



OTR - Barstow Resource Guide

Welcome to the OTR- Barstow Resource Guide for Resource Parents. This guide was developed to help you locate information regarding childcare, mental health services, medical/dental services, educational services and much more!



What's included

- ✓ Business Name
- ✓ Location
- ✓ Phone Number
- ✓ Summary of Service

Children

Infants

Foster Parents

Teens

Created by Olivia Chavira and Alicia Brown LIC 366427231

EXPLORE

Barstow PARKS

PARKS!!

Local barstow parks offer different play structures for kids and/or picnic tables for the whole family!



Foglesong Park
300 S. Avenue G



Barstow Heights Park
'H' Street & Rimrock Rd.



Waterman Park
417 N. 3rd Avenue



Dana Park
850 Barstow Rd



Sturnacle Park
1434 Sage Drive



Jasper Park
25473 Jasper Road



Lillian Park
901 Bigger Street



Venner Park
34704 K Street

Family Fun Day

RED BARON PIZZA & ARCADE

Eat Pizza and Play Games
951 Armory Rd,
Barstow, CA 92311
(760) 252-3126

BARSTOW STATION CINEMA

1503 E Main St,
Barstow, CA 92311
(760) 256-3456

Watch a new movie!

Find movies & showtime at:

<https://www.fandango.com/barstow-station-is-d-place-aakcp/theater-page>

DESERT DISCOVERY CENTER

831 Barstow Road,
Barstow, CA 92311
(760) 252-6060

This Museum has exhibits, a desert trail to explore, and is home to the Old Woman Springs Meteorite, the second largest space rock ever found in the United States.

HOURS OF OPERATION- Tues-Sat/
11am-4pm

COST – FREE



SKY LINE DRIVE-IN

31175 Old Hwy 58,
Barstow, CA 92311
(760) 256-3333

Watch a movie in your car, truck, or van

Find movies & showtime at:

<https://www.showtimes.com/movie-theaters/skyline-drive-in-5739/>

CALICO GHOST TOWN

36600 Ghost Town Road,
Yermo, CA 92398
760-254-1123

Calico is an old West mining town that has been around since 1881 and was abandoned in the mid-1890s after silver lost its value. The town that once gave miners a good living lost its hustle and became a "ghost town."

Open daily: 9 AM to 5 PM

Closed: Christmas Day

ROUTE 66 PIZZA & ARCADE

Eat Pizza and Play Games
2046 Main St,
Barstow, CA 92311
(760) 256-2207

POOL

Eda Henderson Pool
(Outdoor Pool/Seasonal)
300 S. Avenue G
(760) 256-5617

HOURS OF OPERATION-

Opens the day after Memorial Day

Sat-Mon from 12pm-4pm
COST: Open Swim General Admission (all ages) - \$2/person; Monthly pass - \$25/month

BARSTOW ROUTE 66 MUSEUM

681 N. 1st Avenue,
Barstow, CA 92311
(760) 255-1890

** The Route 66 "Mother Road" Museum was dedicated on July 4, 2000 in the historic Casa del Desierto,
Their website at:
<http://www.route66museum.org/id4.html>

HOURS OF OPERATION- Fridays
10:00am - 4:00pm Saturdays
10:00am - 4:00pm Sundays
11:00am - 4:00pm COST – FREE



After School Programs



POLICE ACTIVITIES LEAGUE This program is FREE!!

The PAL After-School Program offers homework assistance, tutoring, fun educational activities, drug and gang resistance programs, and a safe place for kids from 1st grade through 8th grade to go after school. Applications for PAL membership can be picked up at the Barstow Police Department at 220 E. Mt. View St., Barstow, CA 92311.

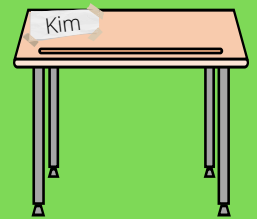
The after-school program is open only on days when BUSD schools are in session. The hours of operation are: Monday, Tuesday, Thursday, & Friday from 3:00 p.m. – 6:00 p.m. and Wednesday from 1:00 p.m. – 6:00 p.m.

Application & Registration: 2-3 weeks before the beginning of the school year, PAL has ONE open registration day. PAL has limited spaces, and takes children on a first come first serve basis. Transportation- Will be provided from each elementary school to the PAL Center. Parents will be required to pick up their children, at the center, no later than 6:00 p.m. daily.

Contact Info: For Further information regarding the PAL program, please call Shannon at 760-255-5188



ELEVATED



Their website (<https://barstowafterschool.com>) states:

We are not a daycare or babysitter. We are better! You and your child will immediately feel welcome because our members become like family! Success for your child is our top priority, whether in sport, school, or life! Other programs simply babysit their students all day... While we empower and inspire your child to be the best they can be!

We are now accepting new Members! (Ages 5-12) If you are a parent who wants the BEST for your child while having something they ENJOY, staying Active and HEALTHY, then keep reading about how you can save your child's spot in the #1 After School Camp in Barstow, CA!

If you have any questions, please call or text us right now! Our office hours are from 9am-6pm Monday thru Friday. Our phone number is: (760) 600-9087. A member of our team is happy to chat with you right now!

PRESCHOOL/DAY CARE

CONCORDIA LUTHERAN CHURCH AND SCHOOL
(420 AVENUE E, BARSTOW, CA 92311)

CONTACT: (760) 256-8979

CONCORDIASCHOOLBARSTOW@GMAIL.COM

PRESCHOOL-(AGES 2-5) OUR PRESCHOOL OFFERS YOUNG CHILDREN A CHRISTIAN SETTING IN WHICH TO GROW, TO LEARN, AND TO DEVELOP PHYSICALLY, SPIRITUALLY, INTELLECTUALLY, AND SOCIALLY. THE ATMOSPHERE IS ONE OF NOT ONLY LEARNING, BUT IS A COMFORTABLE HOME-LIKE ONE THAT CHILDREN CAN ENJOY.

BEFORE/AFTER SCHOOL PROGRAM (DAYCARE)-
(AGES K-5TH GRADE)

BACK TO NATURE PREPARATORY SCHOOL

27768 De Anza Rd. Barstow, Ca. 92311

Contact: (760) 221-7728

backtonaturepreschool@yahoo.com

BACK TO NATURE PRESCHOOL AIMS TO PROMOTE A UNIQUE, HANDS ON LEARNING EXPERIENCE FOR VIBRANT YOUNG MINDS. WE VIEW NATURE AS OUR BEST TOOL FOR UNDERSTANDING THE WORLD AROUND US. THUS, WE UTILIZE NATURE TO PROMOTE SUCCESS IN THE CLASSROOM AS WELL AS SUCCESS WHEN THEIR LITTLE FEET HIT THE PATH OF LIFE. WE ARE PASSIONATE ABOUT OUR CHILDREN AND WE CARE BECAUSE, AS DR. SEUSS SO PERFECTLY TOLD US, "UNLESS SOMEONE (US) CARES A WHOLE AWFUL LOT, NOTHING IS GOING TO GET BETTER. ITS NOT.

AGES: 3-5

REGISTRATION: TO REGISTER YOUR CHILD, COME PICK UP A REGISTRATION PACKET AT THE OFFICE AND RETURN THE PACKET ALONG WITH THE REQUESTED DOCUMENTS. BASED UPON THE CAPACITY, YOUR CHILD MAY BE PUT ON A WAITING LIST.



PRESCHOOL/DAY CARE



BARSTOW HEADSTART
25757 AGATE RD BARSTOW, CA 92311
(760) 253-2956

[HTTP://HS.SBCCOUNTY.GOV/PSD/PAGES/DEFAULT.ASPX](http://hs.sbccounty.gov/psd/pages/default.aspx)

THE BARSTOW HEAD START/STATE PRESCHOOL, LOCATED IN BARSTOW, CA, IS A CHILDCARE FACILITY THAT SUPERVISES AND CARES FOR CHILDREN. DAYCARE SERVICES SUPPORT PARENTS AND GUARDIANS BY CARING FOR CHILDREN TOO YOUNG TO BE LEFT ALONE, MOST OFTEN CHILDREN TOO YOUNG TO ATTEND SCHOOL OR SCHOOL-AGED CHILDREN THAT REQUIRE BEFORE OR AFTER SCHOOL CARE.

