Easy Phone Reference List
for Parents and Caregivers

Fill in your local and personal information. Post in easy-to-find places around your home. You can also give copies to your family, caregiver and others who spend time with your child.

CONTACT	NUMBER
Parent HelpLine *Access to parenting tips and information on support available to parents in your community.*	1-800-FLA-LOVE (1-800-352-5683)
Florida Family Health Line *Assists pregnant women in accessing prenatal care and provides related health information. Available M–F, 8 am – 11 pm and Sat–Sun, 10:30 am – 6:30 pm.. Calls are confidential.*	1-800-451-2229
Poison Control *24 hours a day, 7 days a week*	1-800-222-1222
Local American Red Cross Chapter: *For emergency shelter or evacuation information*	1-800-REDCROSS
Pediatrician or family doctor Name:	
Fire (non-emergency):	
Police (non-emergency):	
Electric Company (loss of service):	
Mom's work:	
Mom's cell:	
Dad's work:	
Dad's cell:	
Children's daycare or school:	
Neighbors or friends to contact in case of emergency:	