This information packet is provided by the Graduate Parent Support Network – A Student organization committed to providing resources and information to Graduate Student Parents at Purdue University.

Author: Jessica Felder

Last Edited: August 2018
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Dear Purdue Parents (or soon to be Parents!),

It is our mission to provide a comprehensive packet on the support services and resources available to Purdue parents. This includes materials for expecting parents, current parents, and those who have dependent care responsibilities.

This packet is intended to provide Purdue parents and families with current, relevant, and useful information on a wide range of issues. The following sections include general parenting resources in the state of Indiana, information on parenting in the greater Lafayette region, and specific resources and support services through Purdue University.

This packet is organized by the Graduate Parent Support Network (GPSn). GPSn is a support network for Purdue graduate student parents. GPSn aims to empower and validate graduate student parents, connect parents to one another, and provide information about local resources.

As part of our mission, GPSn holds a variety of family friendly events through the year. Toys and snacks are provided. Please join our mailing list and facebook page to receive more information about activities!

Please don’t hesitate to contact us if you have other questions or would like to speak to someone from our leadership team – we’re here to help one another throughout the adventure that is parenting in academia. Navigating life at Purdue as a new or expectant parent can be tough, but we are always here and happy to help in any way we can.

Email: gpsn@purdue.edu

Sincerely,

The Graduate Parent Support Network Team
Paid Parental Leave (VI.E.3)

It is the policy of Purdue University to provide Paid Parental Leave to benefits-eligible employees, including graduate student employees, due to the birth of an employee’s child or the placement within an employee’s home of an adopted child. This policy will run concurrently with Family and Medical Leave Act (FMLA) leave, in cases where an employee is eligible for FMLA leave.

A Parent may receive up to 240 hours of Paid Parental Leave, depending on their employment status, which shall be available for a 12-month period following birth of a child or following placement of a newly adopted child in the Eligible Employee’s home.

For eligibility requirements and more information: https://www.purdue.edu/policies/human-resources/vie3.html#statement

Sick Leave

All benefits-eligible graduate staff are eligible for two weeks (10 working days) of paid sick leave for illness within a twelve-month period. “Illness” is defined as a staff member’s own illness, disabling injury, or pregnancy. This includes childbirth and complications of pregnancy, miscarriage, abortion, and confined recovery therefrom, for the period during which the employee is unable to perform normal duties as determined by a physician.

Illness in Family Graduate staff are eligible for three working days per fiscal year paid leave for immediate family illness. “Immediate family” is defined as spouse, parents, children, grandparents, grandchildren, sisters, brothers, and corresponding in-laws and step-relatives. Family members not included here, but who reside in the employee’s home, are considered immediate family.

Family and Medical Leave Act of 1993 (FMLA)

The “Family and Medical Leave Act of 1993” provides provision for time off for an employee’s own serious health condition, to take care of a family member with a serious health condition, to give birth, to adopt, or to place a child in the employee’s home for foster care. In order to be eligible for leave, under the FMLA, graduate staff must have been employed at Purdue for 12 months, consecutive or nonconsecutive, and have worked at least 1,250 hours in the 12 months preceding the date leave commences. FMLA states that up to 12 work-weeks of leave per year are available. If the leave is taken for an employee’s own serious health condition or a family member’s serious health condition, and the employee has accrued unused paid sick leave and qualifies for paid sick leave, the employee must use the paid sick leave during the FMLA leave.

Further information on FMLA is available by contacting or Human Resources – Employee Benefits at 765.494.2222.
For further information on Purdue Policies impacting graduate student parents please view the Graduate Staff Employment Manual


**Title IX**

"No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity receiving Federal financial assistance." - Title IX

Title IX is part of the Education Amendments of 1972 to the 1964 Civil Rights Act and is enforced by the U.S. Department of Education. This federal law prohibits discrimination on the basis of sex in education programs or activities operated by recipients of federal financial assistance. Title IX applies to all participants of such programs, including students, parents and faculty/staff members. The purpose of Title IX is to help foster safe and respectful University environments that better protect students, faculty and staff from incidents of sex-based discrimination and sexual harassment, including sexual violence, relationship violence and stalking.