AGES: 3-5

HIMMELRICK DAY CARE CENTER
(28344 RIMROCK ROAD, BARSTOW CA 92311)
Contact Info: (760) 252-5535

ABOUT THE PROVIDER:

DESCRIPTION: I ENJOY TEACHING AND WORKING WITH CHILDREN OF ALL AGES-YOUNG CHILDREN AND THOSE WHO ARE YOUNG AT HEART. I HAVE TAUGHT FOR MANY YEARS IN BOTH PUBLIC AND PRIVATE SCHOOLS.

I HAVE BEEN WORKING IN THE FIELD OF EARLY CHILDHOOD FOR 32 YEARS AND I HAVE THOROUGHLY ENJOYED IT. I STARTED MY CAREER BY OPENING UP A FAMILY CHILD CARE AND EVENTUALLY OPENING A CHILD CARE CENTER WHERE I AM CURRENTLY THE DIRECTOR AND ONE OF THE TEACHERS. I STARTED MY ECE CLASSES AT BARSTOW COLLEGE, AND I RECEIVED MY A.A. FROM BARSTOW COLLEGE ALONG WITH MY EARLY CHILDHOOD EDUCATION CERTIFICATE. WITH DETERMINATION AND PERSEVERANCE I RECEIVED MY MASTER'S FROM AZUSA PACIFIC UNIVERSITY.

DAY CARE PROVIDERS



Early Memories Child Care
530 Kelly Drive,
Barstow, California 92311
Tel: 1 (760)-818-2562
earlymemorieschildcare@gmail.com



Early Memories Child Care values a variation of ways in which children learn, and provides wonderful opportunities for children to develop their minds and abilities through different approaches, materials, and experiences. The result: customized early education that's perfect for your child.

Little Barstow WeeCareDaycare
312 Forest Ave, Barstow, CA
92311
(760) 891-5982
<https://weecare.co/daycare/little-barstow>

A place created for the children of Barstow, Little Barstow WeeCare provides engaging exploration and exciting experiences. My care and carefully curated curriculum supports lifelong learning and healthy growth



Salazar Family Home Daycare
313 Muir St, Barstow, CA
92311
(725) 300-5844

A daycare facility in Barstow. Call the above number for additional information!



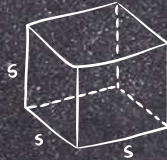
Carousel of Kids Preschool
24929 National Trails Hwy,
Helendale, CA 92342
(760) 243-2273

A daycare facility in Helendale, CA. Call the above number for additional information!

HOMWORK HELP (TUTORING)

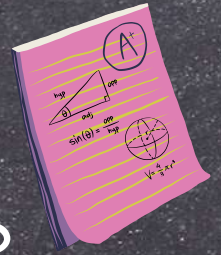


$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$



$$V = s^3$$

$$y = mx + b$$



iFoster

BARSTOW COLLEGE TUTORING PROGRAM (760) 252-2411 Ext. 7288

Need help? Call iFoster at 855-936-7837 or email support@ifoster.org.

Free Online 1:1 Tutoring for as Long as Needed! iFoster has partnered with Learn To Be? a national nonprofit that provides one-on-one virtual tutoring in any subject for students in K-12th grade. Learn To Be will prioritize any iFoster member who applies for tutoring services.

Learn To Be has been providing tutoring to ?underserved? youth since 2012 in all subjects - most commonly math, science, reading and English.

Generally students will get one session/week for one hour, but additional sessions can be added if there is availability and need.

Learn more at:
<https://www.ifoster.org/wp-content/uploads/2021/03/iFoster-Tutoring-with-Learn-To-Be.pdf>

Barstow College offers tutoring services to all Barstow residents starting from 6th grade and up. Tutoring sessions vary from 30 min-2 hours depending on the need of the student. On sight tutors will help assist kids with their home work if they are struggling and typically tutor kids for math and English.

Application & Registration: Students will need to pick up an application at the Barstow College Computer Lab. Students are required to have the application signed by their school and return to the computer lab. ****THIS SERVICE IS COMPLETELY FREE****





MENTAL HEALTH

OUTPATIENT SERVICE



Barstow Counseling Center

Barstow Counseling Center
1841 E. Main St., Barstow
(760) 255-5700

- Primary Focus: Mental Health Treatment Services, Substance Use Disorder
- Treatment Approaches: Cognitive/behavioral therapy, Dialectical behavioral therapy, Substance abuse counseling approach, Trauma-related counseling, Rational emotive behavioral therapy, Psychiatry

Lutheran Social Services

Barstow Office -
309 E Mountain View
Barstow, Ca 92311
760-256-7279
Felix Hallig, Program Manager
fhallig@lsssc.org

- Early Identification and Intervention Services (EIS)
- Success First and Wraparound Services
- General Mental Health for Children and Adults
- Telepsychiatry
- Student Assistance Program

Family Resource Center

BARSTOW Riverside-
San Bernardino County
Indian Health, Inc.
170 N. Yucca Ave.
(760) 256-9016

- Mental health education workshops

Covenant Counseling

15055 Vista Rd. Ste. 5 .
Helendale, CA 92342
(760) 241-6044

- Individual & group therapy
- Adolescents
- Behavior disorders
- Divorce or separation
- Trauma

DEPARTMENT OF BEHAVIORAL HEALTH (Hotline number for services)

If your child is struggling emotionally or developmentally, call the access line for help and guidance on what programs are available to your kids in san Bernardino county.

Consumer Information: Access & Referral is available 24 hours a day, 7 days a week and can be reached by calling (888) 743- 1478 or 711 for TTY users

SCREENING, ASSESSMENT, REFERRAL & TREATMENT (SART)

Services for children, birth to six years of age, who may have been exposed to abuse, neglect, and/or alcohol or other drugs and as a result, are having social, cognitive, and/or behavioral issues.

Desert Mountain Children's Center

17800 Hwy. 18,
Apple Valley, CA
(760) 552-6700

Inland Regional Center

1365 S Waterman Ave,
San Bernardino, CA 92408
(909) 890-3000



WRAP SERVICES



PROVIDERS

Lutheran Social Services

309 E. Mountain View St., Ste. 100 - 102 & 104
Barstow, CA
(760) 256-7279

Mental Health Systems, Inc.,
9570 N. Center Ave., Ste. 110,
Rancho Cucamonga
(909) 980-2789

South Coast Community Services
1425 W. Foothill Blvd., 3rd. fl.,
Upland, CA
(877) 527-7227

Pacific Clinics,
572 & 596 N. Arrowhead Ave.,
San Bernardino, CA
(909) 266-2700

Victor Community Support Services
15095 Armargosa Rd., Ste. 201, 205, 208,
Victorville, CA
(760) 245-4695



Native American Resource Center - Services and resources aimed to help meet the needs of American Indian and Alaskan Native individuals and families.

Riverside-San Bernardino County Indian Health, Inc.
11980 Mt. Vernon Ave.,
Grand Terrace, CA
(909) 684-1097

Community Crisis Response Teams (CCRT)

Are community-based mobile crisis response teams for children and adults experiencing a mental health crisis.

Teams are available in English and Spanish from 7 a.m. to 10 p.m. daily.

Please contact any of the following numbers:

Call: (909) 421-9233 or Text: (909) 420-0560

MENTAL HEALTH CRISIS SERVICE

CRISIS STABILIZATION UNITS (CSU) & CRISIS WALK-IN CENTERS (CWIC)

Are urgent mental health centers for individuals of all ages. Services are voluntary and may include crisis intervention, crisis risk assessments, medications, and, when necessary, evaluations for hospitalization. Individuals may receive crisis stabilization services for up to 24 hours.

Open 24 hours a day, 365 days a year, including holidays.

CWIC - High Desert

12240 Hesperia Rd., Ste. A
Victorville
(760) 245-8837

Windsor CSU

1481 N. Windsor Dr.
San Bernardino
(909) 361-6470

CWIC - Morongo Basin

7293 Dumosa Ave., Ste. 2
Yucca Valley
(760) 365-2233

SUBSTANCE USE DISORDER AND RECOVERY SERVICES (SUDRS)

DBH SUDRS provides drug and alcohol prevention, treatment services and education programs for individuals and communities.

Services include:

- Prevention
- Intensive Outpatient Treatment/Services
- Residential Programs
- Withdrawal Management
- Perinatal Services
- Recovery Center/Aftercare
- Care Coordination
- Medication Assisted Treatment Services

Call DBH's Screening Assessment and Referral Center 24-hour helpline at (800) 968-2636 for more information or for an assessment.



