



# Information and Resources for Families

Center  
for Early  
Success

□ Letter of Introduction .....	2
■ Childcare Resources .....	3
▪ The First 2,000 Days	
▪ Quality Childcare	
▪ Measuring Quality Childcare	
▪ Finding Quality Childcare	
▪ Part-Time Care Resources	
▪ Full-Time Care Resources	
■ Activities for Children .....	10
▪ Free Resources for Families	
▪ Places to Go with Young Children	
■ Child Development Resources (Birth to Five) .....	12
▪ Finding a Pediatrician	
▪ Vaccinations in the First Five Years	
▪ Safe Sleep	
▪ Nutrition in the First Five Years	
▪ Developmental Milestones	
▪ Tips from a Nursing Professional	
▪ New Family FAQs	
■ Community Resources .....	21
▪ Health and Wellness	
▪ Classes and Support Groups	
▪ Shops for Children	
▪ Available Assistance	





Welcome to the Center for Early Success guide on finding quality care and support for your young child! As you begin your parenting journey, we're here to help you make informed choices during your child's "first 2000 days"—a critical time for their growth and development.

Making the right decisions about care is an important part of this early stage. This guide provides helpful information on selecting the right environment for your child from infancy to preschool age, along with community resources that can support your family.

Inside, you'll find tips for evaluating care options, questions to ask when considering providers, and ways to ensure your child's safety and happiness. We'll also share resources for early childhood development and local programs to help support your family.

We hope this guide helps you navigate the choices ahead. We're here to support you every step of the way!

With appreciation!  
 Angela Wells  
 Executive Director  
 Center for Early Success

## The First 2,000 Days

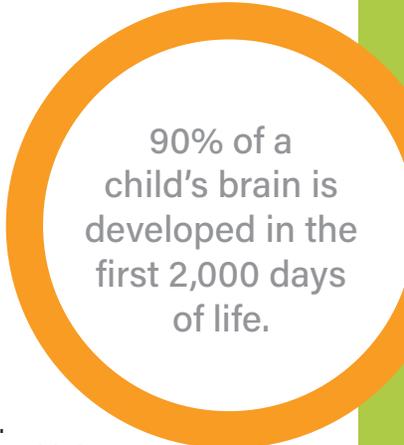
Parenting young children is one of our most rewarding and important roles. The first 2,000 days shapes their future learning and growth. But parents and caregivers don't have to navigate it alone. From grandparents and pediatricians to teachers and childcare workers, an entire community is ready to support families.

Why these days are vital for your child:

- Every new experience forms new connections.
- The brain is the only organ not fully developed at birth.
- In the early years, children gain over a million new connections in their brains each second.
- The more these brain connections are used, the stronger they get.
- These connections are the foundation for a child's entire future.

Soft skills are developed in early childhood

- Playing with others creates language and skills and improves teamwork.
- Making up games develops negotiation skills.
- Learning to create rules develops ethics.
- Early exploration develops creative thinking and problem-solving skills.



*The First 2,000 Days is an initiative of the North Carolina Early Childhood Foundation. References for all statistics are available online.*



For more information visit [centerforearlysucces.org](http://centerforearlysucces.org)

## Quality Childcare

### Why Quality Childcare Matters

Choosing a quality childcare provider is one of the most important decisions a family can make! Research tells us that:

- Children who have high-quality childcare have better social, language, attention, thinking, and mathematical skills and fewer behavioral issues.
- 90% of brain growth happens before kindergarten.
- Children develop best when they are exposed to stimulating activities that are appropriate for their age and their development.
- The most important part of high-quality childcare is a trusting relationship with a warm and caring adult.

### What should I consider when choosing childcare?

Research tells us that the following factors are important:

- **Adult-to-Child Ratio:** Fewer children per adult means more attention, especially for babies.
- **Group Size:** Smaller groups allow for individualized care and higher quality.
- **Childcare Provider Education:** Providers trained in early childhood education create better learning environments.
- **Staff Turnover:** Consistent caregivers help children feel secure and supported.
- **Accreditation:** Look for state and/or federal accreditations for quality assurance.

These elements ensure a nurturing and supportive environment for your child.

“

*Early childhood education is the key to the betterment of society.*

Maria Montessori

## Measuring Quality Childcare

All publicly-funded birth-to-five early childhood programs must participate in VQB5 annually, while privately funded programs can choose to join. VQB5 measures the quality of infant, toddler, and preschool learning through two key indicators: interactions and curriculum.

