

Supporting Children & Families Through Change



Coping with Changes

Changes in routine can be hard, especially for children. Big life changes (examples - divorce, moving, introducing someone new to the family, going to a new school) can all seem scary. To help a child adjust to changes, you might consider the following tips:

- Maintain a healthy diet, good sleeping habits, and proper hygiene practices
- Keep family routine as normal as possible (examples, bedtime, meals, and exercise)
- Plan things to do as a family that you enjoy (like, game nights, movies, and exercise)
- Try relaxation techniques - together - to reduce stress (examples - Yoga, deep breathing exercises)
- Talk about the change and let your child/(ren) know that you are there to listen
- Contact a mental health professional if you notice signs of anxiety and/or depression, including changes in appetite, sleep disruptions, aggression, irritability, and fears of being alone or withdrawn

Helpful Community Resources

General Support

The **Missouri Services Navigator** has over 2,000 programs and services available.

The **Missouri Resource Guide** offers resources in areas like food assistance, parenting, health, job assistance, child care, and more.

Financial Assistance

Temporary Assistance (TA), provides cash benefits to eligible low-income families for the household's children such as clothing, utilities and other services.

Food & Nutrition

The **Supplemental Nutrition Assistance Program (SNAP)** - Missouri Food Stamps - offers a monthly benefit to help those in need buy food and food products.

To find a food pantry near you, visit: [feedingmissouri.org](https://www.feedingmissouri.org).

The Child and Adult Care Food Program (CACFP) assures that nutritious meals and snacks are served to children and eligible adults enrolled in child care centers, family child care homes, after school programs, emergency shelters, and adult day care programs.

The **Missouri Women Infants & Children (WIC) program** provides supplemental food, health care referrals, nutrition education, and breastfeeding promotion and support to eligible pregnant women, new mothers, breastfeeding and postpartum women, infants, and children up to age five (5).



Helpful Community Resources, *continued*

Health	<p>MO HealthNet (Missouri Medicaid), covers qualified medical expenses for individuals who meet certain eligibility requirements.</p> <p>The Department of Health and Senior Services (DHSS) offers wellness and prevention programs that support families in making healthy choices.</p> <p>The Alternatives to Abortion program offers services to help women carry their unborn child to term.</p>
Housing	<p>The Low Income Home Energy Assistance Program (LIHEAP) may be able to help you pay for your home energy bills through: Energy Assistance and Energy Crisis Intervention Program (ECIP).</p> <p>Missouri Housing Assistance is available through the U.S. Department of Housing and Urban Development (HUD) and may be able to help you find and/or pay for housing.</p>
Crisis Support	<p>ParentLink can help parents find information and support for daily living, home management, and family well-being.</p> <p>The Home Visiting Program links eligible families to services and resources within their community to help encourage child development and healthy families.</p> <p>Missouri Kids First, through their Essential4Kids program, helps protect Missouri children from child abuse and neglect by supporting and empowering parents and caregivers to create safer childhoods for all children.</p> <p>Victim Services offers assistance and resources to victims of violent crimes, domestic violence, and sexual abuse.</p> <p>The Missouri Child Abuse and Neglect Hotline is available 24 hours a day, 7 days a week, if you suspect child abuse or neglect. You can report online or toll free at, 800-392-3738</p> <p>Courage2Report is the School Violence Hotline, that aims to make schools safer by helping school districts and law enforcement about learn about school violence as soon as possible. If you suspect school violence you can report online, or call 866-748-7047.</p> <p>'988' Suicide and Crisis Lifeline, is the three-digit phone number for all mental health, substance use, and suicide crises.</p>
Substance Use	<p>The Missouri Division of Behavioral Health (DBH) is responsible for assuring the availability of substance use prevention, treatment, and recovery support services for the State of Missouri.</p>
Mental Health	<p>The Missouri Department of Mental Health provides education, support and assistance in crisis assistance, behavioral health and mental illness, developmental disabilities and Deaf services.</p>
Child Care	<p>The Child Care Subsidy Program helps eligible Missouri families with the cost of child care. Child Care Aware of Missouri (866-892-3228) can help you find a child care provider near you.</p>