FAMILY URGENT RESPONSE SYSTEM

CALIFORNIA FAMILY URGENT RESPONSE SYSTEM (CAL-FURS)

TELEPHONE NUMBER: 833-939-3877

WEBSITE: [CAL-FURS.ORG](https://www.cal-furs.org)

EMAIL ADDRESS: [INFO@CAL-FURS.ORG](mailto:info@cal-furs.org)

24/7 PHONE AND IN-PERSON SUPPORT FOR ISSUES BIG AND SMALL



FURS is a coordinated statewide, regional, and county-level system designed to provide collaborative and timely state-level phone-based response and county-level in-home, in-person mobile response during situations of instability, to preserve the relationship of the caregiver and the child or youth.

How FURS Helps and Why It's Important:

1. It provides current and former foster youth and their caregivers with immediate, trauma-informed support when they need it.
2. Prevents placement moves.
3. Preserves the relationship between the child or youth and their caregiver.
4. Provides a trauma-informed alternative for families who previously resorted to calling 911 or law enforcement.
5. Reduces hospitalizations, law enforcement contacts, and placement in out-of-home facilities.
6. Promotes healing as a family.
7. Improves retention of current foster caregivers.
8. Promotes stability for youth in foster care, including youth in extended foster care.

FURS Services Include:

- A toll-free hotline available 24 hours a day, 7 days a week staffed with caring counselors trained in conflict resolution and de-escalation techniques for children and youth impacted by trauma.
- County Mobile Response and Stabilization Teams also available 24 hours a day, 7 days a week.
- In-home de-escalation, stabilization, conflict resolution, and support services and resources.
- Ongoing support services beyond the initial mobile response.
- Hotline and mobile response staff trained in working with children and families who have experienced trauma.

Mental Health Groups

MOURNING SUN CHILDREN'S FOUNDATION

The Sunrise Center offers a place of hope and healing for children, teens and their families that are struggling with grief and loss due to the death of a loved one, being placed in foster care or having a parent/loved one diagnosed with a terminal illness. We provide peer support groups in a safe, supportive and understanding environment with the supplies they need to be able to communicate effectively. In doing so, children and adults will realize they are not alone and may begin to heal by expressing their emotions and feelings, together.

SUPPORT GROUPS

GRIEF GROUP:

A support group for children and teens who are experiencing grief due to a death. A concurrent adult support group is provided for the parents of grieving children.

FOSTER YOUTH SUPPORT GROUP:

A support group for children and teens who are in the foster care system. A concurrent adult support group is provided to support the adults who are caring for foster children.

OUR JOURNEY GROUP:

A support group for children and teens that have a parent or loved one diagnosed as terminal, but have not yet died. A concurrent adult support group is provided to support the adults who are caring for the grieving children as well as those that are dying



CONTACT: 760-221-6181
jennifer@mourningsunchilren.com

MONDAY - FRIDAY
09:00 AM - 05:30 PM
17100 Bear Valley Rd. #533
Victorville, Ca 92395



FAMILY RESOURCE CENTER

WELLNESS GROUP - through art
MINDFULNESS GROUP - through art

Call for scheduled times

170 N. Yucca Ave.
Barstow, CA 92311

(760) 256-9016

COMMUNITY SPORTS

YOUTH T-BALL (AGES 3-7)

REGISTRATION: January

REGISTRATION FEE- \$45

CONTACT: Cora Harper Fitness Center (760) 256-5617

Games will begin End of March and end during the end of May

YOUTH BASKETBALL - Upper Division (1st-6th Grade)

REGISTRATION: Oct-Nov of each year

REGISTRATION FEE- \$45

CONTACT: Cora Harper Fitness Center (760) 256-5617

YOUTH BASKETBALL - Lower Division (3-4 years old & 5-6 Years)

REGISTRATION: Oct-Nov of each year

REGISTRATION FEE- \$45

CONTACT: Cora Harper Fitness Center (760) 256-5617

GUTIERREZ MARTIAL ARTS

Registration:

FEE: Please contact facility for pricing information

Beginners class 5pm to 6pm

Intermediate and advanced class 6pm to 7pm

Tai chi and qi gong class for adults Monday,

Wednesday and Thursday 7pm to 8pm

Mon., Wed. and Thurs. Karate/Kung Fu

Beginners 5:30 pm to 6:30 pm

Intermediate & Advance 6:30pm to 7:30pm

Adult only 7:30pm to 8:30pm

Tues. and Fri. Jiu Jitsu (Children 6 pm / Adult

7:30pm

CONTACT: (760) 475-3461

NOBLE FITNESS

Gymnastics, calisthenics, body weight exercise ,total body training strength and resistance exercises, core work, balance training and obstacle courses to get you in shape.

CONTACT: (760) 953-1733. Location: 1264 E.Main, Barstow, CA 92311



**DON'T JUST DREAM IT,
GO GET IT**

SILVERLAKES GYMNSATICS AGES: (3-17)

Gymnastics is a great way for your child to learn how much fun it can be to exercise, but it can also teach them many valuable life lessons that will help them in the future. These lessons include time management, respect, discipline, learning to work as a group, and learning to work individually. Gymnasts learn how to manage their fear, and build self-esteem.

REGISTRATION:

Telephone: (760) 985-0341

slyflyers@yahoo.com

MOTION DANCE CENTER (Ages infant-18)

REGISTRATION: \$25 one time registration fee- Please drop by office for registration packet
REGISTRATION FEE- 40/mo for 1 class

CONTACT: (760) 957-7739





...COMMUNITY SPORTS

NEVER GIVE UP

Motion Dance Center - Ages infant-18)

Ballet/Tap- 1 hour sessions/week (Ages 3-5 years) \$30/mo

Ballet/Tap- 1-2 hour sessions/week (Ages 5+) \$45/mo

Hip-Hop/Jazz, Lyrical- 1 hour session/week (All Ages) \$30/mo

CONTACT: Melony @ (760) 447-4076

Robert A. Sessions Memorial Sportspark

The Robert A Sessions Memorial Sports Park is regarded as one of the finest recreational complexes in the Inland Empire. This facility includes includes six lighted ball fields (all with electronic scoreboards), three soccer fields, volleyball courts, batting cages, and basketball courts.

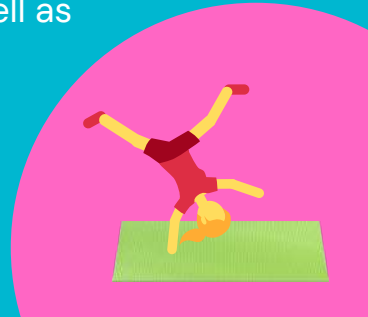
Located at 2800 Mayor Katy Parkway, the Robert A Sessions Memorial Sportspark plays host to spring, summer and fall adult softball leagues, and has been awarded the distinction of hosting regional softball tournaments for all ages of participants. Barstow Parks & Recreation staff recently improved the six infields with the addition of new Angel Mix(clay) and improved irrigation systems, installed shade covers over picnic areas, and constructed concrete slabs between each field to provide additional seating for spectators.

This is an ideal venue for company picnics, family gatherings and other events. Call Cora Harper Center at (760) 256-5617.

Barstow Skate Park

Within the community of Barstow is a skate part that is located . The skate part is 12,000 square-feet located within Dana Park.

HOURS: The skate park is open from 7:00am until dusk and is free to all skaters to enjoy. This skate park is geared towards mid-level skaters, with some elements for both beginners as well as advanced skaters.



Parenting Resources



First 5 California

What you need to know to help your child grow up healthy and thrive

<https://parentguide.first5california.com/en-US/>

Triple P

The Triple P – Positive Parenting Program is one of the most effective evidence-based parenting programs in the world, backed up by more than 35 years of ongoing research. Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems developing.

<https://www.triplep.net/glo-en/home/>

Child Welfare

Parenting Resources to Promote Family Well-Being
Find parenting tips, resources, and locate help in your community.

- General resources and tips for parents
- Parenting infants and young children
- Understanding developmental stages
- Child safety
- For relative/kinship caregivers
- Financial self-sufficiency
- Family nutrition
- Finding help
- Supporting pregnant and parenting teens



<https://www.childwelfare.gov/topics/preventing/promoting/parenting/general/>

Zero to Three

Our approach to supporting parents is based on the belief that parents are the true experts on their children, and that there is no “one-size-fits-all” approach to raising children. The information and tools we offer are designed to support parents in developing their own ways to promote their children's growth and development./

<https://www.zerotothree.org/parenting>



.....Parenting Resources

PBS For Parents

Help Your Child Learn & Grow

Get age-by-age tips and activities, find ways to play, and explore family activities.