### Measuring Quality Interactions

The quality of teacher-child interactions is measured in a developmentally-appropriate way with the use of the CLASS tool. VQB5 sites are required to complete two types of CLASS observations: local and external observations.

### Measuring Use of Quality Curriculum

Quality is measured through the optional use of a comprehensive curriculum that aligns with Virginia’s early learning and development standards.

To assist families with making informed decisions, Virginia provides an online database featuring Quality Profiles for these programs. Parents can utilize this resource to compare different childcare options, understand their quality assessments, and select the best fit for their child’s needs.

By utilizing this system and database, families are empowered to make informed choices regarding early childhood education, ensuring access to high-quality care that supports their children’s development and readiness for kindergarten.

i

Virginia quality profile database  
[earlychildhoodquality.doe.virginia.gov](http://earlychildhoodquality.doe.virginia.gov)



## Quality Care Checklist

Take this checklist with you when exploring childcare options.

Childcare Facility: \_\_\_\_\_

Administrator/Director: \_\_\_\_\_

### Questions to ask during the tour

- What is your operating schedule?
- What is the child-to-staff ratio?
- What are the qualifications and training requirements of your staff?
- How do you maintain caregiver/child ratios for consistency?
- How do staff handle discipline?
- What would a typical day be like for my child?
- Are meals and snacks provided?
- May I see a menu?
- Can I see where my child will eat, play, and sleep?
- What are the health and safety practices?
- Are staff CPR and First Aid Certified?
- What are the frequency of fire/tornado/safety drills?
- What is your sick policy?
- How are medical emergencies handled?
- Can you administer medication?

### Questions to consider after the tour

- Were the staff patient and kind towards the children?
- Were the children happy and engaged?
- Do I trust this person with my child?
- Will my child be comfortable here?
- Will this program support my child's learning and development?
- Was the physical space safe, clean, and organized?

To further understand your program options and eligibility, please contact our Coordinated Enrollment Hotline to speak with a Ready Region Southside representative.

Toll-free:  
1-833-Pre-K-Now



## Finding Quality Childcare

Families need quality childcare where children are nurtured and supported while parents work. Finding the right provider is key to your child's development and school readiness. Resources are available to help you find and assess childcare options.

### PART-TIME CARE RESOURCES

Sometimes families need childcare for a few days or mornings a week. Many communities offer part-time childcare options designed to fit the schedules of families with more flexible needs. These programs often provide enriching educational activities and socialization opportunities in a structured setting.

- **Mother's Morning Out Programs:** Offered by churches or community centers, these provide a few hours of care for parents to run errands or work part-time.
- **Part-Time Preschools:** Flexible programs focusing on early learning and social development.
- **Community College Childcare Centers:** Part-time care paired with up-to-date practices from early childhood education students.

These options provide safe, nurturing care tailored to families' needs, supporting children's growth and giving parents peace of mind.



**FULL-TIME CARE RESOURCES**

Finding the right full-time care is essential for supporting your child’s growth and development. Both Virginia and North Carolina offer a variety of resources to help families access high-quality early childhood programs that nurture learning, health, and school readiness. Here’s an overview of the options available to support your family’s needs.



Virginia

**Southside Region Childcare Locator**

This locator tool allows you to search for childcare options in your area, view detailed program information, and learn about quality ratings. [earlychildhoodquality.doe.virginia.gov](http://earlychildhoodquality.doe.virginia.gov)



**Types of Childcare in Virginia:**

**Mixed Delivery (MD):** Allows families to select a publicly funded private early childcare education program that meets their child’s needs and preferences in a private setting. This program is designed for children **birth through age 5**.

**Early Head Start (EHS)/Head Start (HS):** Provides services to promote academic, social and emotional development to income-eligible families. This program is designed for children **birth through age 5**.

**Childcare Subsidy Program (CCSP):** Assists families in paying for childcare services and provides a safe and healthy learning environment by demonstrating compliance with regulations. This program is designed for children **birth through age 5**.

**Childcare Non-Subsidy Program:** Provides a safe and healthy learning environment by demonstrating compliance with regulations. This program is designed for children **birth through age 5**.

