

Important Phone Numbers

Taking care of a young child is a lot of work, and can become stressful. It is important to give yourself a break, especially if the child in your care is crying a lot or you are feeling tired and overwhelmed.

If you feel like you need a break, call someone on this list and ask them to come over to watch the baby for a little while, help around the house, give advice, or just talk.

Baby's Doctor

Family Member

Family Member

Friend

Friend

Neighbor

Babysitter

**24 Hour
New York State
Parents Helpline**

1-800-342-7472

Emergency

911

Child Abuse Hotline

1-800-342-3720