

To apply for FAMIS MOMS, call toll-free 1-866-87FAMIS (1-866-873-2647) or apply online at <http://www.famis.org/moms.cfm?lang=English>.

PARENTING RESOURCES

Child Support

Children as well as parents can suffer if they don't receive financial support from both of their parents. Virginia's Division of Child Support Enforcement collects support for children from an absent parent. For more information, call 800-468-8894 or visit the Child Support Enforcement online at <http://www.dss.virginia.gov/family/dcse.html>.

For more information on the Division of Child Support Enforcement office in your district, visit <http://www.dss.virginia.gov/family/dcseoffices.cgi> or call 800-468-8894

Positive Parenting Tips

Being a parent is rewarding and challenging. The website of The Child Welfare League of America provides helpful tips for parents on topics, including play, discipline techniques, toilet training, communicating with young children, building your child's self-esteem as well as humor and perspectives on parenting. Visit <http://www.cwla.org/positiveparenting/> to find information that will make your job as a parent more enjoyable and effective.

Financial Assistance for Your Child's Health Insurance

Virginia's Child Health Insurance Programs are the Family Access to Medical Insurance Security Plan (FAMIS), FAMIS Plus (the name for children's Medicaid), and Medicaid. FAMIS might help pay your monthly health insurance premium for family coverage, if offered by your employer. FAMIS also pays for well-child check-ups and immunizations that will help keep your child healthy.

Services that may be covered by FAMIS include: doctor visits; well-baby checkups; hospital visits; vaccinations; prescription medicine; tests and X-rays; emergency care; vision care; mental health care. Your children may be eligible if they:

- Live in Virginia;
- Are under age 19;
- Don't have health insurance now and haven't had it in the past 4 months (some exceptions apply);
- Are not eligible for the Virginia state employee health insurance plan;
- Are not eligible for FAMIS Plus (also known as Medicaid);
- Live in families meeting FAMIS income guidelines (see chart below);
- Are United States citizens or qualified undocumented immigrants.

Other children may be eligible, please call 1-866-87FAMIS (1-866-873-2647) to find out more.

Qualifying for FAMIS also depends on household income and family size. To find out your family size, count how many children and stepchildren under age 19 live in your home.

Add yourself if you are the mother, father or stepparent of the children. Then add your husband or wife. For example, if you have 4 children and/or stepchildren under age 19 living in your home, plus yourself and your husband, your family size is 6.

FAMIS Income Limits – 200% FPL (Gross Income)
 February 18, 2005
 Family Size Income Limits

FAMIS Income Limits* (Gross Income)		
Effective January 23, 2009		
Family Size	Income Limits	
	Year	Month
1	\$21,660	\$1,805
2	\$29,140	\$2,429
3	\$36,620	\$3,052
4	\$44,100	\$3,675
5	\$51,580	\$4,299
6	\$59,060	\$4,922
7	\$66,540	\$5,545
8	\$74,020	\$6,169
Each additional family member	\$7,480	\$624

* Income limits are adjusted annually.

Dental services for children enrolled in FAMIS or FAMIS Plus are provided through the new Smiles for Children program. The Smiles for Children program encourages good dental health and recommends regular check-ups with your dental provider.

For questions or to find a dental provider in your area, call 1-888-912-3456.

There are three ways to apply for FAMIS:

1. Call FAMIS toll-free, 1-866-87FAMIS (1-866-873-2647)
2. Submit an application form online at <http://www.famis.org/>
3. Download an application of <http://www.famis.org/> and, once you complete it, mail it to:

FAMIS
 P.O. Box 1820
 Richmond, VA 23218-1820

Or fax it to 1-888-221-9402

Child Care Assistance

The Virginia Department of Social Services determines eligibility for child care assistance and makes child care payments directly to providers for families in Virginia’s Temporary Assistance for Needy Families (TANF) program and through another program titled the Virginia Initiative for Employment not Welfare. Child care assistance for non-TANF families is administered through the local offices of Virginia’s Department of Social Services. Call the Virginia Department of Social Services at 800-552-3431 to find your local office contact information.

Parents without Partners

This international organization offers a range of educational and social activities for single parents who become members, including support services such as babysitting, clothing, and toys-through-exchange networks. For more information, visit the Parents without Partners website at www.parentswithoutpartners.org. You can find out if there is a chapter in your area by clicking on their “Find a Chapter” section and selecting Virginia.