**North Carolina** 

**North Carolina Childcare Facility Locator**

For families living near the Virginia-North Carolina border, the North Carolina Childcare Facility Locator is another valuable tool. This database includes comprehensive information about licensed childcare providers, including their location, contact details, and inspection history. [ncchildcare.ncdhhs.gov/childcaresearch](http://ncchildcare.ncdhhs.gov/childcaresearch)



**Types of Childcare in North Carolina:**

**Early Head Start (EHS)/Head Start (HS):** Provides services to promote academic, social and emotional development to income-eligible families. This program is designed for children **birth through age 5**.

**Childcare Programs:** Provides a safe and healthy learning environment by demonstrating compliance with regulations. This program is designed for children **birth through age 5**.



## Nurturing Young Minds: Free Resources for Families

Children’s brains grow rapidly from birth to age five, making this a critical period for learning and development. By creating engaging educational environments, families can help their children thrive. Explore these free resources to support your child’s growth during these vital years.

### DOLLY PARTON’S IMAGINATION LIBRARY



Sign up online to start receiving free books for your child.



Danville/  
Pittsylvania  
County



Caswell  
County, NC

### LITTLE FREE LIBRARY



Find a library near you on the Little Free Library map.



### VROOM.ORG



Visit Vroom.org to discover free, practical tools to make the most of your child’s early years.



## Places to Go with Young Children

Young children are natural explorers, and play supports their growth while strengthening caregiver bonds. Local family-friendly spots like museums and playgrounds inspire creativity, curiosity, and connection—perfect for making memories and nurturing development.



**Ruby B. Archie Public Library**  
511 Patton Street  
Danville, VA  
434-799-5195



**Pittsylvania County Library System**  
Locations:  
Brosville, Chatham,  
Gretna, Mt. Hemon



**Danville Science Center**  
677 Craighead Street  
Danville, VA  
434-791-5160  
dsc.smv.org

For a list of weekly events



Danville’s Park  
Locator

### Playgrounds in Danville, VA

- Dan Daniel Memorial Park  
302 River Park Drive, Danville
- Ballou Park  
760 West Main Street, Danville
- Third Avenue Park (Splash Pad)  
Near 113 Third Ave, Danville

### Playgrounds in Pittsylvania County, VA

- Wayside Park  
1678 Main Street Hurt, VA
- All middle schools in Pittsylvania County have walking trails and playgrounds.

### Playgrounds in Caswell County, NC

- Caswell County Parks and Rec  
228 County Park Road Yanceyville, NC

“  
*Children are not things to be molded but are people to be unfolded.*

Jess Lair

## Finding a Pediatrician

Your pediatrician is one of the most important people in your child's life. You'll look to this doctor to guide you through illnesses, give advice about childhood concerns, and help you ensure your child stays healthy.

Here are some helpful hints to finding a pediatrician.

### Questions about their experience:

- How long have you been in practice?
- Where did you attend medical school?
- Are you a member of the American Academy of Pediatrics?
- Do you have any sub-specialties?
- Do you see babies in the hospital? If so, what hospitals do you work in?
- If my child has to be hospitalized, where would they be admitted?

### Questions about their office policies and logistics:

- What is your schedule for well-baby checkups?
- How far in advance do my baby's appointments need to be scheduled?
- Do you offer same-day sick appointments?
- What are your office hours? Are you available to see us in the evenings or on weekends? What are the after-hour policies?
- Do you offer telemedicine visits?
- Do you have separate sick and well waiting rooms?
- Which tests are performed in the office and which are done elsewhere? Where are outside tests performed?
- Do you accept my insurance?

*Children are the world's most valuable resource and its best hope for the future.*

John F. Kennedy

### Questions to ask yourself:

- Did I feel comfortable in the presence of this provider? Did I like their communication style and bedside manner?
- Was the interview rushed? Did they take the time to clearly address all of my questions?
- Did the provider seem compassionate and patient? If my baby was present, how did they respond to them?
- Was the office clean?
- Was the waiting room kid-friendly, with toys and books?
- How long was the wait?
- How easy was it to schedule the interview?
- Was the office staff helpful? Were the nurses friendly?
- Was the office conveniently located and easy to get to? Did it offer adequate parking?



Questions were taken from The Bump website.  
For more ideas, visit: [www.thebump.com](http://www.thebump.com)



## Vaccinations During The First Five Years

Vaccines are one of the easiest ways to protect your baby from harmful diseases that can impact their growth and development. Many illnesses, such as measles and polio, which caused death or life-altering handicaps in children in the past have been eradicated or decreased in severity because of vaccines. The CDC has a recommended schedule for vaccination of children. As always, discuss questions and concerns with your pediatrician.



