

Resources for Expectant and Parenting Youth in Foster Care in California

Expectant Parent Payment

Provides monthly payments to pregnant foster youth for the 3 months prior to their expected due date. The payment amount is equal to the monthly infant supplement, which starts at birth. The payment is made directly to the pregnant youth, for both minors and non-minors.

As of July 1, 2026, the Expectant Parent Payment is subject to an annual increase according to the California Necessities Index (CNI). See the most recent All County Letter on annual foster care CNI rate increases for the current payment amount.

🔗 [All County Letter 21-123](#) (October 8, 2021)

Infant Supplement

Provides monthly payments to foster youth who are custodial parents. The payment is made to the caregiver or placement provider, except in the case of non-minor dependents placed in Supervised Independent Living Placements who may receive the payment directly. Youth with more than one child receive a payment per child.

As of July 1, 2026, the Infant Supplement is subject to an annual increase according to the California Necessities Index (CNI). See the most recent All County Letter on annual foster care CNI rate increases for the current payment amount.

🔗 [All County Letter 16-57](#) (July 1, 2016)

Parenting Support Plan

Provides \$200 per month to non-minor dependents living in a Supervised Independent Living Placement if they create a Parenting Support Plan with a responsible adult mentor.

🔗 See [All County Letter 15-67](#) (September 3, 2015)

Emergency Child Care Bridge Program for Foster Youth

Provides a childcare voucher or payment and assistance with finding a subsidized childcare placement.

🔗 California Department of Social Services [webpage](#)

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

Provides food, health care referrals, nutrition education, and breastfeeding support. Available to babies and children up to age 5, pregnant women and new mothers.

🔗 California Department of Public Health [webpage](#)

CalFresh

California's food stamp program which issues monthly electronic benefits that can be used to buy most foods at many markets and food stores.

Eligibility is determined based on income, assets, household composition, the amount of rent and utility expenses, student status, and other factors.

🔗 California Department of Social Services [webpage](#)

🔗 [FAQ](#) on CalFresh for non-minor dependents and former foster youth

Home Visiting Programs

Voluntary evidence-based home visiting programs offer ongoing, individualized support to families during pregnancy and through a child's first years of life by matching new and expectant parents with caring, trained professionals. Examples include Nurse Family Partnership, Parents as Teachers, Early Head Start Home Visiting Option, and Healthy Families America.

🔗 [Find your local First 5 program](#) and ask for a list of local home visiting programs

Adolescent Family Life Program

Provides comprehensive case management services to pregnant and parenting teens and their children.

🔗 California Department of Public Health [webpage](#)

Foster Care Public Health Nurses

Every child and non-minor dependent in California has a public health nurse who can provide educational information, assist with planning appointments, share paperwork and health records, interpret lab results, refer to services, and support the youth, case manager, caregiver and Child and Family Team with all health planning. This includes referrals for prenatal care, postnatal care, home visiting, and parenting classes.

🔗 Foster care public health nurse [roster](#)

Planned Parenthood

Provides reproductive health care and education.

🔗 Planned Parenthood [website](#)

🔗 Planned Parenthood statewide [roster](#) for those seeking education



Free Tax Filing & Tax Credits

Parenting youth may qualify for thousands of dollars in federal and state tax credits if they file their taxes. The federal and state earned income tax credits, child tax credits, childcare credits as well as stimulus payments for families with children are accessible by submitting an annual tax return.

🔗 JBAY's [website](#) for those seeking a free tax filing appointment and more information



jbay.org

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