System-wide Title IX Coordinator
Alysa Christmas Rollock
Vice President for Ethics and Compliance
Ernest C. Young Hall, Room 1029
155 S. Grant Street
West Lafayette, IN 47907-2114
Phone: (765) 494-5830
Email: titleIX@purdue.edu

https://www.purdue.edu/titleix/

“Talking to your adviser about your pregnancy or growing family can be intimidating, but in most cases it's really important to communicate openly with academic mentors If you're not sure how to broach the topic or think they might not be very supportive, get in touch with anyone from the GPSN - we'll be happy to talk it over with you and help you figure out the best approach.”

“I was really nervous about telling my adviser that I was pregnant. He is usually really supportive but has never had a pregnant student before. I wasn't sure what to expect! I gave him a heads-up when I was 10 weeks along - he momentarily looked totally shocked, but then said congratulations and was absolutely supportive and understanding throughout my pregnancy and after my child was born.”
Expectant Parents

Medical Services

Purdue University Student Health Service (PUSH), located on Purdue University’s West Lafayette campus, provides care to Purdue students. PUSH does not provide full maternity care to expecting parents, however, their board-certified physicians and nurse practitioners provide general care and assist in referrals.

https://www.purdue.edu/push/

United Health Care’s website for Purdue University lists provider and pharmacy information. This includes a variety of maternity care options in the greater Lafayette area.

https://www.uhcsr.com/school-page

Parenting and Breastfeeding Courses

The Greater Lafayette-West Lafayette area provides support for women and men who are expecting a child, preparing to breastfeed, or need support with breastfeeding.

Anthem 24/7 Nurse Line – 888-279-5449 When you call Anthem’s 24-hour Nurse Line, you’ll speak directly to a registered nurse who can help answer your health-related questions. The call is toll-free and the service is available anytime — days, nights, weekends and holidays. Plus, your call is confidential. The 24-hour Nurse Line can help you get the information you need, when you need it. Then, you can make a more informed decision about your health and find some peace of mind.

La Leche League of Lafayette Whether pregnant or a new mother, the La Leche League can provide information and support on breastfeeding. Support includes informal meetings twice a month.

http://lllofindiana.org/find-a-group/lafayette-west-lafayette/

Indiana University Health Arnett Hospital Support for mothers and fathers include childbirth preparation classes, CPR and First Aid for parents, on-site tours, breastfeeding with ease class, and a breastfeeding support group.

https://iuhealth.org/classes-events

Kathryn Weil Center for Education Support for mothers and fathers include childbirth preparation classes, eLearning childbirth education, Lamaze, breastfeeding, newborn care, CPR and first aid, car seat safety, natural family planning, and expectant parent tours.

https://www.franciscanhealth.org/healthcare-facilities/kathryn-weil-center-for-education-2094
**Tippecanoe County WIC** The Tippecanoe County WIC is a supplemental nutrition program committed to improving the health of eligible pregnant women, new mothers, infants, and children by providing nutrition education, nutritious foods, and breastfeeding support.

https://www.tippecanoe.in.gov/158/Women-Infants-Children-WIC

**Lactation Support and Services**

Purdue University provides support services for breastfeeding, lactation information, and lactation spaces on campus. To receive more information please contact Human Resources – Worksite Health & Child Care Specialist at 496-0312 or complete the Information Request form. This form can be found on their website.

https://www.purdue.edu/hr/familyfriendly/lactationSupport/lactationInformation.html

For further student parent information.

https://www.purdue.edu/hr/familyfriendly/lactationSupport/lactation_student_info.html

“Don’t be afraid to ask for help! Breastfeeding is different for everyone. With the help of a consultant, I breastfed for a whole year!”

“The breastfeeding class at Indiana University Health Arnett Hospital was great and super informative.”

“I used the lactation rooms on campus. I continued breastfeeding my daughter while attending class that semester.”
There are a variety of child care and early education options available in the greater Lafayette region. Many of these programs typically have long waiting lists. Some center waiting lists note that it could take up to a full year before the child(ren) can move from the waiting list into the program. Therefore, expecting parents and parents are encouraged to begin their search for childcare a year before the service is needed. The following information should help you begin your search.