CDC  
Immunization  
Website:  
[www.cdc.gov](http://www.cdc.gov)



● ALL children should be immunized at this age. ● SOME children should get this dose of vaccine or preventive antibody at this age

Vaccine or Preventive Antibody	Birth	1 Month	2 Months	4 Months	6 Months	7 Months	8 Months	12 Months	15 Months	18 Months	19 Months	20-23 Months	2-3 Years	4-6 Years
RSV antibody	Depends on mother's RSV vaccine status			Depends on child's health status										
Hepatitis B	Dose 1	Dose 2			Dose 3									
Rotavirus		Dose 1	Dose 2	Dose 3										
DtaP		Dose 1	Dose 2	Dose 3				Dose 4					Dose 5	
Hib		Dose 1	Dose 2	Dose 3			Dose 4							
Pneumococcal		Dose 1	Dose 2	Dose 3			Dose 4							
Polio		Dose 1	Dose 2	Dose 3									Dose 4	
COVID-19	At least 1 dose of the current COVID-19 vaccine													
Influenza/Flu	Every year. Two doses for some children													
MMR								Dose 1						Dose 2
Chickenpox							Dose 1							Dose 2
Hepatitis A			2 doses separated by 6 months											

There are some instances where additional guidance may be needed. Be sure to talk to your pediatrician if:

- Your child has a medical condition that puts them at higher risk.
- Your child is traveling outside the United States.
- Your child misses a vaccine recommended for their age.

## Safe Sleep for Infants

### Place Your Baby to Sleep Safely

Your baby needs only a few things to have a safe, cozy and happy sleep. With just a flat surface in a crib or bassinet, you can create a safe space for your baby to sleep.

Here are some tips for safe sleep:

- Babies should always be placed on their back for sleep. Research shows this is the safest position.
- Babies should sleep on a firm sleep surface that does not incline.
- Remove all toys, pillows, blankets and bumpers from the crib.
- It's safe to swaddle a baby, but stop swaddling as soon as they start learning to roll.
- If the baby falls asleep in a car seat, stroller, swing or infant carrier, move them as soon as possible.
- It's dangerous for babies to sleep on a couch, armchair or nursing pillow.
- Try giving your baby a pacifier at naptime and bedtime.
- Room share: Keep the baby's bassinet or crib in your bedroom for at least the first six months.

While we can't protect our children from every danger, we can help reduce risk by following safe sleep guidelines.

Taken from the American Academy of Pediatrics.  
[www.aap.org/en/patient-care/safe-sleep/](http://www.aap.org/en/patient-care/safe-sleep/)



## Nutrition in the First Five Years

The first five years are critical for a child's development, and good nutrition plays a key role. Here's a quick guide to meeting your child's nutritional needs:

### Birth to 12 Months:

- Babies need nutrients from breastmilk or formula, with solids introduced around 6 months.
  - Breastfeeding:** Provides balanced nutrients for growth. Call Sovah health at 844-467-6824 for support.
  - Formula:** Offers options for specific dietary needs. Consult your pediatrician.

**1-2 Years:**

- Most nutrients come from solid foods; serve small portions (¼-1 cup, 3-4 times daily).
- Offer variety, encourage new foods, and make meals fun and family-focused.
  - Offer your child a variety of foods at each meal.
  - Don't be afraid to have your child try new foods. Bear in mind that it may take several tries of a new food for your child to start to enjoy it.
  - Make mealtime fun by praising your child for feeding themselves, even if messy, and for trying new things.
  - Have meals together as a family to encourage daily times for connection.

**2-5 Years:**

- Continue offering nutrient-dense foods:
  - **Proteins:** Lean meats, eggs, beans, nuts.
  - **Fruits & Vegetables:** Fresh, frozen, or canned options; choose low-sugar or low-sodium.
  - **Grains:** Whole grains like oatmeal, brown rice, or whole-wheat bread.
  - **Dairy:** Low-fat milk, yogurt, cheese, or fortified soy drinks.

Proper nutrition supports healthy growth and development during these important years.



**i** For more info about healthy nutrition, visit: [www.mayoclinic.org](http://www.mayoclinic.org)

**Nursing Mothers**

Breastfeeding is a way to provide infants with the nutrition they need to grow and thrive.

**Support**

You are not alone in your breastfeeding journey. Sovah Health has resources to assist you with any questions or concerns.