<https://www.pbs.org/parents>



APA- American Psychological Association

Parenting is hard work. Even with the best resources available, meeting the needs of family members in today's fast-paced society is difficult. The daily stress of making ends meet can take a toll on all family members, including children. The APA Public Interest Directorate Socioeconomic Status Office has created this tip tool for parents who want to build their children's resilience.

<https://www.apa.org/topics/parenting/resilience-tip-tool>

Info About Kids

infoaboutkids.org is an ongoing collaboration of the Consortium for Science-Based Information on Children, Youth and Families. Our goal is to promote healthy child and family development by highlighting science-based information for those who care for, or work with, children. Our site, updated annually, links to other well-established, trustworthy websites for parents, other caregivers, and professionals.

<https://infoaboutkids.org>

AHA Parenting

Positive parenting a teenager? A terrific teen who's responsible, considerate, shows good judgment, at least most of the time? Yes, it is possible! Here's your game plan, with 12 essential Tips.

<https://www.ahaparenting.com/read/parenting-teens>

S.T.E.P.

Early Childhood STEP gives you the information and practical skills you need to help your children from the start. Helpful techniques to improve family communication.

Effective discipline strategies to promote both self-esteem and mutual respect...and more!
Systematic Training for Effective Parenting. Ages 0-6 (7 Weeks) or Ages 6-12 (7 Weeks)
Create more satisfying, productive relationships with your children.



Office: 760-256-3733 / <https://www.desert-sanctuary.org/programs>

WEBSITE RESOURCES FOR FOSTER PARENTS

Together, anything is possible!



THE NATIONAL VOICE OF FOSTER PARENTS:

[https://nfpaonline.org/?](https://nfpaonline.org/?fbclid=IwAR3rcZ5h8Uj6scG7cz5DWfLRVov1nE9pbuznNH2iOIKX9E16408njJ5YIk)

[fbclid=IwAR3rcZ5h8Uj6scG7cz5DWfLRVov1nE9pbuznNH2iOIKX9E16408njJ5YIk](https://nfpaonline.org/?fbclid=IwAR3rcZ5h8Uj6scG7cz5DWfLRVov1nE9pbuznNH2iOIKX9E16408njJ5YIk)

CENTER FOR PARENT INFORMATION & RESOURCES

<https://www.parentcenterhub.org/fosteradoptive/>

FOSTER CARE, FAITH, AND FAMILY

<https://droppinganchorsblog.com/2017/04/03/meet-the-mama-kelli/>

THE FORGOTTEN INITIATIVE

<http://www.theforgotteninitiative.org/blog/>

FOSTER 2 FOREVER

<https://foster2forever.com/>

SCCOP: A BLOG BY THE NATIONAL FOSTER CARE ASSOCIATION

<https://blog.nfpaonline.org/>

NATIONAL FOSTER PARENT ASSOCIATION

<https://nfpaonline.org>

ADOPT US KIDS

<https://www.adoptuskids.org/adoption-and-foster-care/parenting-support/for-foster-parents>

CONSCIOUS DISCIPLINE

<https://consciousdiscipline.com/free-resources/discipline-tips/>





DEVELOPMENTAL MILESTONES ACTIVITIES

0-3 MOS.

TUMMY TIME-

During tummy time, babies get the benefit of important sensory input along with movement experiences that lead to strengthening, hand eye coordination, and more!

MUSIC/SINGING-

Speaking of songs, singing to babies and playing music is great not only for calming and comforting, but also to help a baby discriminate between auditory input (e.g. telling the difference between mom's familiar voice and someone singing on the radio). Music can also be a great distraction during tummy time or to begin to encourage a baby to turn his head from one side to the other.

SIMPLE TOYS-

Simple rattles, easy-to-grasp balls, and soft books are great for getting a baby's visual attention and, as time goes on, her gaze will follow her grasp and she'll want to look at what she's holding – the beginning of eye hand coordination.

FLOOR TIME OUTSIDE OF A CARRIER, STROLLER, OR SWING-

One of the absolute most important developmental experiences we can offer to babies at this age is plenty of time on the floor – on their tummies, on their backs, on their sides. It seems like such a simple thing, but babies get so much of the movement and sensory input they need when they're allowed the time and opportunity to explore how their bodies work outside of a carrier, stroller, or swing!

ROCKING AND SWAYING-

This is an activity that most caregivers of infants do instinctively, but – as with carrying and wearing a baby – rocking and swaying with an infant has more benefits than meets the eye! Rocking in a rocking chair or holding your infant while bouncing gently on an exercise ball is another great way to provide calming vestibular input for little ones, input that helps them learn about where their body is in space. Pair rocking and swaying with a song, and you'll add the benefit of auditory input as well.





DEVELOPMENTAL MILESTONES ACTIVITIES



3-6 MOS.

As babies become more alert and engaged, there are all kinds of new movement and play activities to try! At this stage, babies become a little more sturdy too, so you can begin to play in ways that will encourage rolling and head control.

SONGS AND FINGER PLAYS:

Old favorites like The Itsy Bitsy Spider, 5 Little Monkeys, and The Wheels on the Bus are great ways to get a baby's visual attention during tummy time and play on the floor.

ROCKING AND ROLLING:

During diaper changes and playtime on the floor, gently rocking your baby from side to side from her shoulders and then from her legs is a great way to help her learn how to feel and use the different segments of her body to move and start to roll. Once your baby is comfortable with this kind of movement and is beginning to initiate some of the movement on her own, you can also assist her in rolling from her back to her tummy (helping her support her head and neck if needed).

BOOKS:

Books are another good way to support interaction and visual engagement during tummy time, while baby is lying on his back, or just while you're holding your little one in your lap.

UPRIGHT PLAY/SUPPORTED SITTING:

It's important to be patient and wait for your baby to show signs of readiness before trying to sit her up on her own. Play on the floor in tummy time and on her back are the best ways to get there. But it's also great to provide infants with the experience of being upright, whether it's bouncing on your knees, in a wrap or other carrier, or just holding and carrying her in an upright position.





DEVELOPMENTAL MILESTONES ACTIVITIES



6-12 MOS.

To encourage babies to learn how to start sitting up on their own, there are lots of fun and easy play ideas you can try.

PRE-CRAWLING PRACTICE:

When your baby is just showing signs of learning to crawl, sit on the floor with your legs outstretched. Place a toy on or between your feet and place your baby on her tummy on your legs facing the toy. Gently move your legs, rocking baby from side to side or bouncing both legs together. With her arms and legs draped over your legs toward the floor, she'll begin to get a sense of play in an all fours position without having to take all of her weight by herself.

BEAN BAG BALANCE:

This is a favorite of infants, toddlers, and even older kids too! In sitting, place a bean bag on the child's head and show her how to lean her head forward to dump it off into her hands, lap, or a plastic container.



PUSH TOYS:

Push toys are great for practicing balance and the ability to alternate feet for stepping forward. You can also weigh down a laundry basket with a stack of books and let baby push it around the floor!

PUZZLES:

Around their first birthday, your baby will be ready for large wooden puzzles, Dr. Myers says. The doctor suggests choosing ones with colorful shapes or pictures. "Show and tell them first how it works—you may have to guide their hands," he says. "Clap and cheer when they are successful." For younger babies, you can use blocks made out of softer materials.





DEVELOPMENTAL MILESTONES ACTIVITIES

1-3 YRS

READ 20 MINUTES TO YOUR CHILD EACH DAY:

Read to your child! He is soaking up so much information at this age. If possible, aim for at least twenty minutes of reading per day. While looking at a book, ask him questions such as: "Where is the teddy bear?"

LISTEN TO MUSIC WITH YOUR CHILD:

Sing songs with your child and listen to music in the house and in the car, and choose music that you won't mind listening to again and again (and again). He'll start to sing along, and you may even recognize what he's singing from time to time!

TEACH YOUR CHILD ABOUT SHAPES AND NUMBERS:

Talk about shapes, colors, and numbers all day long. "That's a round, red ball." "We have only one banana left." Let's find your green T-shirt."

TEACH YOUR CHILD ABOUT THEIR BODY PARTS:

Teach your toddler the names of his body parts and then ask him to point to his nose, eyes, ears, etc. Ask him to point to your nose, eyes, and ears.

