

Title IX Parenting Information and Resources

Breastfeeding and Nursing Mother Information

Lactation is a condition related to pregnancy and parenting status. South Plains College will provide a private room to students who choose to breastfeed or pump. To reserve a space and time, please contact the office of Health & Wellness at 806-716-2529 to let us know what campus you attend.

Breastfeeding and Pumping Resources in Texas:

- Lactation Hotline: 855-550-6667
- <https://www.breastmilkcounts.com/>
- <https://texaswic.org/apply>

Pregnancy and Parenting Support Resources

- SPC Health & Wellness 806-716-2529
- Covenant Emergency Room, 3615 19th St, Lubbock, TX 79410, 806-725-2233
- UMC Emergency Room, 602 Indiana Ave, Lubbock, TX 79415, 806-775-8462
- Lubbock Health Department: Same day appointments 806-775-2933
- Planned Parenthood: appointments online or call 806-696-3436
- Heartline Women's Clinic, 3021-C 34th St, Lubbock, TX 79410, 806-788-0500
- Grand Expectations, 2602 Ave Q, Lubbock, TX 79411, 806-761-0611
- South Plains Rural Health, 1000 FM 300, Levelland, TX 79336, 806-894-7842
- Compassionate Care Pregnancy Center, 1209 Quincy, Plainview, TX 79072, 806-292-3668

Childcare Support

- Early Childhood and Head Start in Texas: <https://earlychildhood.texas.gov/headstart.html>
- Christine DeVitt and Helen DeVitt Jones Child Development Research Center: <https://www.depts.ttu.edu/hs/cdrc/index.php>
- South Plains Community Action/Workforce Solutions Child Care Services: <https://www.spcaa.org/child-care-services>
- Texas Workforce Commission: <https://www.twc.texas.gov/programs/child-care>

Parenting Education and Resources

- The Parenting Cottage, 3818 50th St, Lubbock, TX 79413, 806-795-7552
- Teaching your child about consent: <https://www.safesecurekids.org/teaching-consent>
- Teaching your child about internet safety: <https://txssc.txstate.edu/tools/parent-safety/3-bhss/3-4-internet-safety.html>
- Parenting Tips: https://earlychildhood.texas.gov/parenting_tips_support.html

Family and Protective Services

- Texas Department of Family and Protective Services works with communities to promote safe and healthy families and protect children and vulnerable adults from abuse, neglect, and exploitation: <https://www.dfps.texas.gov/>
- Women's Protective Services: <https://www.wpslubbock.org/>

Financial Education Resources

- Prepare Financially for a Baby: <https://www.npr.org/2022/07/12/1111233696/how-much-does-a-baby-cost>
- Budgeting on Low Income: <https://trb.bank/personal-finance/budgeting-on-low-income-18-steps-to-cut-spending/>
- Tips for Saving Money for college students: https://www.buzzfeed.com/maitlandquitmeyer/econ-101?utm_term=.aovKYVWwr#.fxowx4DWM

Legal Resources

- Legal Aid Society of Lubbock: <https://www.lubbocklegalaid.org/>
- Texas Law Help: <https://texaslawhelp.org/>
- Child Support in Texas: <https://www.texasattorneygeneral.gov/child-support>
- HEROES Program for Service Members: <https://www.texasattorneygeneral.gov/child-support/programs-and-initiatives/heroes-program-service-members>