Website: [www.sovahhealth.com/breastfeeding](http://www.sovahhealth.com/breastfeeding)



**Frequently asked Questions**

Breastfeeding often comes with questions about storage, preparation, and ensuring your baby is getting enough milk. This section offers practical, evidence-based tips to help nursing moms feel confident and supported.

**How long does breastmilk stay fresh?**

- On the counter: Up to 4 hours
- Refrigerator at 40°: Up to 4 days
- Freezer at 0° or lower: By 6 months is best, but within 12 months is acceptable

**How do I thaw frozen breastmilk?**

- Thaw the oldest breastmilk first.
- Breastmilk does not need to be warmed.
- Thaw the bottle or bag of frozen milk by putting it in the refrigerator overnight.
- If you decide to warm the breastmilk:
  - Keep the container sealed while warming.
  - Hold it under warm, not hot, running water, or set it in a container of water that is warm, not hot.
  - Never put a bottle or bag of breastmilk in the microwave. Microwaving creates hot spots that could burn your baby and damage the milk.
  - Test the temperature before feeding it to your baby by dropping some on your wrist.
- Swirl the milk to mix the fat, which may have separated. Do not shake the milk.



- Use breastmilk within 24 hours of thawing it in the refrigerator. This means 24 hours from when the breastmilk is no longer frozen, not from when you take it out of the freezer.
- Once breastmilk is thawed to room temperature or warmed after being in the refrigerator or freezer, use it within two hours.
- Do not refreeze breastmilk after it has been thawed.

**How do I know if my baby is getting enough breastmilk?**

- Your baby passes enough clear or pale yellow urine. The urine is not deep yellow or orange.
- Your baby has enough bowel movements.
- Your baby switches between short sleeping periods and wakeful, alert periods.
- Your baby is satisfied and content after feedings.
- Your breasts may feel softer after feeding.



For more breastfeeding FAQs visit:  
[womenshealth.gov/breastfeeding](http://womenshealth.gov/breastfeeding)

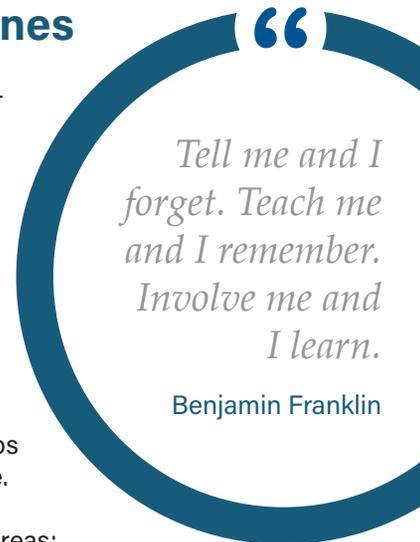


*Love begins at home, and it is not how much we do ... but how much love we put in that action.*

Mother Teresa

**Developmental Milestones**

Watching your child grow and reach milestones, from first smiles to first steps, is exciting and important for their development. Pediatricians review milestones during well-check visits, but as a parent, you play a key role too. By observing your child’s behaviors and skills, you can celebrate progress and address concerns. Discuss any questions with your pediatrician to ensure personalized care and guidance. Every child grows at their own pace, and staying informed helps you support their journey with confidence.



*Tell me and I forget. Teach me and I remember. Involve me and I learn.*

Benjamin Franklin

Developmental milestones focus on five areas:

- 1. Communication:** A child’s acquisition of communication skills, namely receptive language skills (listening and understanding others), expressive language skills (communicating ideas to others), and speech (articulating words that can be understood by others).
- 2. Gross Motor Skills:** How a child uses the large muscles in the body, such as those in the arms, legs, and torso for activities such as sitting, crawling, and walking.
- 3. Fine Motor Skills:** A child’s ability to move and coordinate the small muscles in the hands and fingers.
- 4. Problem-Solving:** How a child plays with toys and solves problems, including making decisions and thinking creatively.
- 5. Personal-Social:** A child’s developing relationships with others as well as their ability to take care of personal tasks such as feeding themselves or using the toilet independently.



To learn more about developmental milestones:  
[www.pathfinder.health/post/asq-screening](http://www.pathfinder.health/post/asq-screening)



## Tips from a Nurse

### How do I soothe my fussy baby?

If you've checked for a dirty diaper and infant has been fed, try the 5 S's for soothing: Swaddling, Side lying, Shushing, Swaying, Sucking.