USE INSTRUCTIONS WHEN PLAYING WITH YOUR CHILD:

Play games with instructions. Your child is increasingly able to follow simple directions and will be so proud of himself when he can do what you ask. This might include closing the door or bringing you the purple ball.

BALL SKILLS:

Start to encourage your toddler to kick a ball on the ground, throw a ball forward toward you, and corral a ball from a short distance.

STOOP AND RECOVER:

When playing with toys at home, scatter some throughout the room and ask your child to pick them up and place them in a box or pile. Encourage them to squat down to get the object and return to a standing position without losing their balance or sitting down



DEVELOPMENTAL MILESTONES ACTIVITIES

3-5 YRS

THROWING GAMES:

Another great way to help little ones gain control of their motor skills is to play throwing games. Hopscotch is a perfect option because kids must toss a rock or a bean bag onto a particular square. This tests their aim and is a fun game to play together!

DO A SCAVENGER HUNT:

Another basic ability that preschoolers should understand is to identify the colors of the rainbow. Instead of simply pointing to things and asking your children what color they are, have a scavenger hunt! Send your kiddos into the yard to find something from every shade of the rainbow. Soon they'll come back with a purple ball, red bike, yellow leaf and more. It's a fun way to get kids into their environment while thinking about color identification.

TRY AN INFORMATION GAME:

Little ones should know a few key pieces of personal information when heading into preschool. Parents can help their kids learn full names, addresses, parents' names and phone numbers by playing games. Cut out cards with the letters of your kids' names and then have them rearrange the cards until they make the correct name. You can even sing a song that lists all this info in one place - the melody can help them remember.

BALL SKILLS:

Start to encourage your toddler to kick a ball on the ground, throw a ball forward toward you, and corral a ball from a short distance.

ARTS AND CRAFTS:

School-age children might use colours, textures and shapes to communicate feelings, ideas and messages. For example, they might use lots of bright colors to show happiness. They might also use symbols and words to show the difference between things or add meaning to drawings. You might notice that your child has a better understanding of color, shapes, patterns and details. For example, your child might be drawing people with five fingers and toes. Where your child used to draw scribbles and squiggles for trees and flowers, now you can see leaves, branches, trunks and petals.

BARSTOW SCHOOLS

DISTRICT

Barstow USD
551 S. Avenue H
Barstow, CA 92311
Phone: 760-255-6000
<https://www.busdk12.com>

ELEMENTARY SCHOOLS

Cameron Elementary
801 Muriel Drive
Barstow, CA 92311
Phone: 760-255-6260

Crestline Elementary
2020 Monterey Avenue
Barstow, CA 92311
Phone: 760-252-5121

Henderson Elementary
400 South Avenue E
Barstow, CA 92311
Phone: 760-255-6250

Lenwood Elementary
34374 Ash Road
Barstow, CA 92311
Phone: 760-253-7713

Montara Elementary
700 Montara Road
Barstow, CA 92311
Phone: 760-252-5150

Skyline North Elementary
36968 Camarillo Avenue
Barstow, CA 92311
Phone: 760-255-6090

JUNIOR HIGH SCHOOLS

Barstow Junior High
1000 Armory Road
Barstow, CA 92311
Phone: 760-255-6200

Barstow STEM Academy
310 W. Mountain View
Barstow, CA 92311
Phone: 760-255-6150

Barstow High
430 South First Ave.
Barstow, CA 92311
Phone: 760-255-6100

Central High
405 North Second Ave.
Barstow, CA 92311
Phone: 760-255-6063

HIGH SCHOOLS

ALTERNATIVE EDUCATION

Barstow Adult Education
551 South Avenue H
Barstow, CA 92311
Phone: 760-255-6131

Excelsior Charter
1497 State St.
Barstow, CA 92311
Phone: 760-255-2764

Mojave River Academy
2151 Main St
Barstow, CA 92311
Phone: 760-954-0399

OTHER SCHOOLS

SILVER VALLEY SCHOOLS

Silver Valley USD
35320 Daggett-Yermo Rd.
Yermo, CA 92398
760-254-2916
<https://www.svusdk12.net>

Fort Lewis Elementary
21800 Blackhawk Dr.
Fort Irwin, CA 92310
Phone: 760-386-1900

Tiefert View Intermediate
8700 Anzio St
Fort Irwin, CA 92310
Phone: 760-386-3123

Fort Irwin Middle School
1700 Pork Chop Hill
Fort Irwin, CA 92310
Phone: 386-1133

Silver Valley High School
35484 Daggett-Yermo Rd
Yermo, CA 92398
Phone: 760-254-2963

Alternative Ed.Center
33525 Ponnay St.
Daggett, CA 92327
Phone: 760-254-2715

HELENDALE USD

Helendale USD
15350 Riverview Rd.
Helendale, CA 92342
Phone: 760-952-1178

<https://www.helendalesd.org>

Independence Charter
Academy
K-12th
Phone: 760-952-1760

ACE Charter/Riverview
Middle School
13943 Rivers Edge Rd.
Helendale, CA 92342
Phone: (760) 952-1266

Helendale Elementary
27274 Peach Tree Ln,
Helendale, CA 92342
Phone: 760-952-1204

ORO GRANDE USD

Oro Grande USD
19900 National Trails Hwy.
Oro Grande, CA 92368
Phone: 760-243-5884
<https://www.orogrande.net>

Riverside Prep Elementary
19175 Third St.
Oro Grande, CA 92368
Phone: 760-245-9260

Riverside Prep Middle School
Riverside Prep High School
19900 National Trails Hwy.
Oro Grande, CA 92368
Phone: 760-243-4136

Mojave River Academy
2151 Main St
Barstow, CA 92311
Phone: 760-954-039

MEDICAL SERVICES



MEDICAL PROVIDERS

Agoston, Endre
Sac Hlth Systems-Barstow
801 E Mountain View St
Barstow, CA 92311
(909) 382-7100
IEHP

Basa, Jessica V
Jessica Basa Md Inc
705 E Virginia Way STE F
Barstow, CA 9231
(760) 256-1226
IEHP

De La Llana, Andres Gavino A
Andres Gavino Md Inc.
705 E Virginia Way STE B
Barstow, CA 92311
(760) 646-9010
IEHP

Gautam, Ravindra M
Gautam Medical Wellness Cl.
930 W Main St
Barstow, CA 92311
(760) 256-1004
IEHP

Lakusta-Wong, Sidney L
Sac Hlth Systems-Barstow
801 E Mountain View St
Barstow, CA 92311
(909) 382-7100
IEHP

Mallam, Mohan
Mohan Mallam Md
303 E Buena Vista St
Barstow, CA 92311
(760) 256-4601
IEHP

Reiner, Steven Charles
Mission City Comm Nwk Inc
405 E Buena Vista St
Barstow, CA 92311
(818) 895-3100
IEHP

Patel, Hemanshu R
Choice Healthcare Assoc. Inc
1890 W Main St STE 110
Barstow, CA 92311
(760) 256-1422
IEHP

Singh, Ramendeep K
Choice Healthcare Assoc. Inc
1890 W Main St STE 110
Barstow, CA 92311
(760) 256-1422
IEHP

Dr. Kevin A. Smith, MD
Windy City Medical Clinic
525 Melissa Ave Ste A,
Barstow, CA, 92311
(760) 255-2400
Medi-Cal

Leovino Clomera, PA
Gautam Medical Wellness Cl.
930 W Main St
Barstow, CA 92311
(760) 256-1004
IEHP

Agoston, Endre
Sac Hlth Systems-Barstow
801 E Mountain View St
Barstow, CA 92311
(909) 382-7100
IEHP



URGENT CARE & HOSPITAL



URGENT CARE CENTERS



DR. MIKES WALK-IN CLINIC

716 E Main St.
Barstow, CA 92311
(760) 256-6426
Monday – Friday
8 AM – 8 PM
Saturday
10 AM – 5 PM

<https://www.drmikeswalkinclinics.net>

MERIDIAN URGENT CARE

705 E Virginia Way, Suite N,
Barstow, CA 92311
(760) 255-3200
Monday – Friday
9 AM – 4:30 PM

<https://www.meridianurgentcare.net>

HOSPITAL

Barstow Community Hospital

820 E Mountain View St, Barstow, CA 92311
(760) 256-1761
Open 24 hours





DENTAL CARE

Dr. Chang's Dental

Barstow Dentistry
301 E Buena Vista St,
Barstow, CA 92311
(760) 460-4999
barstowdentistry.com

