

ALLIANCE for CHILDREN'S RIGHTS

NOVEMBER 2026

Transition Age Youth Resource: **Expectant and Parenting Youth Resources**

Current Foster Youth

As a youth in foster care who is expecting or parenting a child, you are eligible for specialized support to help you prepare for the birth of your child and care for them. This guide provides an overview of the financial assistance, services, and resources available to you.

What financial support is available for Expectant and Parenting Youth?

Expectant Parent Payment (EPP)

If you are pregnant and in foster care, you are eligible to receive the Expectant Parent Payment (EPP), regardless of your age, placement type, or status as a dependent or ward of the juvenile court. The EPP is paid directly to you and is available starting in the 7th month of pregnancy. You can use these funds to purchase items in preparation for your baby, including, but not limited to:

- **Furniture:** Crib, changing table, rocking chair
- **Infant Carriers:** Car seat, stroller
- **Feeding Supplies:** Breast pump, nursing bras, bottles
- **Infant Items:** Clothing, diapers, pacifiers, bibs
- **Other Basic Needs:** Rent, transportation

This payment is in addition to the Infant Supplement, which begins at the month of birth (see below). To access the EPP, talk to your county social worker or probation officer. You will need to provide verification of your due date from a qualified medical provider, but they must follow confidentiality requirements. If for some reason you do not receive the EPP prior to the birth of your child, you are still entitled to receive the EPP after you give birth.

Infant Supplement

The Infant Supplement provides a monthly supplemental payment to help support the care and supervision of your child. This benefit is available to parents in foster care who have primary physical custody of their child.

- For youth in foster care, the Infant Supplement is paid to the licensed placement (such as a resource family or Short-Term Therapeutic Residential Program providers).
- For nonminor dependents living in a Supervised Independent Living Placement (SILP), the supplement is paid directly to you.

To access the Infant Supplement, notify your county social worker or probation officer as soon as your baby is born.

Parenting Support Plan (PSP)

The Parenting Support Plan (PSP) provides $200 per month to youth residing in a Supervised Independent Living Placement (SILP). To be eligible for the PSP, you and a qualified* responsible adult fill out a written agreement listing the areas of support they can provide, including transportation, childcare, budgeting, self-care and other things you may need. After you and the individual complete the agreement and it is approved by your social worker, you will receive an additional $200 a month.

**The responsible adult must be 21 years or older and will be required to complete Live Scan fingerprinting.*

Additional Supports

Expectant and Parenting Youth (EPY) Conference

If you are in foster care and expecting or parenting a baby, you are entitled to an If you are in foster care and expecting or parenting a baby, you are entitled to an Expectant and Parenting Youth (EPY) Conference. This conference is voluntary and focuses on your personal needs and those of your baby.

Your social worker, a DCFS facilitator, and an advocate knowledgeable about resources will attend the conference with you, along with any supporters you would like to invite (such as the baby's other parent or friends). Speak with your county social worker or probation officer to learn more about how to participate in an EPY Conference.

Emergency Child Care Bridge Program

The Emergency Child Care Bridge Program provides vouchers or payments to help you find subsidized childcare with licensed or license-exempt providers in Los Angeles County for children aged birth to five years old. If you are a current or former foster youth, you may be eligible for this program to support you while you are in school or working.

- If you are still in foster care, you are eligible for 6 months to 1 year of childcare funding through the Emergency Child Care Bridge Program.
- A Child Care Navigator from one of the Child Care Resource and Referral agencies will help you find a childcare program and link you to permanent funding for childcare.

To access this program, speak with your social worker. Be sure to respond when contacted by the Child Care Navigator, or if you are a former foster youth, you can reach out directly to the Child Care Resource and Referral agency.

Foster Care Public Health Nurses

Every youth and nonminor dependent in foster care has access to a Public Health Nurse. This nurse can:

- Provide educational information
- Help schedule medical appointments
- Share paperwork and health records
- Interpret lab results
- Refer you to services like prenatal care, postnatal care, home visiting, and parenting classes

To access a Public Health Nurse, speak with your county social worker or probation officer. They can also help you connect with your Child and Family Team for additional health planning support.

Former Foster Youth

California Work Opportunity and Responsibility to Kids (also known as CalWORKs or TANF)

CalWORKs provides cash aid and services to eligible needy California families each month to help pay for housing, food, and other necessary expenses. If your family has little or no cash and needs housing, food, utilities, clothing, or medical care, you may be eligible to receive immediate short-term help.

You must be a resident of California, and a U.S. citizen, legal alien or qualified alien. You must be unemployed or underemployed and have a low or very low income. You must also be one of the following:

- Have a child 18 years of age or younger, or
- Be pregnant, or
- Be 18 years of age or younger and the head of your household.

