

Dallas County Early Childhood Resources

- **1st Five** - 1st Five is a project to assist medical practitioners in providing social/emotional, autism, family stress, and parental depression screenings to children and their caregivers during well-child exams. Following a physician's referral to 1st Five, a Care Coordinator assists the family in accessing community resources to address all of their needs. 1st Five understands that the health and well-being of family members directly impacts the health of an infant or young child. For more information contact [Visiting Nurse Services](#) at 515-558-9954.
- **Childcare Assistance (CCA)** - is available to the children of income-eligible parents who are absent for a portion of the day due to employment or participation in academic or vocational training or PROMISE JOBS activities. Assistance may also be available for a limited period of time to the children of a parent looking for employment or when the parent who normally cares for the child is unable to do so due to hospitalization, or outpatient treatment for physical or mental illness. For more information contact the [Iowa Department of Human Services](#) at 866-448-4605.
- **Child Care Nurse Consultant** – The purpose of this program is to promote best practice by providing guidance and technical assistance to child care and preschool providers, regarding the health and safety of the children in their care, this is accomplished via onsite visits; group trainings; and, telephone and mailing communications. For more information contact [Visiting Nurse Services](#) at 515-288-1516.
- **Child Care Resource and Referral** – Resources, education, and advocacy for affordable, accessible, quality childcare including: assists parents in locating quality childcare & provides child care providers with educational resources, support, and consultation. For more information contact [Orchard Place](#) at 800-722-7619 ext 3590.
- **Dallas County Family Development Center** -The Dallas County Family Development Center provides income-eligible residents in Dallas County with heat and utility assistance, clothes closet, and the SHARE food program. Our Christmas toy program is open to families who are eligible residents of Dallas County, and who live outside of West Des Moines and Waukee. Back-to-school supplies and holiday food packages are offered to residents of the Perry School District. The center also serves as the information, application, and referral center for all of the programs within New Opportunities, Inc, as well as a link to other community resources. For more information please contact [New Opportunities](#) at 515-465-5185.
- **Dental Screenings** - The I-Smile Program provides oral health screenings; oral health education; nutrition education relating to oral health; fluoride varnish application; and a referral to a dentist for comprehensive dental needs. The program targets pregnant women and children under the age of 21 residing in Dallas County. For more information contact [Visiting Nurse Services](#) at 515-288-1516.
- **Early Access** - Early ACCESS is a partnership between service providers and families with young children ages birth to age three. The purpose of this program is for families and staff to work together in identifying, coordinating, and providing needed services and resources that will help the family assist their infant or toddler to grow and develop. For more information contact [Iowa Family Support Network](#) at 888-425-4371.
- **Early and Periodic Screening Diagnosis & Treatment (EPSDT)** - Early Periodic Screening, Diagnosis & Treatment (EPSDT) program - serves residents Dallas County. EPSDT is the benefit package of Medicaid/Title 19 for individuals under age 21 years. The focus of our EPSDT Care for Kids program is to: inform families of the benefits they receive with Medicaid/Title 19; help individuals secure a medical and dental home; ensure that eligible individuals receive and understand the importance of preventative health care; link families to other community resources to improve their health and well-being (WIC, Early ACCESS, parenting classes, child care assistance, housing assistance, food pantries, etc.); and provide or link families to transportation to qualifying medical, dental, and mental health appointments. For more information on Iowa's Care for Kids Program contact Visiting Nurse Services at 515-283-1422 or 877-540-1422 or careforkids@vnsia.org.
- **Early Head Start** - Home visitation program for eligible expectant mothers and children age birth to three offered through [New Opportunities](#). For additional information on programming in the Adel and Waukee areas contact Lori at 712-830-8583 or in the Perry area contact Cecilia at 515-465-8106 or 515-313-3900.
- **Energy Assistance** - The Low-Income Home Energy Assistance Program (LIHEAP) is a program that assists income-eligible families in mitigating the cost of home heating. Applications are accepted between October 1st (elderly/disabled) or November 1st - April 30th. New Opportunities serves Dallas County eligible residents with offices in Perry at the Family Development Center, in Waukee at Waukee Area Christian Services, and at other satellite locations as needed. For more information contact [New Opportunities](#) at 515-465-5185.

- **Family Development & Self-Sufficiency (FaDSS) Program - FaDSS** is a family development & self-sufficiency program that builds upon the strengths of each family. It helps families move toward individual growth, job retention, and economic stability. FaDSS is supported by a grant through the Iowa Department of Human Rights and Youth & Shelter Services. A FaDSS worker supports and advocates for families when working with local agencies. FaDSS is offered to women of any age who are receiving Family Investment Program (FIP) benefits. For more information contact [Youth and Shelter Services](#) at 515-233-3141.

- **Food Program** - The food program is part of the federal school lunch program and is available to registered home and child care providers. For more information contact Child & Adult Food Program at [New Opportunities](#) at 712-792-9266 ext 303 or Polk County Community Family & Youth Service at 515-286-2073.

- **Group Parent Education** - Provides group parenting skills-building programs & resources that are available to all regardless of income. Topics covered in our program offerings include: positive discipline & guidance, coping with anger & conflict, problem solving techniques, & communication along with how to build the foundation of literacy & language skills. Free resources are available in the areas of parenting, nutrition & health, stress reduction, & finance to assist families in making decisions to improve & transform their lives. For more information contact [ISU Extension & Outreach](#) - Dallas County at 515-993-4281.