Dr. Sungho Lee, DDS

570 E Virginia Way, Barstow, CA
92311
(760) 255-1010
<https://www.sungholeedds.com>

Pro Care Dental

Dr. Joey S. Tirador, DDS
1232 E Main St.
Barstow, CA 92311
(760) 256-1189

Barstow Dental Center

Barstow Dentistry
919 E Main St.
Barstow, CA 92311
(760) 256-2425
barstowdentistry.com

Hector M. Magpayo, DDS

113 E Mountain View St, Barstow,
CA 92311
(760) 256-2896

Lee Kyoung H Su DDS

570 E Virginia Way, Barstow,
CA 92311
(760) 255-1010
<http://sungholeedds.com>

Robinson Craig A DDS

450 S 2nd Ave,
Barstow, CA 92311
(760) 256-2327

Barstow Family Dental Center

1940 E Main St,
Barstow, CA 92311
(760) 256-1083

Barstow Friendly Smiles

1352 E Main St.
Barstow, CA 92311
(760) 256-6600

Jang Dental

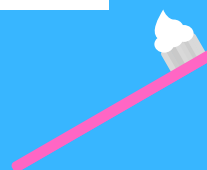
919 E Main St.
Barstow, CA 92311
(760) 255-1206

Dr. Salman Dental & Orthodontics

923 Armory Rd,
Barstow, CA 92311
(760) 252-4488

Mazi Farhad DDS

919 E Main St.
Barstow, CA 92311
(760) 255-1206





PHARMACY

RITE-AID PHARMACY

1380 Barstow Rd,
Barstow, CA 92311
(760) 252-3502

<https://www.riteaid.com/pharmacy>

CROAL'S REXALL DRUGS

901 E Williams St,
Barstow, CA 92311
(760) 256-8968

<https://www.mygnp.com/pharmacies/choals-rexall-drugs-barstow-ca-92311/>

TEPLOW DRUGS

404 E Main St,
Barstow, CA 92311
(760) 256-2726

THE PRESCRIPTION SHOPPE

400 S 2nd Ave Ste101,
Barstow, CA 92311
(760) 256-5614

<https://www.rxshoppebarstow.com>

WALMART PHARMACY

301 Montara Rd,
Barstow, CA 92311
(760) 252-5022

[https://www.walmart.com/store/1879-barstow-ca/pharmacy?
&cn=Tracking_local_pack_1](https://www.walmart.com/store/1879-barstow-ca/pharmacy?&cn=Tracking_local_pack_1)





OPTOMETRIST

PROVIDERS



BARSTOW OPTOMETRIC EYECARE

Dr. Richard Kennedy, OD
945 Armory Rd # C
Barstow, CA 92311
(760) 252-7518
<https://eyeshopca.com>

WALMART VISION & GLASSES

301 Montara Rd,
Barstow, CA 92311
(760) 308-4017
https://www.walmart.com/store/1879-barstow-ca/?&cn=Tracking_local_pack_1

JAMES R. DALLAS, O.D.

1356 E Main St Suite A,
Barstow, CA 92311
(760) 256-8014
<https://visionsource-jrdallasod.com>

PACIFIC EYE INSTITUTE

500 E Mountain View St,
Barstow, CA 92311
(760) 256-8791
<https://www.pacificeyemd.com/locations/barstow/>

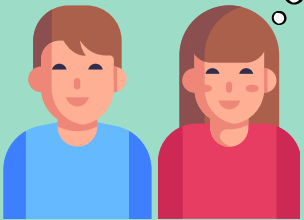


WORKSHEETS

The last pages are helpful worksheets helping children learn about feelings, numbers, letters, shapes, colors, and more!

I'm Sorry, I upset you!

Thanks for apologizing!



Have a problem, talk it out!

Set a fun realistic study plan and execute it consistently.



Need Direction... Talk to your Assigned Agency Social Worker for help!



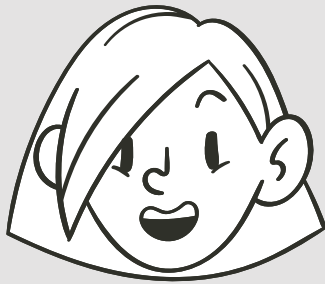
Maximize resources that already exist on the internet. Don't reinvent the wheel.

NAME:

DATE:

Mood Match

Can you tell the color of the feelings below?
Color the word box of each picture based on
the mood thermometer.



happy



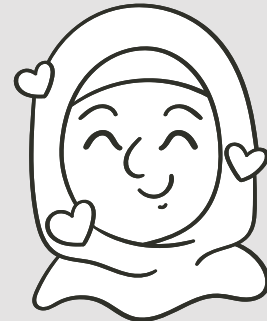
sad



hurt



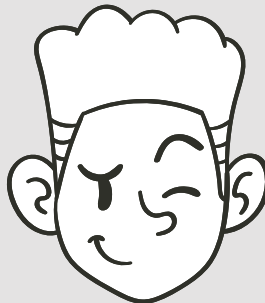
shy



loved



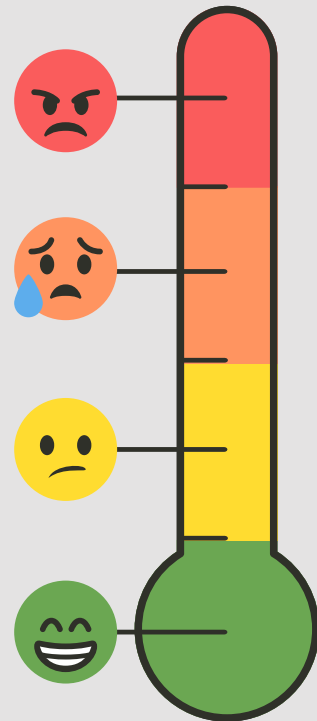
tired



silly

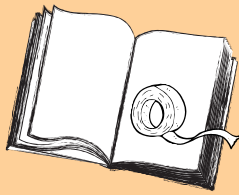


scared



Name: _____

Date: _____



My Visual Journal

Read the prompts below and respond by filling each space provided with images and words that come into mind.

The best things that
happened today:

Things I wish I can
change about today:

I am proud of myself
today because...

I think I still need
to work on....

HOW DO YOU

feel



happy



awkward



bored



disappointed



excited



miserable



sad



clueless



worried



confused



content



edgy



cranky



deflated



elated



nervous



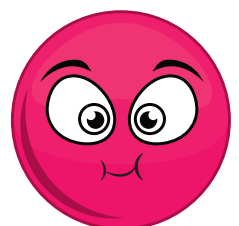
dizzy



happy



angry



silly

Name _____

Date _____

Teacher _____

Ultimate Coping Playlist



Make the perfect coping playlist for you by giving this challenge a try

Entertainment	A song that stays stuck in your head when you hear it.	A song you know all the words to.	Your favorite song from a movie.
Revival	A song that represents freedom	A song that you'd listen to fall asleep.	A song that makes you feel pumped up.
Strong Sensation	A song that reminds you of a good memory.	A song that reminds you of someone you care about	A song that reminds you of someone who cares about you
Diversion	A song that makes you feel safe.	A song you find inspirational.	Your go to positivity song.
Discharge	A song that matches your vibe you get when you feel anxious or worried.	A song that matches your vibe when you feel annoyed or angry.	A song that matches your vibe when you feel sad or afraid.

Name: _____

Date: _____



How do you see yourself?

OBSERVE

Using a mirror, look closely at all the shapes, colors, and other features on your face.

DRAW & PAINT

With the mirror as your guide, draw and color your portrait on a piece of paper.

FEEDBACK

Ask your classmates for feedback about your portrait.

COLOR

RACE

BEAUTY

Now think of three (3) questions related to the words above and how you saw your self in the mirror. Write them below.