**Child Care Options at Purdue University**

Purdue University knows that providing quality child care is vital to the quality of life for our faculty, staff, and students. To help ensure a family friendly environment, various child care options are conveniently offered on the West Lafayette campus. Each of the child care centers is designed to care for children of varying ages, with each offering slightly different learning experiences for your child. Purdue University takes pride in hiring degreed professionals as lead teachers, each with a background in early childhood education or a related field. To help you get started, please click on each program name below to learn more about their individual program. Once you are ready to register your child at any of the campus programs, please visit Purdue University Child Care Registration Website.

https://www.purdue.edu/hr/familyfriendly/purdueChildcare/index.html

**Ben and Maxine Miller Child Development Laboratory School**

https://www.purdue.edu/hr/familyfriendly/purdueChildcare/MCLC/index.html

**Patty Jischke Early Care and Education Center**

https://www.purdue.edu/hr/familyfriendly/purdueChildcare/PJECEC/index.html

**Purdue Village Preschool**

https://www.purdue.edu/hr/familyfriendly/purdueChildcare/PVP/index.html

**Purdue University Early Care and Education Center**

https://www.purdue.edu/hr/familyfriendly/purdueChildcare/PCCC/index.html

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**Child Care in the Greater Lafayette Area**

Child Care Center.us

Child development centers in West Lafayette vary in size as well as in scope. While some offer progressive curriculums and the latest advancements for preschools, others are more intimate daycare centers that take a more relaxed approach to childcare. Whatever your priorities, finding the right daycare center for your child is important. We’ve made the seemingly overwhelming task easier by collecting basic information such as size, location, and licensing information for child development centers in West Lafayette into a single location.

https://childcarecenter.us/indiana/west_lafayette_in_childcare
Care.com

Care.com is the world’s largest online destination for care. We connect families with great caregivers and caring companies to help you be there for the ones you love. Care.com provides a database for caregivers (e.g. babysitters, nannies, daycare centers). On this website, parents can post the job (including descriptions of your needs for child care, age of your child, any special requirements). You can also search for caregivers in your area and review the profiles of potential caregivers.

https://www.care.com

Local Church Affiliations

Another great option is to approach your local church about after school care or extended daycare hours. Usually, they will offer church members free care or very cheap assistance. Most of the time these pre-schools and daycare have much less strict requirements than a Government Daycare Assistance program. This is a great alternative to finding a home daycare or after school program that can end up costing upwards of $150 a week.

In-home childcare

This can be a cheaper option, as well as scheduling your classes in blocks. So, you may only have two to three blocks a week that you need childcare.

Graduate Parent Support Network

GPSn can be a wonderful network for finding babysitters and others who can connect you to babysitting services in the greater Lafayette area, or share their recommendations and experiences with daycare centers in town.

Email: gpsn@purdue.edu

Resources for Childcare through Purdue University

PGSG Childcare Grant

The grant aims to cover childcare costs, with up to $1000 for students using a licensed daycare and up to $500 for students using a non-licensed daycare. The application process is not time intensive. Applications are accepted every semester, and many Purdue parents have been extremely successful at receiving the grant – you are encouraged to apply!

https://www.purduegradstudents.com/grants

Patty Jischke “Kids are the Future” Endowment

The Patty Jischke “Kids are the Future” Endowment was created in 2010 to make quality early care and education more affordable on the Purdue campus for faculty, staff and graduate students. Faculty, staff and graduate students must have a child currently enrolled in a Purdue Center which includes Bright Horizons at the Patty Jischke Early Care and Education Center, the Purdue Early
Care and Education Center, the Ben and Maxine Child Development Laboratory School and the Purdue Village Preschool.

A limited number of scholarships will be made available on an annual basis for eligible Purdue children of faculty, staff and graduate students who are attending Children’s Choice at the Patty Jischke Early Care and Education Center, the Purdue Early Care and Education Center, the Ben and Maxine Child Development Laboratory School and the Purdue Village Preschool. The value of scholarships will vary each year and may cover an amount from ten (10) to fifty (50) percent of your annual child care costs depending on financial need and funding availability.

https://www.purdue.edu/hr/familyfriendly/jischkeEndowment/index.html

**National Resources**

If you qualify as a “low income family:”

**Early Head Start** is a child development program for low-income families. Each Early Head Start program is responsible for determining its’ own eligibility criteria. Family income is one key factor in determining eligibility. The federal poverty guidelines (http://aspe.hhs.gov/poverty/) are used to evaluate family income. Early Head Start programs may elect to target their services to a particular population to best meet the unique needs of families and children in their community. Please contact the EHS program in your area for specific information about how to enroll in your local Early Head Start.

