



Nemaha County

Parent Resource Sheet

Average Cost of Child Care

| Age Group | Family Child Care | Child Care Center | School Age Program Day Shift | Preschool |
|-------------------|--|--|--|--|
| | Weekly, Full-Time Rates Average Cost (\$) | Weekly, Full-Time Rates Average Cost (\$) | Weekly, Part-Time Rates Average Cost (\$) | Weekly, Part-Time Rates Average Cost (\$) |
| Under 1 year | 117.00 | 160.00 | | |
| 12-17 Months | 117.00 | 150.00 | | |
| 18-23 Months | 110.00 | 141.00 | | |
| 2 Years | 110.00 | 139.00 | | |
| 3 Years | 109.00 | 128.00 | | 55.00 |
| 4 Years | 106.00 | 125.00 | | 60.00 |
| 5 Years | 101.00 | 123.00 | | |
| 6 Years and Older | 96.00 | 110.00 | | |

Parenting Information

| Resource | Contact Information | Services |
|----------------------------------|--|--|
| Free Parent Texting Information | Text KSKIDS to 59925 | Information at your fingertips about child development, activities, and more |
| Parents as Teachers (PAT) | Not Available | Not Available |
| Infant-Toddler Services (Tiny-k) | (785) 876-2214 www.keystonelearning.org | Services for families who have children with developmental delays |
| Head Start | (785) 742-2222 www.nekcap.org | Early Childhood education program serving income eligible families |
| Mental Health Services | (785) 742-7113 www.kanzamhgc.org | Services from individual therapy to medication assessment and management |

Toll Free: 855-750-3343 · Toll Free Referral Center: 877-678-2548

For additional resources visit www.ks.childcareaware.org





Nemaha County

Community Resource Sheets

Local Community Services

| Resource | Contact Information | Services |
|---|--|--|
| Department for Children and Families Services | (785) 562-5338 www.dcf.ks.gov | Child care assistance, child support enforcement, food assistance, health services |
| Nemaha County Health Department | (785) 284-2152 www.ks-nemaha.manatron.com | Home health, child care licensing, immunizations, Kan-Be-Healthy, Women, Infants & Children (W.I.C.) |
| K-State Research & Extension Office (Local Agent) | (785) 336-2184 www.ksre.ksu.edu | Nutrition education, youth development, family financial planning, family life |
| American Red Cross | (785) 234-0568 www.redcross.org | Community services that help the families in need |
| Mary Cotton Public Library | (785) 284-3160, www.sabethalibrary.org | Books, classes, community information, internet access, children's programs, adult programs |
| Sabetha Chamber of Commerce | (785) 284-2158 www.cityofsabetha.com | Community contacts promote and improve the business climate |
| Nemaha County Emergency Management | (785) 336-2429 www.ks-nemaha.manatron.com | Provides information to plan for a disaster/emergency |
| Nemaha Valley Community Hospital and Seneca Family Practice | (785) 336-6181 www.nemvch.com | Resource for health care needs, cancer care, emergency care, laboratory, maternity and obstetrics, rehabilitation and surgical |
| | | |

State/National Services

| Resource | Contact Information | Services |
|--|---|--|
| KanCare | www.kancare.ks.gov | Low cost or no cost health insurance for families and children |
| United Way 2-1-1 of Kansas | Call 2-1-1 www.211kansas.org | Food pantries, counseling, mentoring, after-school programs, disability services and much more |
| Parent Help Line | (800) 244-5373 | A 24-hour help line for parents in stress or in need of other services |
| Child Abuse & Neglect Hotline | (800) 922-5330 | If you suspect a child is being abused or neglected |
| National Center for Homeless Education | http://bit.ly/2spPMQ5 (785) 296-6714 | Guidance is provided to families, and communities who need information regarding students are in homeless situations |



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