Adapted from

<https://www.tolerance.org/classroom-resources/lessons/looking-closely-at-ourselves>

Name _____ Date _____

RISING ABOVE FAILURES

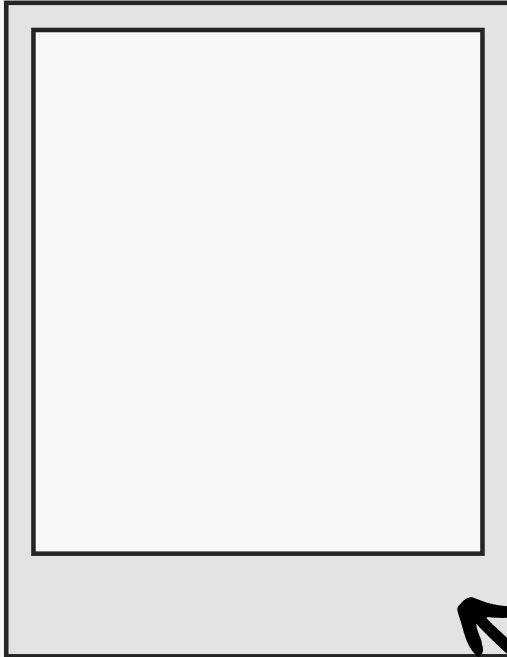
In general, experiencing failure means something goes wrong or does not go according to plan. Think back to a time when you failed at something that was important to you. What words come to mind as you think about this situation?

What feelings come to mind as you recall this situation?

How did you recover and rise above your failure?



ALL ABOUT ME



My name is _____

I am _____ years old.

I am from _____

I am in Grade: _____

My birthday is: _____

My Self Portrait!

My top 5 favorite activities are:

1. _____

2. _____

3. _____

4. _____

5. _____

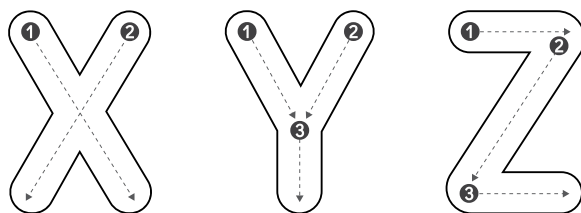
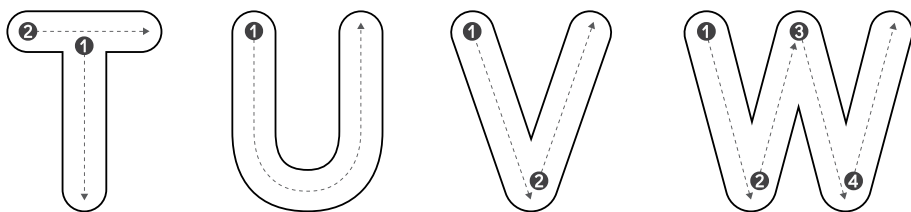
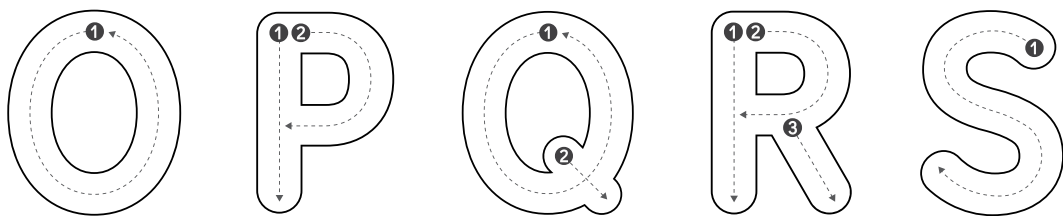
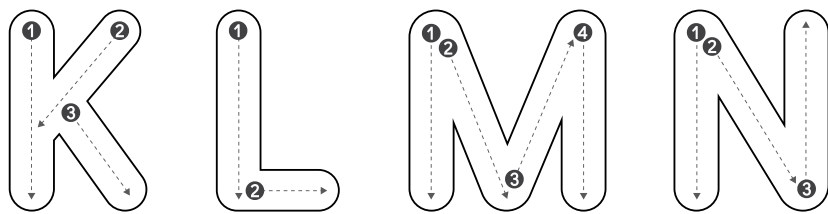
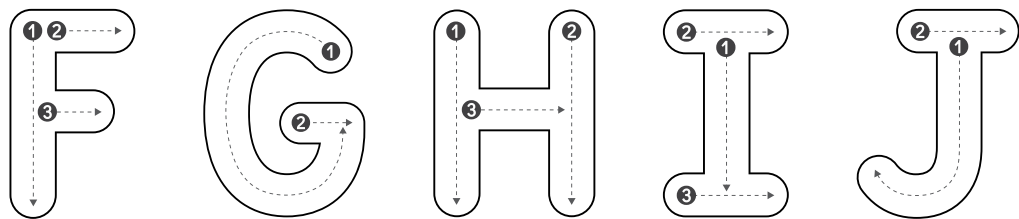
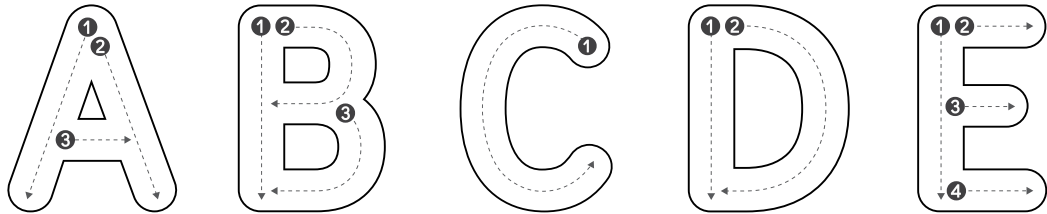
My favorite food is:

My favorite subject is:

My wish for this year is: _____

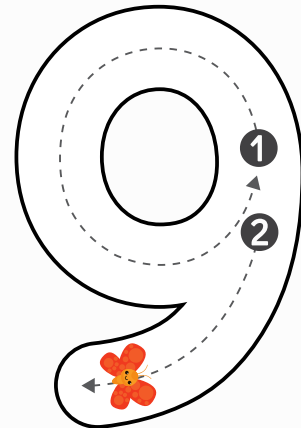
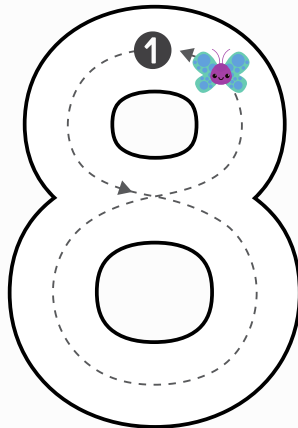
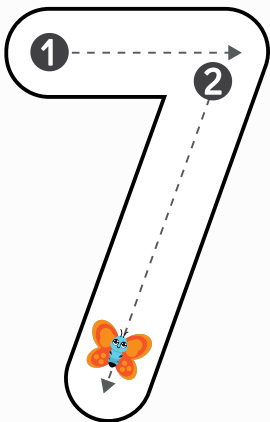
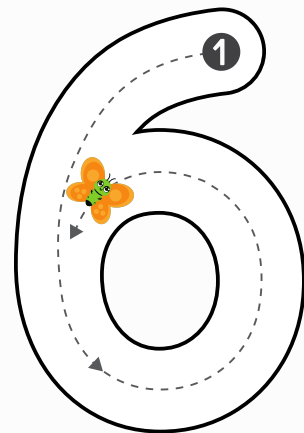
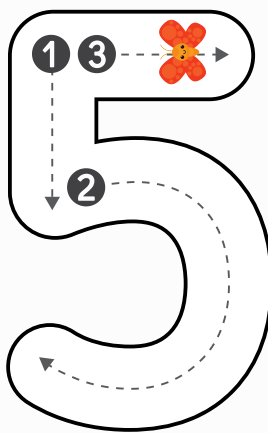
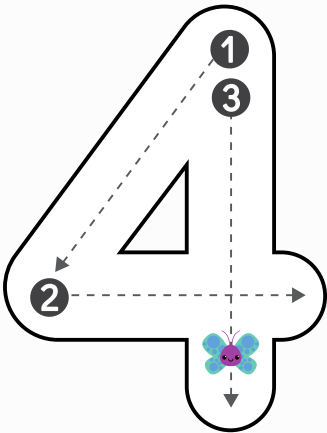
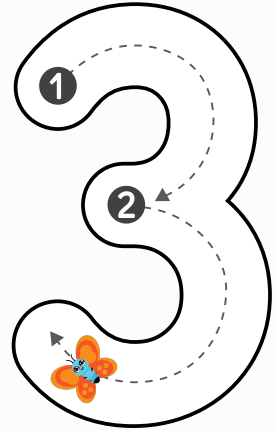
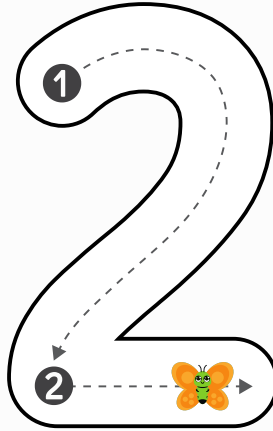
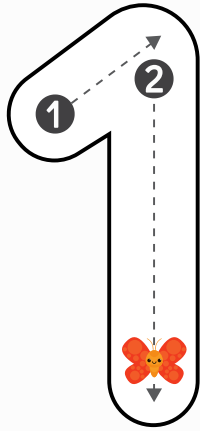
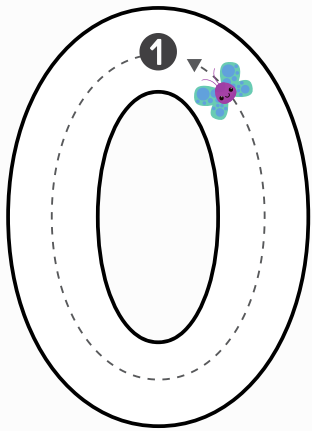
Letter Tracing