(http://eclkc.ohs.acf.hhs.gov/hslc/HeadStartOffices)

**The Head Start Program**, administered by the U.S. Department of Health and Human Services (HHS), provides grants to local private, nonprofit and public agencies to provide child care services to low-income families. Local Head Start programs are authorized to accept a certain percentage of children whose family incomes are above the poverty level and, under certain conditions, pregnant women. HHS provides on its website a Head Start Program Locator Tool.

https://eclkc.ohs.acf.hhs.gov/center-locator

**The Childcare and Development Fund** a program of the U.S. Department of Health and Human Services, provides child care grants each year to state, tribal, and U.S. territory governments to assist low-income families. The program uses vouchers and provider contracts to provide subsidized child care to eligible families, which include parents and the primary caregivers of children 12 years of age and under, or disabled persons under 19 years of age. Eligible applicants are employed, enrolled in a job training or education program, or are under court supervision directives that require child care. HHS provides state and tribal contacts on its website. Local departments of social services can also provide information about the program.


“Make sure you get on waiting lists early. Even if you are not sure about needing daycare or that center. It took over a year for my little guy to get a spot.”

“Don't be afraid to communicate with the daycare centers if their rates are just out of your price range. Ask if they are willing to be flexible. The worst they can do is say no.”
West Lafayette students attend one of two top Indiana public school systems. Students benefit from small classes and extensive curricula and programming. High schools offer numerous advance placement classes, many secondary students take Purdue courses, and students regularly exceed state testing averages.

**West Lafayette Community School Corporation** is known for high achievement. In 2009, Happy Hollow Elementary and West Lafayette Junior-Senior High School earned Four Star ratings, Indiana's top recognition. More than half of its graduates earn honors diplomas; nearly 95 percent attend college.

http://www.wl.k12.in.us/

**Tippecanoe School Corporation** also earns high marks, with Burnett Creek Elementary School and Klondike Middle School earning Four Star ratings in 2009. Some 65 percent of TSC teachers hold a master's degree or higher. Harrison High School was ranked by the Indiana Chamber of Commerce as one of the state's "best buys".

https://www.tsc.k12.in.us

For information on other schools in the area, including private schools, click the following link
https://www.privateschoolreview.com/indiana/tippecanoe-county
YMCA Before & After School Care

“The YMCA’s Before and After School Program provides children ages 5-12 with a safe environment to receive homework help, make arts and crafts, participate in sports and recreation, swimming and much more! We are currently accepting registrations for the Fall!”

The YMCA offers its after school programs at it’s 18th Street location as well as at Lafayette Christian, Oakland, St. Lawrence, Vinton, Edgelea, Hershey, Mayflower Mill, Mintonye, Wea Ridge, Woodland, Wyandotte, Earhart, Glen Acres, Miami, and Miller schools. Hours are 6:00am – 9:00am and 2:45pm-6:00pm.

http://www.lafayetterfamilyymca.org/school-aged-childcare/.

YMCA Youth Sports Programs

In addition to School services, the YMCA also offers soccer, T-Ball, basketball, volleyball and dance programs for kids ages 3 – 12.

http://www.lafayetterfamilyymca.org/program-guide/.

Straight Arrow Day Camp

“Our purpose at Straight Arrow Day Camp is more than the supervision of children. It is teaching children to live and work together while fostering self-esteem in an amazing outdoor environment. The Y offers weekly sessions that are themed throughout the summer.”

https://www.lafayetterfamilyymca.org/straight-arrow-day-camp/

LUM After School Program

“The LUM After School Program provides safe, fun and enriching childcare for children in afternoon kindergarten to 8th grade. The program serves up to 70 children for three hours each school day.”

“The children are transported from local elementary schools to the LUM After School Program at First Christian Church — where they work on homework, have a nutritious snack, and participate in religious education, crafts, music, and other fun and educational activities.”

Hanna Center After School Enrichment Program

“Hanna Center’s After School Program offers homework time with tutoring and mentoring from Purdue and Ivy Tech students, and also provides children with fun, structured activities that are educational, diverse, and help foster a strong sense of community and self.”

“Some additional opportunities we currently offer our after-school kids focus on STEM with the EPIC program, Purdue Engineering, and continued collaboration with the Purdue Vet School. We also offer Health programs, yoga, and other activities. Transportation is available from Vinton, Glen Acres, Murdock, Oakland, Miller and Sunnyside schools.”


Tippecanoe Arts Federation After School Arts Program

“The Tippecanoe Arts Federation (TAF) offers free classes that allow young participants a chance to explore the arts, including non-traditional forms. Most classes meet at the Tippecanoe Arts Federation from the hours of 4:00-6:30pm.”

