



# Nemaha County

## Parent Resource Sheet

### Average Cost of Child Care

Age Group	Family Child Care	Child Care Center	School Age Program Day Shift	Preschool
	Weekly, Full-Time Rates Average Cost (\$)	Weekly, Full-Time Rates Average Cost (\$)	Weekly, Part-Time Rates Average Cost (\$)	Monthly, Part-Time Rates Average Cost (\$)
Under 1 year	112.00	160.00		
12-17 months	112.00	148.00		
18-23 months	107.00	139.00		
2 years	107.00	136.00		
3 years	105.00	125.00		
4 years	104.00	123.00		
5 years	101.00	120.00		
6 years and older	96.00	105.00		

### Parenting Information

Resource	Contact	Contact Information
Parents as Teachers (PAT)	Not Available	Not Available
Infant-Toddler Services (Tiny-k)	Northeast Kansas Infant-Toddler Services	(785)876-2214 Keystonelearning.org
Head Start	NEK-CAP, Inc. Northeast Kansas Community Action Program	(785)742-2222 Nekcap.org
Parenting Education	Parenting Calendar: East.ks.childcareaware.org	(877)678-2548
Mental Health Services	Kanza Mental Health and Guidance Center	(785)742-7113 Kanzamhgc.org



Toll Free: 855-750-3343 • Toll Free Referral Center: 877-678-2548  
For additional resources visit [www.ks.childcareaware.org](http://www.ks.childcareaware.org)





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## Community Resource Sheet

### Local Community Services

Resource	Contact Information	Services
Department for Children and Families Services	<a href="http://www.dcf.ks.gov">www.dcf.ks.gov</a>	Child care assistance, child support enforcement, food assistance, Successful Families Program, health services, and more.
Nemaha County Health Department	(785)284-2152 1004 Main Street Sabetha, KS 66534 <a href="http://Ks-nemaha.manatron.com">Ks-nemaha.manatron.com</a>	Health assessments, home health, child care licensing, clinical services, immunizations, Kan-Be-Healthy (Medicaid program for children, teenagers, and young adults), Women, Infants & Children (W.I.C.) supplemental food program, and more.
K-State Research & Extension Office (Local Agent)	Meadowlark District 7 (785)336-2184 <a href="http://www.ksre.ksu.edu">www.ksre.ksu.edu</a>	Nutrition education, youth development, family financial planning, family life, healthy living, and more. <i>Services vary by county, please call your county agent for details.</i>
American Red Cross of Capital Area (Local Chapter)	(785)234-0568 <a href="http://www.redcross.org">www.redcross.org</a>	Community services that help the needy, support for military members and families, educational programs that promote health and safety, blood collection, and more.
Mary Cotton Public Library Seneca Free Library Corning City Library	(785)284-3160, <a href="http://sabethalibrary.org">sabethalibrary.org</a> (785)336-2377, <a href="http://senecafreelibrary.org">senecafreelibrary.org</a> (785)868-2755, <a href="http://coming.mykansalibrary.org">coming.mykansalibrary.org</a>	Books, Classes, community information, internet access, children's programs, adult programs, and more. <i>Services vary by location; please contact your local library for details.</i>
Nemaha County Emergency Management	(785)336-2429 <a href="http://Ks-nemaha.manatron.com">Ks-nemaha.manatron.com</a>	Provides information to plan for and respond to a disaster or an emergency.
Sabetha Chamber of Commerce	(785)285-2139 <a href="http://Cityofsabetha.com">Cityofsabetha.com</a>	Community contacts promote and improve the business climate in the county of Nemaha.
Nemaha Valley Community Hospital and Seneca Family Practice	(785)336-6181 <a href="http://Nemvch.com">Nemvch.com</a>	Resource for health care needs, emergency services, surgery, laboratory, rehabilitation, cardiac rehab, respiratory therapy, imaging, and radiology.

### State/National Services

Resource	Contact Information	Services
KanCare	(866) 305-5147 <a href="http://www.kancare.ks.gov">www.kancare.ks.gov</a>	Low cost or no cost health insurance for families and children
United Way 2-1-1 of Kansas	Call 2-1-1 <a href="http://www.211kansas.org">www.211kansas.org</a>	Food pantries, counseling, mentoring, after-school programs, disability services and much more
Parent Help Line (Kansas Children's Service League – Healthy Families)	(800) 244-5373	A 24-hour help line for parents in stress or in need of other services
Child Abuse & Neglect Hotline	(800) 922-5330	If you suspect a child is being abused or neglected, please call
Kansas Resource Guide	<a href="http://www.ksresourceguide.org/">www.ksresourceguide.org/</a>	Collaborative effort to connect consumers and service providers with resources and services for women, infants, children, youth, and people with disabilities in Kansas.



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