### So how do I swaddle?

Place a blanket on the bed, like a diamond and fold down the top corner. Place infant on blanket with the folded edge just above shoulders. (The key to keeping a baby wrapped is having those sweet little shoulders covered). Take the left corner of the blanket and bring snugly around the baby's left arm to the right side of the body. Bring the bottom corner over the exposed, right arm, and tuck behind the right shoulder, then bring the right corner of the blanket around the right arm to the left side of the body. Make sure it fits snug but not so tight that it will restrict breathing.

### What does the 24 hour testing mean for my newborn?

At 24 hours, all newborns will need blood work drawn. It will include the newborn screening which is a dried blood spot test and tests for over 30 metabolic and hereditary disorders. The newborn screen will be collected and sent to the state lab, the results will be given during the well child visit with the pediatrician. At the time of the newborn screen, bilirubin will also be collected to check infant for jaundice. A Child ID will also be available which is a blood spot sample given directly to the parents and kept sealed in case of emergency. Newborns will also have a hearing screen and CCHD.

### Do babies need quiet to be able to sleep?

No. They sleep through most anything and should be exposed to noises while sleeping. Always keeping things quiet conditions them to always need absolute quiet. You can't guarantee that at all times.

### What qualifies as a fever?

In babies and children, a temp over 100F is considered a fever. Babies are sensitive to wearing too many clothes, increasing their temp. Rectal temps are the most correct, but under the arm is close.

*FAQ provided by Kristen Potter, RN Sovah Health and Patti Wagner, RN, BSN.*

## Health and Wellness

Raising a family involves juggling many responsibilities, but you don't have to do it alone. There are numerous resources available to support parents and caregivers in providing a safe, healthy, and enriching environment for their children.

Explore the following services to find valuable tools and support for your family's journey.

**Car Seat Safety Checks:** Car seat safety is vital. Most local police stations and fire departments will check car seats to ensure they are properly installed. You can find a location near you.

- VA – [www.vdh.virginia.gov](http://www.vdh.virginia.gov)
- NC – [www.buckleupNC.org](http://www.buckleupNC.org)



VA  
safety  
check



NC  
safety  
check

**YMCA:** Local YMCAs offer classes for the whole family. Swimming classes can start as early as six months old. Check your local YMCA for more details.

- Danville YMCA:  
215 Riverside Dr., Danville ▪ (434) 792-0621 ▪ [ymcadanville.org](http://ymcadanville.org)
- YMCA of South Boston/Halifax County:  
650 Hamilton Blvd ▪ South Boston, VA ▪ (434) 572-8909  
[www.ymcashr.org/locations/ymca-south-boston](http://www.ymcashr.org/locations/ymca-south-boston)

**Health Departments:** Health departments offer preventative care and immunizations, among other services.

- Danville Health Department:  
326 Taylor Dr. Danville, VA ▪ (434) 766-9828
- Halifax County Health Department:  
1030 Cowford Rd. Halifax, VA ▪ (434) 476-4863
- Caswell County Health Department:  
189 County Park Rd. Yanceyville, NC ▪ (336) 694-4129

**Healthy Families:** Healthy Families is a home-visiting service that supports parents prenatally through the child's fifth birthday by focusing on positive parent-child interactions and providing education related to healthy development and family functioning families. Their home visiting program guides and strengthens families by providing one-on-one education and support customized to each family's needs.

- For Danville visit: [hf.dpcs.org](http://hf.dpcs.org) or call 434-799-0456 ext 3817
- For Halifax County, VA visit: [tricityva.org/healthy-families/](http://tricityva.org/healthy-families/)

## Classes and Support Groups

Parenting is rewarding but challenging at times. Resources like support groups, parenting classes, and child activities are here to help. These programs empower families, foster connections, and provide tools for raising happy, healthy children. Explore options to meet your family's needs.

**New Mothers Groups:** New moms often need a place where they can share stories, learn from someone going through a similar experience, or just take a deep breath. These groups can be either in person or online.