“Advanced registration is required and is on a first come, first served basis with preference to first-time program participants. Early enrollment is encouraged. The registration deadline for each class is two weeks before the class starts. Students and guardians are required to commit to the program by attending all sessions of the class they enroll in.”

http://tippecanoearts.org/project/asap-after-school-arts-program/.

After School for Special Needs Children

“Wabash Center’s After School program provides a safe and engaging environment for school-aged children with disabilities and special needs. Experienced staff members supervise each program, help with homework, and follow each student’s IEP.”

“We provide transportation from school, offer a healthy snack, and staff our program until 6pm. The After-School program can be utilized daily, weekly, or on a per need basis. Services are approved for Medicaid Waiver or private pay arrangement.”

https://www.wabashcenter.com/programs/after-schoolsummer-learning/

Lyn Treece Boys and Girls Club

“The Boys & Girls Club offer a number of after school activities including programs that work on Language Arts and Math; comprehensive health and wellness; youth leadership activities that focus on academic success, career preparation and community service; along with fun and rewarding activities like decorating cookies, painting and other learning events.”

“The Boys and Girls Club of Lafayette has two locations that can accommodate children all over the Lafayette area. A van is available to pick students up after school from Vinton Elementary and Sunnyside Intermediate School.”

http://bgclublafayette.org/programs/.
McAllister Center Youth Activities

“McAllister Center through the Lafayette Parks & Recreation department offers a wide variety of classes and youth sports.”

Dance Classes for ages 3 years through 5th grade. Kids can explore the expressive and energetic styles of ballet, creative movement, jazz and modern dance.

http://in-lafayette.civicplus.com/496/Dance-Classes

Youth Basketball is offered for boys and girls ages 6 – 11. This program runs twice per year during the spring and fall. Registration for the Fall 2017 session begins August 28th.


Flag Football is offered by Lafayette Parks and Recreation and the Lafayette School Corporation for boys and girls ages 6 – 11. The program is held at Edgelea Elementary School. Registration deadline is August 23rd at Jeff High School at 6:30 p.m. For younger players check out Flag Football Flyer and Registration Form.

Fall Tennis is now underway. For more information, click here to visit the GLTA website, or contact Gerald Harrison at (765) 463-2740.

Lafayette Youth Football & Cheer

“Lafayette 56ers is a youth cheer and tackle football league. We accept players from all school districts into our program. We are a member of USA Football, teaching Heads Up Football. This method teaches proper blocking and tackling form to lessen the chance of head and neck injuries.”


West Lafayette Youth Football

“This program introduces full contact football to eligible students in the 3rd, 4th, 5th, and 6th grades in the West Lafayette and surrounding area. The emphasis of our program is on safety, fun, sportsmanship, learning, and participation.”


Purdue 4-H

“4-H began over 100 years ago, and has since grown into the largest youth development program in the nation. 4-H prepares young people to be leaders in their community and around the world through hands-on experiences alongside their peers and caring adults. Backed by a network of more than 6 million youth, 540,000 adult volunteers, 3,500 professionals, and more than 60 million alumni; 4-H delivers research-based programming around positive youth development. 4-H is delivered through America’s 109 land-grant universities and the Cooperative Extension Service—reaching every corner of our nation. In Indiana, 4-H can be found in all 92 counties as delivered through Purdue Extension.”

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“Community clubs, afterschool programs, school enrichment, camps/workshops, and special interest programs are all ways youth across Indiana can be involved with the 4-H program.”
https://extension.purdue.edu/4h/Pages/default.aspx
Family Fun in the Greater Lafayette Area

A GREAT PLACE FOR KIDS!

With a water park and zoo located within feet of each other, a hands-on museum just for kids, a fire station museum and famed Wolf Park, Lafayette – West Lafayette, Indiana has a number of family attractions to explore. There's also Indiana's newest State Park, Prophetstown as well as The Farm at Prophetstown, where you'll have the chance to meet farm animals and maybe even feed the chickens!

There are a variety of family friendly activities in the greater Lafayette area including:

- Parks and Beaches
- Hiking and Biking trails
- Bowling
- Mini Golf
- Movie Theaters
- Skating
- Swimming
- Crafting activities

https://www.homeofpurdue.com/attractions/familyfriendly.html

There are also a number of free activities for families and kids!


