



PARENTING RESOURCES

Infant & Early Childhood Resources

Formula, Diaper, and Food Assistance

- **St. Bernadette's Diaper Bank**
- **Dare to Care**
- **WIC**

Local programs offering free diapers, formula, food, and nutrition support for families with infants and young children.

Imagination Library

A free early-literacy program that mails age-appropriate books each month to children from birth to age five.

Indoor Playgrounds

Playground Abode, Glow Worm Play Café, Animal World Play, mall play areas

Safe, weather-proof spaces where infants and toddlers can explore, play, and build social skills.

La Leche League of Louisville

A peer-support network providing breastfeeding guidance, meetups, and one-on-one lactation assistance for new parents.

Louisville Free Public Library (LFPL)

A citywide library system offering baby story times, early-literacy classes, play groups, and parent workshops for families with young children.

School-Age Resources

Cultural Pass

A summer program giving Louisville youth free access to dozens of museums, arts organizations, and educational attractions.

Boys & Girls Clubs of Kentuckiana

An after-school and summer program offering academic support, athletics, and mentoring for elementary and middle school students.

JCPS Free School Lunch Program

Offers universal free breakfast and lunch to all JCPS students throughout the school year as well as a summer meal program.

Louisville Free Public Library (LFPL)

Provides homework help, after-school programs, teen nights, STEM activities, and summer learning opportunities for school-age kids.

YMCA of Greater Louisville

Offers before and after-school care, youth sports, family swim programs, and affordable summer camps for children of all ages.

Community Resources

Family Support Centers

- **Neighborhood Place**
- **Neighborhood House**
- **Americana**
- **Catholic Charities**

Community hubs offering case management, emergency assistance, parenting support, and resource navigation.

Health and Healthcare Resources

Local providers like Family Health Centers, Norton Children's, UofL Pediatrics, and Seven Counties Services offer medical, behavioral health, and family-support services.

Parks, Playgrounds, and Recreation

- **Louisville Metro Parks & Rec**
- **Louisville Olmsted Parks System**
- **Parklands of Floyds Fork**

A wide network of parks, playgrounds, splash pads, and nature programs that provide free or low-cost outdoor activities for families.