

COMMUNITY RESOURCES

FATHER'S SUPPORT CENTER

4411 N. Newstead
St. Louis, MO 63115
(314) 333-4170

www.fatherssupportcenter.org

For men only. Six-week family formation program from 7:45am-4pm. Provides information for parenting, employment and Child Support Services. Men must be at least 18 years of age.

SALVATION ARMY

1130 Hampton
St. Louis, MO 63110
(314) 646-3000

www.salvationarmy.org

Provides assistance with utilities, rent, and food.

ST. MARTHA'S HALL

(314) 533-1313
www.saintmarthas.org

Provides shelter, education and counseling to battered women and their children.

OPERATION FOOD SEARCH

(314) 726-5355
(Hunger Hotline)

www.operationfoodsearch.org

Provides help for hungry callers.

ST. LOUIS CRISIS NURSERY

Outreach Center - St. Louis City
2401 N. Grand
St. Louis, MO 63106
(314) 533-6900

www.crisisnurserykids.org

Temporary safe haven for children of families experiencing a crisis. Provides residential care for children birth through age 10 on a short term basis.

GRACE HILL SETTLEMENT HOUSE

2600 Hadley St.
St. Louis, MO 63106
(314) 584-6858

www.gracehill.org

GRACE HILL MURPHY-O'FALLON HEALTH CENTER

1717 Biddle
St. Louis, MO 63107
(314) 814-8616

www.gracehill.org

ST. LOUIS CHILDREN'S HOSPITAL FAMILY RESOURCE CENTER

One Children's Place
St. Louis, MO 63110
(314) 454-2350

www.stlouischildrens.org

Provides information on various parenting topics. The hospital also provides events in the metro area.

NURSES FOR NEWBORNS FOUNDATION

7259 Landsdowne
St. Louis, MO 63119
(314) 544-3433

www.nfnf.org

Provides in home visits from a Registered Nurse. Provides a medical assessment, and teaches parenting skills, infant CPR and choking techniques.

PARENTS AS TEACHERS

St. Louis Public Schools
(314) 331-6150
801 N. 11th St.
St. Louis, MO 63102

www.parentsasteachers.org

Provides parenting resources and in home visits to families with children under five.

BIG BROTHERS BIG SISTERS OF EASTERN MISSOURI

501 N. Grand Blvd
Suite 100
St. Louis, MO 63103
(314) 361-5900

www.bbbs.org

Provides children with an adult volunteer who serves as a mentor, role model and friend.



WHAT CAN YOU DO IN 5 MINUTES?



Visit stopandplay.org or call (314) 534-6015 for more information.

5 MINUTE MIRACLE

Human relationships are the foundation of every child's early social and emotional development and healthy well-being. Engaging with your child at least five short minutes each day can make a world of difference in their life.

5 Minute Miracle provides fun, age-appropriate activities and messages for children from birth to age eight that help to establish and maintain trusting and caring relationships in both the home and in the community.

Create a miracle in your child's life. The relationships - and the results - will last a lifetime.

20 THINGS YOU CAN DO WITH YOUR CHILD

- 1 READ A STORY OR A BOOK.
- 2 GO FOR A WALK.
- 3 TALK ABOUT YOUR DAY OVER DINNER.
- 4 PLAY A BOARD OR CARD GAME.
- 5 GO TO THE STORE TO PICK OUT INGREDIENTS FOR YOUR FAVORITE MEAL.
- 6 DANCE TO YOUR FAVORITE MUSIC.
- 7 VISIT AN ELDERLY RELATIVE OR NEIGHBOR.
- 8 WORK ON A JIGSAW PUZZLE.
- 9 PLAY HIDE-AND-SEEK.
- 10 DO THE DISHES TOGETHER.
- 11 PLANT A SEED OR PLANT AND WATCH IT GROW.
- 12 DRAW WITH CRAYONS OR SIDEWALK CHALK.
- 13 HAVE FUN WITH BATH AND TEETH BRUSHING TIME.
- 14 BAKE A CAKE OR COOKIES.
- 15 CREATE A SCRAPBOOK ABOUT "ME".
- 16 GO TO THE PARK OR PLAYGROUND.
- 17 DECORATE A ROOM IN THE HOUSE.
- 18 BUILD A FORT OR TENT WITH HOUSEHOLD ITEMS.
- 19 WRITE OR SING A SONG.
- 20 TEACH THEM SOMETHING NEW!

Visit stopandplay.org or call (314) 534-6015 for information and ideas on how to spend your five!