Check to see if you qualify for these benefits and apply for CalWORKs here.

NOTE: Youth in foster care receiving foster care benefits (paid either to the licensed placement or directly to you if you are in a SILP **CANNOT** receive CalWORKS benefits at the same time. You can apply for CalWORKs at the Department of Public Social Services (DPSS) a month prior to your case closing but you won't start receiving CalWORKs until your last foster care payment.

Child Care
Current or former CalWORKs cash aid recipients are eligible to receive assistance with paying for childcare with a provider of their choice if they are employed or participating in county-approved Welfare-to-Work activities.

If you are not receiving CalWORKs cash assistance, you can contact your local Child Care Resource and Referral agency (R&R) for more information at www.rrnetwork.org/find_child_care The Child Care Resource and Referral also has a toll-free telephone number. If you would like more assistance, call 1-800-KIDS-793.

Current and Former Foster Youth

What programs offer birth planning, childcare, and parenting support?

Birth Planning, Doula Support, and Baby Preparation
A birth doula is a trained labor support professional who assists with decisions about birth planning and can be with you through the labor and delivery process. A post-partum doula offers breastfeeding support and continues to support with guidance after the baby is born.

The Alliance partners with several doula organizations to provide doulas at no cost to current and former foster youth living in Los Angeles County. To learn more and be matched with a doula, contact us. Medi-Cal now pays for doula services; ask your medical provider for a referral.

Free Breast Pumps: Medi-Cal will pay for a breast pump. Contact Yummy Mummy at 855-87-YUMMY or yummymummystore.com.

To prepare for your baby's arrival, you will need a variety of items for the hospital, as well as baby supplies for home. Use this Recommended Baby Items List to ensure you have everything you need, including clothing, feeding gear, nursery furniture, and health items.

Home Visitation Programs

Home Visitation Programs offer individualized support to expectant people and new parents. Trained professionals provide ongoing assistance during pregnancy and through your child's first years of life, promoting healthy pregnancy, infant and child health, educational development, and school readiness.

You can access this program by speaking with your county social worker or probation officer, or you can find the program that works for you using the eDirectory for LA County Home Visiting Programs.

Food and Nutrition Assistance

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides nutrition education, breastfeeding support, healthy foods, and referrals to healthcare services for families with low-to-medium income.

Who is eligible for WIC?

You may qualify for WIC if:

- You are pregnant, breastfeeding, or recently had a baby.
- You have a child under the age of 5.
- You have a low-to-medium income or receive benefits like Medi-Cal, CalWORKs, or CalFresh.

What services does WIC provide?

WIC services include:

- Access to nutrition experts who specialize in nutrition for mothers and their children.
- Support and information about breastfeeding your baby, including access to breastfeeding experts.

- Help in finding health care and other valuable community services.
- Benefits of buying healthy foods—such as fruits and vegetables, whole grains, milk, eggs, bread, cereal, juice, peanut butter, soy milk, and tofu.

Check your WIC Eligibility Assessment.

CalFresh Program

CalFresh, known federally as the Supplemental Nutrition Assistance Program (SNAP), is California's food assistance program. It provides monthly electronic benefits that can be used to purchase most foods at many grocery stores and markets.

Who is eligible for CalFresh?

Participating in Extended Foster Care as a nonminor dependent does not automatically disqualify you from receiving CalFresh benefits. Eligibility is determined on a case-by-case basis, considering the following factors:

- Earned and unearned income, including any portion of the foster care payment you receive directly
- Assets
- Household composition*
- Rent and utility expenses
- Student status
- Other factors

What counts as income?

- **Unearned Income:** Any portion of your foster care payment received directly by you as a nonminor dependent is considered unearned income. For example, if you are living in a Supervised Independent Living Placement (SILP), your monthly SILP payment is counted as unearned income.
- **Vendor Payment Exclusions:** Any portion of your foster care payment not paid directly to you is considered a vendor payment and excluded from income calculations. For example, if you are living in a Transitional Housing Placement for Non-Minor Dependents (THP-NMD), payments made directly to the housing provider are excluded when determining your CalFresh benefit level.

How do I apply for CalFresh?

You can apply for CalFresh online at GetCalFresh.org or by speaking with your county social worker or probation officer. Be prepared with documents such as:

- Your ID
- Pay stubs
- Rent receipts

For more information, talk to your county social worker or probation officer to learn how to access CalFresh benefits and ensure you have the necessary documentation when applying.

* You can apply for CalFresh as a single-person household even if you have roommates. However, if you and your roommates prepare and buy more than half of your meals together, you can apply together. After your foster care case closes, contact the Department of Public Social Services (DPSS) and let them know your income has changed, so they can adjust the amount you receive.