A free and confidential helpline that provides information about local social services and health and mental health services, including immediate care.  
<http://www.oregonsafenet.org/>

**SEIU** .....877-451-0002  
SEIU is the union for unlicensed child care providers receiving payments from DHS.  
<http://www.seiu503.org/>

**Oregon Head Start** ..... 503-779-2556  
Providing preschool, child care and other family services to low-income families.

### *Playgroups and Recreation*

**Oregon State Library** ..... 503-378-2525  
Can refer you to your local library. Ask if your library has storytimes, toys to check out, Baby Signs classes, reading programs, & what services they provide for child care.  
<http://www.oregonauthors.org/libraries/>

**Playgroups USA**  
Find the perfect playgroup based on your child's age, zip code, and time of day.  
<http://www.playgroupsusa.com/>

## ADDITIONAL RESOURCES:

### *To Report Suspected Child Abuse*

**ChildHelp** 800-4-A-CHILD (800-422-4453)  
A crisis intervention hotline with information, and referrals to social service, and support resources. All calls are confidential.  
[http://www.childhelp.org/get\\_help](http://www.childhelp.org/get_help)

**Oregon State Police**.....503-375-3555

### *Nutrition, Health & Safety Info.*

**Oregon Poison Center** .....800-222-1222  
24-hour telephone advice and consultation.  
<http://www.ohsu.edu/poison/>

**Safe Kids Oregon, Car Seat Assistance Program:** .....800-722-1315  
<http://www.oregon.gov/DHS/ph/safekids/index.shtml>

**WIC (Women, Infants and Children) Program**..... 971-673-0040  
Food and nutrition financial assistance to low-income families with young children.  
<http://www.oregon.gov/DHS/ph/wic/>

### *Children with Special Needs*

**Inclusive Child Care Program:**  
.....866-837-0250  
Provides supplemental child care subsidies for low-income families of children with disabilities who need special attention in a child care setting.  
<http://www.ocdd.org/index.php/ocdd/whatwedo/15/>