The Graduate Student Parent Network coordinates a number of activities at some of these wonderful locations! Please join our mailing list to stay posted on those activities!

Email: gpsn@purdue.edu

“We love the Celery Bog in West Lafayette. My kid loves walking along the boardwalks, and the nature center is such a fun place to hang out: they have a bird-watching nook, puppets, books... it's great!”

“We love going to the Columbian Park. The petting zoo inside the park is free!”

“The Imagination Station is a great place to go as well!”

“There are so many fun things to do around town with your little one, many that I never would have thought of! When my son was an infant I took him to the West Lafayette and Lafayette public libraries, which have really nice spots for babies to hang out. We love going to Fuel, Java Roaster, and Cafe Literato: Fuel and Java Roaster have play areas for infants, and Cafe Literato is the perfect place for a toddler who wants to roam. We also visit the Beering Hall fountain on hot days, and have a blast playing in the water.”
Purdue Health Care

Information on available plans, waivers for international students, coverage, facts, and how to contact the Purdue office can be found at link below.

https://purdueship.myahpcare.com/benefits

Mother & Child Benefits through Purdue Plans

Prenatal Care: It is important to begin your prenatal visits and care early in your pregnancy. Regardless of which health plan you are enrolled in, there is coverage by the plan to help cover the expenses.

Mother and baby care: Regardless of the university sponsored health plan or delivering hospital, you have access to a lactation consultant during your hospital stay. The consultant will help with questions or concerns regarding nursing and can be a valuable resource even after your return home from your hospital stay. In addition, the hospital will provide instructions on how to care for yourself and baby, including bathing, changing, and feeding your little one. Your pediatrician's office and your gynecologist's office will continue to be great resources for questions about baby care, development, and mom's recovery.

Well-Child Care: Once your child has arrived there will be many visits to the doctor's office. All of the university sponsored health plans provide coverage for well-child care including physical examinations, laboratory, x-rays, immunizations, and vaccinations. The number of well care visits is determined by the child's age and the plan that you are enrolled.

To find out what's covered under each medical plan option, check out the plan summary on each health plan by visiting the Benefits Medical Coverage page.

https://www.purdue.edu/hr/Benefits/currentEmployees/Medical/detailedMedicalCoverage.html

Breast Feeding and Lactation Consultation through Purdue Plans

All Purdue University faculty and staff medical plans cover breast pumps and supplies under the Women’s Health Provision at 100 percent, not subject to deductible. It is limited to the purchase or rental of one breast pump per year as ordered or prescribed by a physician. Rental is also allowed up to the purchase price and includes related supplies.

An International Board Certified Lactation Consultant (IBCLC) is a health care professional who specializes in the clinical management of breastfeeding. IBCLC can reassure mothers when breastfeeding is going well or provide information and support to help prevent and manage common concerns. IBCLCs can help with:

- Prenatal counseling about risk factors that may affect breastfeeding
- Basic position and latch of the infant
- Information about practices that promote successful breastfeeding
• Preventing and managing common concerns such as poor latch, inadequate milk transfer or supply, nipple or breast pain, and calming a fussy baby
• Milk expression and storage for mothers who must be separated from their babies
• Strategies for breastfeeding after returning to work
• Breastfeeding in challenging situations, such as breastfeeding twins or triplets, a premature or sick infant, or infants in special medical situations
• Find a consultant in your area.

All Purdue University 2015 medical plans cover lactation consultant services under the Women’s Health Provision at 100%, not subject to deductible.

https://www.purdue.edu/hr/familyfriendly/lactationSupport/lactationResources.html

Change of Insurance through Purdue Plans

When a new child is added to your household, it is considered a change in family status and allows you to add your dependent to your current plan mid-year. To report this change, sign on to Benefitfocus, Purdue’s online benefits system. This must be completed within 31 days of the status change.

https://www.purdue.edu/hr/Benefits/currentEmployees/employeeBenefits/chg_fam_status.html

Your health is paramount to not only your family, but to you. One of the main problems that young single parents face in the healthcare arena is affordability! It is crucial that families have the type of plan that will give the best service, the best coverage and the best rates.

To adjust your school insurance policy, you will need to work with your financial aid or business office on campus. If you think that you are pregnant but are uncomfortable with confronting your financial aid office, you may also call your health center to find out whether your school insurance policy allows students to add on children onto their policy.

