

What I use

If you call 211, they will help you find help for food, shelter and a lot of other services

I have used AD Fish + Game & community borough Parks and Rec info to find family-friendly places to visit and enjoy outdoors. Examples: trails, stocked lakes, events, parks, newsletters advertising these public resources. I live in Fairbanks & I think our parks & rec department has been doing awesome work reaching out & catering to families. I have also used the Imagination Library w/ all 3 of my kids and LOVE it!

So many resources out there. Park is free. Library is my best friend. But most importantly. Going to church is our favorite place to go. Kids enjoys it a lot.

MOPS groups
(Mothers of preschoolers)

The infant learning program has been an invaluable resource for our family with a child with a significant genetic mutation affecting his development.

Comments from CUBS respondents in 2020

CUBS is a statewide survey of Alaska parents of 3-year-old children. These answers were provided in response to a question about what resources they have used that other parents might like to know about.

We have used PIC since he was born till, he turned 3. They were very helpful through everything. They told us about the ASD programs our son could use. Otherwise, we wouldn't of known. we told other parents about ASD preschool. many didn't know that ASD has a preschool program.

There are programs to help with Thanksgiving Dinners and Christmas Dinner. also, they help with presents for the kids, so you don't have an empty tree.

I used a Lactation consultant after having my 3-year-old. It was extremely beneficial to me and the beginning of my parenting journey

Matsu has the Kids Kupboard that provides free lunch for children 0-18 all summer long. It is a great benefit to our community. It is for all children, regardless of income.

I didn't know Denali Kid Care could cover the costs to bring my child to Anchorage for dental care. She had her 2 front top teeth removed in Anchorage. Anesthesia was involved.

We could have never survived financially or afforded our home/life without [child's] health insurance being covered by the State: Denali Kid Care. It also covered [child's] baby formula for 2+ years. It was such a life saver since he would not breast feed. It saved us so much money. We are so grateful.

I used the Dolly Parton Imagination Library when my 1st child was born. It was an excellent program which delivered books in the mail until my son was 5 years old. What a wonderful program that helped my children develop a love for reading! We read books every night as part of our routine for bedtime. Thank you [hospital name] for helping us sign up for the program & for the actual Imagination Library program.

For more information about **CUBS** visit

dhss.alaska.gov/dph/wcfh/pages/mchepe/cubs/default.aspx

Some comments were lightly edited for spelling and grammar.