

## COMMUNITY RESOURCES

### PARENTING SUPPORT

**ParentLink**  
(800) 552-8522  
[www.ParentLink.missouri.edu](http://www.ParentLink.missouri.edu)

### SUPPORT FOR CHILDREN WITH SPECIAL NEEDS

**United 4 Children**  
(800) 467-2322  
[www.united4children.org](http://www.united4children.org)

**Missouri First Steps**  
(866) 583-2392  
[www.mofirststeps.com](http://www.mofirststeps.com)

**MPACT**  
[www.ptimpact.org](http://www.ptimpact.org)

**Missouri Family to Family**  
(800) 444-0821  
[www.mofamilytofamily.org](http://www.mofamilytofamily.org)

**Missouri Department of Health and Senior Services**  
[www.health.mo.gov/living/families/shcn/cyshcn.php](http://www.health.mo.gov/living/families/shcn/cyshcn.php)

### HOME VISITATION

**Parents As Teachers**  
(314) 432-4330  
[www.parentsasteachers.org](http://www.parentsasteachers.org)

**Head Start/Early Head Start**  
[www.moheadstart.org](http://www.moheadstart.org)

**Healthy Families America**  
[www.HealthyFamiliesAmerica.org](http://www.HealthyFamiliesAmerica.org)

**Nurse Family Partnership**  
[www.NurseFamilyPartnership.org](http://www.NurseFamilyPartnership.org)

### LOCATE CHILD CARE

**Child Care Aware® of Missouri**  
(866) 892-3228  
[www.mo.childcareaware.org](http://www.mo.childcareaware.org)

**State of Missouri**  
[www.mo.gov/education/pre-k-and-child-care/](http://www.mo.gov/education/pre-k-and-child-care/)

### REFERRAL AND INFORMATION HOTLINE

**United Way 2-1-1**  
2-1-1  
[www.211.org](http://www.211.org)

### FOOD PANTRIES

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

### DOMESTIC VIOLENCE

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

### SUBSTANCE ABUSE

[www.dmh.mo.gov/ada](http://www.dmh.mo.gov/ada)

### SUICIDE HOTLINE

1-800-273-TALK  
(1-800-273-8255)

### MENTAL HEALTH

[www.dmh.mo.gov](http://www.dmh.mo.gov)

### HOMELESS SHELTERS

**Kansas City Hotline**  
(816) 474-4599

**St. Louis Hotline**  
(314) 802-5440  
[www.homelessshelterdirectory.org](http://www.homelessshelterdirectory.org)

### DEVELOPMENTAL MILESTONES/ACTIVITIES

**CDC—Learn the Signs, Act Early**  
(800) 232-4636  
[www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly)

**AAP—Healthy Children**  
[www.healthychildren.org](http://www.healthychildren.org)

**Text 4 Baby**  
Text BABY  
(or BEBE for Spanish)  
to 511411  
[www.text4baby.org](http://www.text4baby.org)



WHAT CAN YOU DO IN 5 MINUTES?



Visit [healthykids.mo.gov](http://healthykids.mo.gov) 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 [healthykids.mo.gov](https://healthykids.mo.gov) for information and ideas on how to spend your five!