Presumptive Eligibility for Pregnant Women (PEPW)

Presumptive Eligibility for Pregnant Women (PEPW) is a process that offers temporary coverage of prenatal care services to pregnant women while their Medicaid applications are pending. The goal of the PEPW program is to offer health care to women early in their pregnancies, so they stay healthy and have healthy babies. For more information, please call 1-800-889-9949.


Hoosier Healthwise

Hoosier Healthwise is a health care program for low income parents/caretakers, pregnant women, and children. The program covers medical care like doctor visits, prescription medicine, mental health care, dental care, hospitalizations, surgeries, and family planning at little or no cost to the member or the member’s family. Hoosier Healthwise covers children up to 19, pregnant women, and low-income caretakers. The Children’s Health Insurance Plan (CHIP), for individuals up to age 19, falls under the Hoosier Healthwise Package C program. In CHIP, your child may be
covered by paying a low-cost monthly premium. This option is available to members who may earn too much money to qualify for the standard Hoosier Healthwise coverage.


Insurance for Children

**Hoosier Healthwise**

Hoosier Healthwise is a health care program for low income parents/caretakers, pregnant women, and children. The program covers medical care like doctor visits, prescription medicine, mental health care, dental care, hospitalizations, surgeries, and family planning at little or no cost to the member or the member’s family. Hoosier Healthwise covers children up to 19, pregnant women, and low-income caretakers. The Children’s Health Insurance Plan (CHIP), for individuals up to age 19, falls under the Hoosier Healthwise Package C program. In CHIP, your child may be covered by paying a low-cost monthly premium. This option is available to members who may earn too much money to qualify for the standard Hoosier Healthwise coverage.


**CHIP (Child’s Health Insurance Program)**

This program provides free or low cost health insurance for children up to age 19. This insurance covers doctor visits, immunizations, hospitalizations and emergency room visits. The income limit changes yearly and currently a family’s gross income must be below 200 percent federal poverty level (FPL) for the children to get CHIP coverage. Generally, a family’s gross income must be below 133 percent FPL for children age one to five years to get Medicaid. Find more information and apply for CHIP in Indiana, please go to http://www.in.gov/fssa/ompp/2545.htm. www.chipmedicaid.org

“All the healthcare-related components of pregnancy, childbirth, and having children can seem overwhelming, but I’ve been pleasantly surprised at the care we’ve received in town. (Especially with the midwives at IU Arnett!).”

“Healthcare can be confusing. We discussed our plan with our provider to figure out what was covered. Then when I needed tests or treatment I checked with my doctor to make sure it was covered.”
Indiana Benefits

When you have exhausted your options on a local level, or simply require further help, there are a variety of state and federal programs designated to help low-income families and single mothers.

**Temporary Assistance for Needy Families (TANF)**

TANF is a federal assistance program that provides temporary cash assistance and food stamps to single mothers and low-income individuals, showing a need. For more information about help in Indiana, please go to

http://www.in.gov/fssa/dfr/2684.htm

**Indiana Temporary Assistance for Needy Families**

General Information: (800) 446-1993
State Office:
Family and Social Services Administration
402 W. Washington Street Room W-461
Indianapolis, IN 46204
(317) 233-4690

**Low Income Housing Energy Assistance Program (LIHEAP)**

LIHEAP is a federal assistance program that provides assistance with energy-related costs, including paying utility bills, weatherization procedures and/or energy-related home repairs. Learn more about LIHEAP here:


Region V – CHICAGO
Primary Liaison: JOSEPHINE RAGO-ADIA
Tel: (202) 401-4710; Email: josephine.ragoadia@acf.hhs.gov
Alternate: Illinois, Indiana, Michigan, Minnesota, Ohio, Wisconsin

For information on other Indiana based benefits use the following link.
https://www.benefits.gov/benefits/browse-by-state/state/155

**Local Nonprofit Agencies**

**Matrix LifeCare Center**

http://lifecareservices.com
Matrix East: 935 Mezzanine Drive, Suite A, Lafayette, IN 47905
Matrix West: 233 Harrison Street, West Lafayette, IN 47906
Phone: 765-742-1533
Text: 765-543-1447
Facebook: https://www.facebook.com/Matrixlifeline
Hours of Operation: Monday/Tuesday/Wednesday, 9am to 5pm; Thursday, 10am to 5pm; Friday/Saturday, By Appointment Only
Matrix East: First Friday of the month is a Free STD Testing Walk-in Clinic
Services: Woman’s Wellness Exam with Pap-Smear, Pregnancy Testing & Verification, Pregnancy Choice Options, Limited Obstetrical Ultrasound, STD Screening and Treatment, Limited Prenatal Care, After Abortion Support, Material Aid (e.g. Emergency Baby Supplies, Gently Used Clothing), Community Referrals, Parenting and Prenatal Classes, Men’s Program, Sexual Health Education, Goal Setting Assistance