- **Healthy Families of Danville, VA:** [hf.dpcs.org](http://hf.dpcs.org)
- **Sovah Health (Danville):** [www.sovahhealth.com/education-and-resources](http://www.sovahhealth.com/education-and-resources)
- **Moms Group for Pittsylvania County/Danville (Facebook Group):** [www.facebook.com/groups/372952440482719](http://www.facebook.com/groups/372952440482719)
- **Mothers of Preschoolers, MOPS (Danville):** [www.danvillefirstnaz.org/mops](http://www.danvillefirstnaz.org/mops)
- **Family Services of Caswell County, NC:** [www.caswellcountync.gov/family-services](http://www.caswellcountync.gov/family-services)

**i** Moms Group for Pittsylvania County/Danville (Facebook)



**Parenting Classes:** Babies don't come with instruction manuals. At times we simply don't know what we don't know.

- Danville/Pittsylvania Community Services: [www.dpcs.org/parenting](http://www.dpcs.org/parenting)
- Caswell County Partnership for Children: [www.caswellchildren.org/additional-resources](http://www.caswellchildren.org/additional-resources)

**Fatherhood Resources:** Fathers play a vital role in a child's development. There are resources for fathers at all stages of parenting. The Virginia Department of Social Services' Fatherhood Resource Database includes parenting and mental health information at [dss.virginia.gov/family/fatherhoodresourcedatabase.cgi](http://dss.virginia.gov/family/fatherhoodresourcedatabase.cgi)



**Classes for Young Children:** Part of enriching your child's life is providing them with opportunities to learn new skills like swimming. Children can take swimming classes at any almost age.

- Swim Classes, YMCA of Greensboro, NC: [www.ymcagreensboro.org/programs/swimming/swim-lessons](http://www.ymcagreensboro.org/programs/swimming/swim-lessons)
- Swim Classes, YMCA of South Boston, VA: [www.ymcashr.org/locations/ymca-south-boston](http://www.ymcashr.org/locations/ymca-south-boston)
- Swim Classes, YMCA Danville, VA: [ymcadanville.org/swimming/lessons](http://ymcadanville.org/swimming/lessons)

**Classes for Safety:** Taking CPR and first aid classes are a great way to protect your children and prepare for emergencies. The American Red Cross offers classes of all types to assist you. [www.redcross.org/take-a-class](http://www.redcross.org/take-a-class)

**“**

*The most important influence in my childhood was my father.*

DeForest Kelley



## Child-Centered Shops

Children grow fast. Sometimes it seems as if they wear an outfit once or twice and then they've outgrown it. Once Upon a Child offers you the opportunity to purchase gently used clothing and baby gear. You can also sell gently used items to the store as well. There are two Once Upon a Child locations near Sovah:

- **Once Upon a Child (VA):**  
3256 Riverside Dr.  
Danville, VA  
434-424-1237
- **Once Upon a Child (NC):**  
1566-B Highwood Blvd  
Greensboro, NC  
336-855-9914

Danville also offers a local toy shop. However, they offer more than toys. There are activities, events, and groups that meet at the Happy Little Fox Toy Shop frequently.

- **Happy Little Fox Toy Shop:**  
321 Lynn Street  
Danville, VA  
[www.thehappylittlefox.com](http://www.thehappylittlefox.com)

“

*Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood.*

Fred Rogers

## Available Assistance

Whether you're navigating the early days of parenthood, managing financial or health concerns, or simply looking for guidance, it's important to know that help is available. Seeking assistance is a sign of strength and a step toward creating a stable, supportive environment for your family.

Explore the following resources to discover the help available to you and your loved ones.

### WIC (Women Infants Children)

Pittsylvania County WIC Office  
200 H.G. McGhee Dr.  
Chatham, VA  
434-433-3563

Danville WIC Office  
326 Taylor Drive  
Danville, VA  
434-766-9832

Halifax County, VA WIC  
1030 Cowford Rd., P. O. Box 845  
Halifax, VA  
434-476-4863 ext. 112

Caswell County, NC WIC  
189 County Park Road  
Yanceyville, NC 27379  
336-694-7141

### Department of Social Services

City of Danville, VA Social Services  
510 Patton Street  
Danville, VA  
434-799-6543

Pittsylvania County, VA Social Services  
220 H. G. McGhee Dr.  
Chatham, VA  
434-432-7281

Halifax County, VA Social Services  
1030 Mary Bethune Street  
Halifax, VA  
434-476-6594

Caswell County, NC Social Services  
175 W Church St, Yanceyville, NC  
336-694-4141







Center for Early Success  
104-B Trade street  
Danville, VA 24541

(434) 797-8887  
[info@centerforearlysuccess.org](mailto:info@centerforearlysuccess.org)

[centerforearlysuccess.org](http://centerforearlysuccess.org)