Trace the uppercase letters



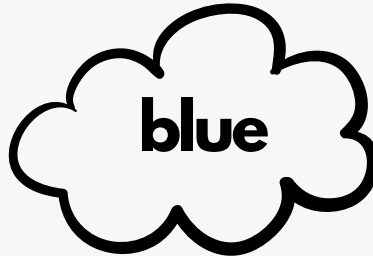
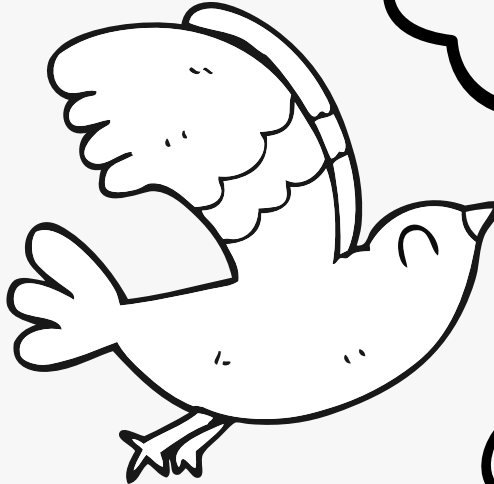
Butterfly Numbers

Practice your number writing skills by following the dotted lines to the butterfly waiting at the finish line!



Name: _____

Directions: Color the clouds.





What is the Weather Today?



Draw a line to connect the kind of weather to its picture.

sunny



cloudy



rainy



windy



snowy



stormy



Shapes



Trace each shape name, then write it yourself in the line beside.

Trace

Write



circle



square



rectangle



triangle



pentagon

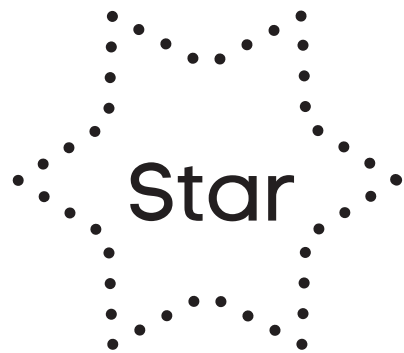
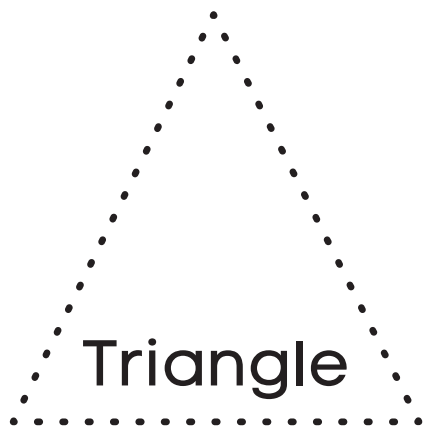
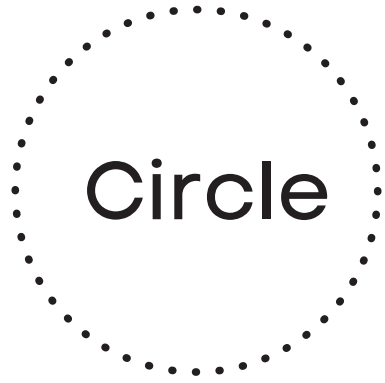
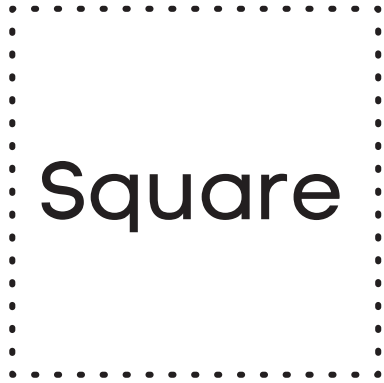


hexagon



octagon

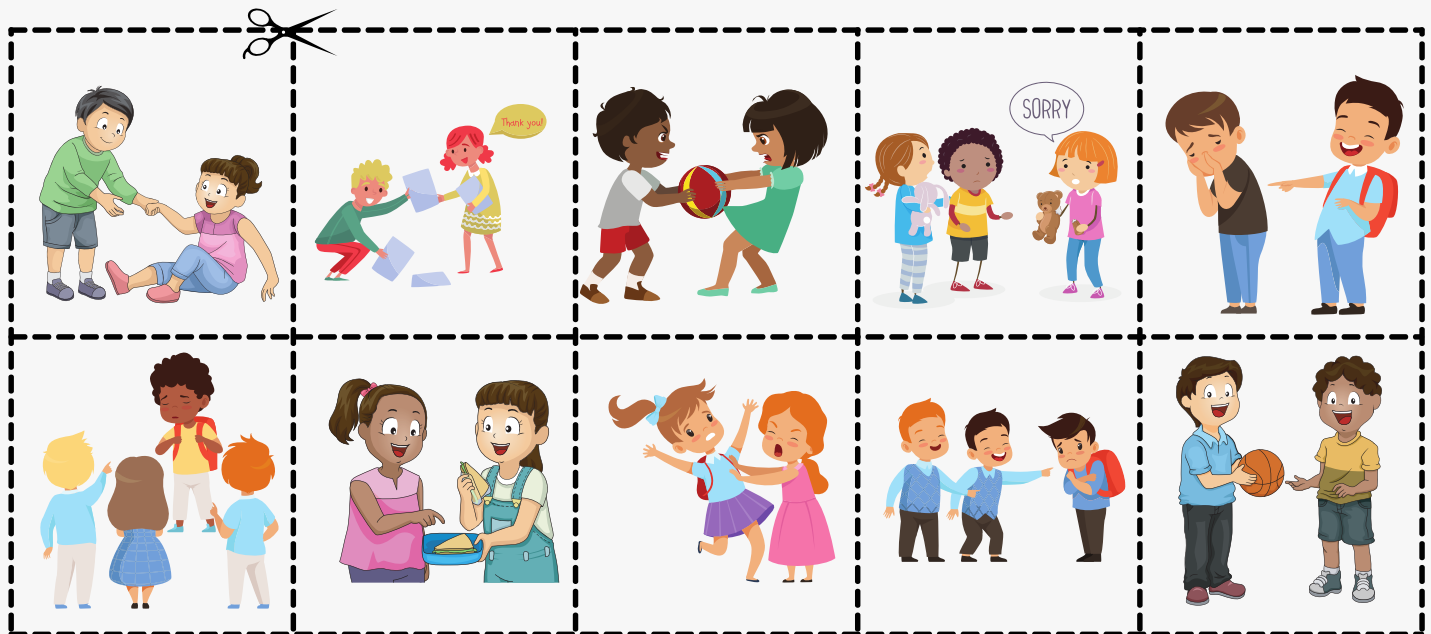
Tracing Shapes



Name _____

BE A BUCKET FILLER

Be a bucket filler. Cut out the good behavior choices and put them on the green bucket. Cut out the bad behavior choices and put them on the red bucket. Draw a red X on each bad behavior choice.



I WILL BE GOOD CHART

I will be good by:

S

M

T

W

T

F

S

MY REWARD IS



OTR - Barstow Resource Guide

On behalf of the entire On the Rise staff, we thank you for the continued love you provide to the children in your home. We hope these resources will be beneficial to all of our Resource Parents. If you were unable to locate a resource you were searching for, please reach out to your assigned Agency Social Worker or call us today at 760-818-4522!