Community Referrals
Married & Family Student Housing at Purdue University

Only registered students with a spouse, child or parent living with them full-time may apply for family housing. Occupants are required to be present at time of check-in.

Applications and further information can be found at the following link
https://www.housing.purdue.edu/housing/contracting/MarriedFamily.html
Graduate Parent Support Network

GPSn is a support network for Purdue graduate student parents. GPSn aims to empower and validate graduate student parents, connect parents to one another, and provide information about local resources.

As part of our mission, GPSn holds family friendly events. Toys and snacks are provided.

Further information can be found on our website. This includes both “Upcoming Events” and “Academic and Media Resources for Parenting.”

Email: gpsn@purdue.edu

Website: https://www.purdue.edu/gradschool/student/families/gpsn.html

Parent and Family Connections

Parent & Family Connections at Purdue University engages family members as partners in their student’s educational journey. By providing information, resources, tools, and services, we work together with families to empower students to be successful. As the liaison office for Purdue families, we advocate for the needs of parents and families and assist them in finding the appropriate campus resources and services. Parent & Family Connections staff can be contacted at parents@purdue.edu or by calling the HelpLine at 1-844-228-0449 Monday–Friday 9:30 a.m. – 4:30 p.m. EST.

https://www.purdue.edu/parentandfamily/

The Center for Families

The Center for Families provides a way for faculty, staff, students, alumni, and friends of Purdue to work to improve the quality of life for families. We serve as a catalyst to integrate outreach, teaching, and research activities that support families. We increase and enhance collaboration among academic disciplines, professionals, policymakers, corporations, and community organizations to bring about change focused on families.

https://www.purdue.edu/hhs/hdfs/cff/
Family Friendly at Purdue

This guide from Purdue University covers Caring for Dependents, Health & Wellness, Medical Coverage & Family Friendly Practices, Policies, Financial Support, Leadership & Professional Development, Family Resources, and Diversity & Inclusion information.

https://www.purdue.edu/hr/familyfriendly/campusResources/Family_Friendly_Purdue_Guide.pdf

Health and Human Sciences Family Page

A variety of programs and courses for families are available.

https://www.purdue.edu/hhs/extension/programs/detail.aspx?programId=21&category=family

The Pride Lafayette Center

This Center is the go-to resource for LGBTQ+ support in Tippecanoe County and surrounding areas in Indiana. The Pride Lafayette Center hosts a family night on the 2nd, 3rd and 4th Thursday of every month. For more information visit their website.

http://www.pridelafayette.org/

PFLAG

"Founded in 1973 after the simple act of a mother publicly supporting her gay son, PFLAG is the nation's largest family and ally organization."

http://pflag.org

The local PFLAG chapter serves Tippecanoe and surrounding areas. It is located in Battle Ground, IN. The local chapter can be contacted by phone: (765) 567-2478, or by email: msmereditrichmond@gmail.com.

http://pflag.org/chapter/pflag-lafayettetippecanoe-county
A final note from a Professor here at Purdue:

“I, too, became a parent in grad school, where there was absolute zero or below support. However, I had very helpful senior academic mom colleagues (at other universities) whose advice/strategies made all the difference. I managed to write my dissertation on 4 hours/4 times a week (and some on weekends – spousal) in-my-apartment childcare from a wonderful soul who was not thrilled with the minimal hours but had few job prospects.

You have to have regular, sacrosanct writing time. No matter what, that time is just for writing. Four hours a day will work if you just write. Email during nap time or after bedtime. Meet with friends in similar situations, by all means, and see if you can help each other with those odd irregular times: like an evening or weekend lecture.

I found that being a parent and facing the daily struggle helped me as a [scholar] to better understand the material, to be grounded, to connect with the people I write about. That increased understanding helped me use my time as effectively as I could. It became more meaningful, more real.

It will always be difficult, but not impossible. Getting done will require extreme focus and force of will. But you can do it.”