- **HAWK-I – Healthy and Well Kids in Iowa**- Free or low-cost health care coverage for kids. To qualify a child must: be under 19 year old, be uninsured, be ineligible for Medicaid, meet the income guidelines, be a citizen or a lawful permanent resident alien, meet the income guidelines, and that the child cannot be the dependent of a State of Iowa employee. A dental only option is also available. To get answers to questions call customer service at 800-257-8563 or go to www.hawk-i.org. For assistance in completing the application or to get more applications contact [Dallas County Public Health Nursing](#) at 515-993-3750.

- **Head Start** – Free comprehensive quality preschool program for eligible 3 and 4 year olds offered through [New Opportunities](#). For more information on programming in the Adel and Waukee areas contact Christina at 515-987-7428 or 712-830-1327 (cell) or in the Perry area contact Marlen at 515-465-8106 or 515-238-2194. During the summer call 800-642-6330.

- **Health Navigation** - Locating and accessing needed services can sometimes be difficult, confusing, or even overwhelming. A Health Navigator can help residents locate and access resources, explore options, and navigate systems. For more information, contact [Dallas County Public Health Nursing](#) at 515-993-3750 and ask for Health Navigation.

- **Hearing Screening** - Free hearing screenings for children ages 0-5. For more information contact the [Area Education Agency](#) in Johnston at 515-270-9030.

- **Housing Assistance** -The agency's direct and guaranteed rural credit programs help families find affordable housing, assist businesses to create economic opportunities, and allow communities to build or improve essential infrastructure and facilities. USDA Rural Development housing loans and grants provide decent, safe, and affordable single, multiple-family, and elderly housing. Housing programs provide financing with no down payment at favorable rates and terms. For more information contact the [USDA Rural Development State Office](#) at (515)284-4663.

- **Immunization Clinics** – [Dallas County Public Health Nursing](#) offers immunizations for uninsured and underinsured children up to 18 years of age at no charge. Immunizations for adults are available for a fee. Influenza & pneumonia immunizations are available seasonally. For more information contact 515-993-3750.

- **Macaroni Kids** - Weekly, hyper-local e-newsletters and website featuring events, activities, products and places for moms, kids and families. For more information contact www.story-boone.macaronikid.com

- **Maternal Child Health/Child Health Programs-Title V** – Provides enhanced services to pregnant and post-partum women. Health education and referral are the most important aspects of the Maternal Child Health program. Staff also help families to access the following screening services for their children: vision/hearing screenings; dental education & referral; health education; immunizations; physical exams; developmental assessments; nutrition & psychosocial screenings; lab tests including blood lead testing. For more information contact [Visiting Nurse Services](#) at 515-288-1516.

- **Maternal Child Health Home Visitation Program** – A free, voluntary, program available to all women living in Dallas County, who are pregnant or have recently given birth. Services include: Pregnancy and Childbirth Information; Mother and New Baby Care; Breastfeeding Support; Community Resource and Referral. To schedule a home visit, please contact [Dallas County Public Health Nursing](#) at 515-993-3750.

- **New Parent Program** – Provides parental awareness of child development and facilitation of family self-sufficiency and stability to access resources for overburdened families in through home visits for pregnant women or new parents and their families. For more information contact [Lutheran Services of Iowa](#) at 515-271-7315.

☐ **Parents As Teachers** – Provides evidence-based parenting education, support and encouragement for all families in Dallas County with children from birth to kindergarten entry in order to enhance optimal child development and school readiness in these crucial early years of life. All services are offered at no charge. Services are offered in both English and Spanish. For more information contact [Partners in Family Development](#) at 515-238-8170.

☐ **Preschool Enrichment** – Free technical assistance for preschools that desire to improve preschool quality. Preschool tuition scholarships and other supportive preschool services are offered through the project. For more information contact [ISU Extension & Outreach](#) - Dallas County at 515-993-4281 or 515-735-5720.

☐ **Presumptive Medicaid Eligibility (PME) for Children** – Provides emergency needed medical coverage while Medicaid application is being processed. For more information contact Visiting Nurse Services at 515-558-6243 or 515-288-1516.

☐ **Quality Child Care Project** – Free technical assistance and high level training for child care providers, centers, and preschools that have a desire to improve quality in early learning environments. For more information contact [ISU Extension & Outreach](#) - Dallas County at 515-993-4281.

☐ **Tobacco Cessation** - Quitline Iowa offers tobacco cessation coaching services over the telephone or the Internet, 24 hours a day. For more information contact 800-7841-8669.

☐ **Vision Screenings** - IOWA KIDSIGHT is a vision screening program where Lions Club volunteers in Iowa conduct vision-screening session for children 6 months through kindergarten. For more information contact the [Adel Lions Club](#) or Iowa Lions Club at 515-232-2215 or info@iowalions.org.

☐ **Vision Screenings** – InfantSEE; The American Optometric Association and the Vision Care Institute of Johnson & Johnson Vision Care, Inc. have partnered to create this program, a no cost public health program, to identify the potential for eye and vision problems in infants in their first year of life. Participating optometrists will provide a one-time eye assessment to infants between 6 and 12 months of age, at no cost, regardless of income. For more information call the [Iowa Optometric Association](#) at 1-800-444-1772.

☐ **WIC** - Women Infant and Children (WIC) provides extra food to children ages 0-5, pregnant women, and moms. WIC also provides health and nutrition education for families. To participate in the WIC Program, families must be income eligible. WIC meets in several different locations throughout Dallas County. For more information contact [Broadlawns](#) at 515-282-5800.

Disclaimer

This document is not a all -inclusive list of resources, additionally program description along with contact information can change without notice.

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