

STRENGTHENING PARENT AND CHILD INTERACTIONS (birth through 5)



● A Blue Dot indicates agencies that are a member of the Maternal Mental Health Collaborative and/or have attended the Postpartum Support International training.

Being a parent can be very rewarding, it can also be very challenging. Because your child is always growing and learning, the information you need to know about parenting and child development changes too. Learning what behaviors are appropriate for your child's age and how to support them can help you better respond to your child.

"I WANT TO LEARN MORE ABOUT PARENTING AND CHILD DEVELOPMENT, BUT I DO NOT KNOW WHERE TO START!"

HELP ME GROW YOLO COUNTY

Offers free developmental questionnaires for families to provide a snapshot of their child's learning and growing. It is a system that connects families with children 0-5 with the resources they need.

(844) 410-GROW

www.helpmegrowyolo.org

AMERICAN ACADEMY OF PEDIATRICS

Includes information on healthy living, safety and prevention, family life, health news, tips and tools. Also has a section on Ages and Stages, which gives parents information on developmental stages from pregnancy to age 21.

www.healthychildren.org

CENTERS FOR DISEASE CONTROL AND PREVENTION

Provides free fact sheets on developmental milestones for children 0-5.

www.cdc.gov/ncbddd/actearly/

THE PERIOD OF PURPLE CRYING

Describes the point in a baby's life when they cry more than any other time and equips caregivers with strategies to soothe the baby and cope with stress.

www.purplecrying.info/

AHA! PARENTING

Provides advice on how to handle parenting challenges at all ages and is divided into the following stages: pregnancy and birth, newborns and infants, babies, toddlers, preschoolers, school age, tweens, early teen, and teenager.

www.ahaparenting.com/

THE NATIONAL PARENT HELPLINE

Provides parents and caregivers with emotional support and refers them to services if necessary.

www.nationalparenthelpline.org/

If you feel that you are in crisis, please call:

Yolo County 24hr toll-free Access Line: (888) 965-6647 or
National Suicide Prevention Hotline: (800) 273-TALK (8255)

For emergencies call and/or text 911

or visit the Mental Health Urgent Care Clinic at 500 Jefferson Blvd #B, West Sacramento

STRENGTHENING PARENT AND CHILD INTERACTIONS (birth through 5 years)

WEATHERING THE STORMS: A GUIDE TO HEALTHY EXPRESSIONS FOR PARENTS AND CHILDREN

This guide from Yolo County Children's Alliance can help you and your child weather emotional storms. By modeling and teaching your child the ideas and skills in this guide, you can help your child manage emotions better. Practicing these skills yourself can improve communication with your child, partner, relatives, coworkers, and friends. Learning to express your emotions in a healthier way can help you be calmer and more in control of your actions. The guide covers identifying emotions and the power of empathy, using calming activities when emotions are building, weathering emotional storms by waiting before talking, responding to emotions in the calm after the storm, and learning to predict future storms. Available in English, Spanish, and Russian.

www.yolokids.org/forfamilies

NURTURING CHILDREN DURING TIMES OF STRESS: A GUIDE TO HELP CHILDREN BLOOM

We all feel stressed sometimes. Some stress is a normal, healthy part of life. It can help us stay safe, try harder, or make us grow stronger. However, intense stress that doesn't go away can be too much to handle without help. As a parent or caregiver, there are ways you can help your child handle intense stress. Much like a seed that overcomes a difficult environment to grow and flower, you and your child can bloom even in challenging times. This guide has nurturing tips and resources that can protect you and your child from the effects of intense stress. These ideas will also help you connect with your child. This guide is for parents and caregivers who want to learn how to bloom even in stressful times while helping children do the same! The guide, which was produced by Yolo County Children's Alliance as a project of the Yolo County Child Abuse Prevention Council, is available in English, Spanish, and Russian.

www.yolokids.org/forfamilies

TEXT4BABY

Makes it easy to get important information about your pregnancy and baby's development. You can text BABY (or BEBE for Spanish) to 511411 to receive free text messages three times per week, timed to your due date or your baby's birth date, through pregnancy and up until your baby's first birthday.

Text BABY to 511411

www.text4baby.org

HELP ME GROW NATIONAL

Videos from the Minnesota Department of Education provide a brief overview of the developing child at many stages between 0-5 years.

www.youtube.com/playlist?list=PL173D1EF7626B7131

AUTISM SPEAKS

Dedicated to promoting solutions, across the spectrum and throughout the lifespan, for the needs of individuals with autism and their families through advocacy and support; increasing understanding and acceptance of autism spectrum disorder; and advancing research into causes and better interventions for autism spectrum disorder and related conditions.

www.autismspeaks.org/

ADDITUDE MAGAZINE

Resources, tools, articles for parents, adults, professionals, etc. on Attention Deficient Disorder.

www.additudemag.com/

STRENGTHENING PARENT AND CHILD INTERACTIONS (birth through 5 years)

BOOKS

CARING FOR YOUR BABY AND YOUNG CHILD, BIRTH TO AGE 5, 6TH EDITION by the American Academy of Pediatrics

TOUGHPOINTS-BIRTH TO THREE by T. Berry Brazelton and Joshua Sparrow

PREGNANCY, CHILDBIRTH AND THE NEWBORN: THE COMPLETE GUIDE (5TH EDITION) by Penny Simkin, Janet Whalley, Ann Kepler, Janelle Durham and April Bolding

"I HAVE QUESTIONS AND/OR CONCERNS ABOUT MY CHILD'S DEVELOPMENT. WHO CAN I CALL?"

HELP ME GROW YOLO COUNTY

Offers free developmental questionnaires for families to provide a snapshot of their child's learning and growing. It is a system that connects families with children 0-5 with the resources they need. Also offers free Books, Balls, and Blocks events monthly for families to attend and complete a developmental screening with Help Me Grow Yolo County staff. 844-410-GROW (4769)

www.helpmegrowyolo.org

WARMLINE FAMILY RESOURCE CENTER

Provides resources, support, training, and consultation to families of children with special needs (birth to age 26) and is staffed by parents who share the common experience of parenting a child with special needs.

(916) 455-9500

www.warmlinefrc.org/

"I'M INTERESTED IN A STRUCTURED PROGRAM OR CLASS FOR MY CHILD AND ME. WHERE CAN I GO?"

FAMILY RESOURCE CENTER PROGRAMS

Yolo County Family Resource Centers provide various education programs for families, including parenting classes.

The Nurturing Parenting Program (for parents) is a family-centered trauma-informed course designed to build nurturing parenting skills and child-rearing practices. The programs feature activities to foster positive parenting skills and self-nurturing, home practice exercises, family nurturing time, and activities to promote positive brain development in children birth to 18 years. Parents attend group classes that are designed to build self-awareness, positive concept/self-esteem and build levels of empathy; teach alternatives to hitting and yelling; enhance family communication and awareness of needs; build nurturing behaviors; promote healthy physical and emotional development; and teach appropriate role and developmental expectations. The following Family Resource Centers provide this program:

EMPOWER YOLO

(530) 661-6336

www.empoweryolo.org

RISE INC.

(530) 787-4110

www.riseinc.org/

YOLO COUNTY CHILDREN'S ALLIANCE

(530) 757-5558

www.yolokids.org

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NURSE HOME VISITING PROGRAM

Helps parents find healthy solutions to stressful circumstances by connecting them with safe and stable housing and counseling for substance abuse or depression, as well as by teaching them to build positive, loving relationships with their children.

(530) 666-8340

www.yolocounty.org/health-human-services/children-youth/nurse-home-visiting-program

HEALTHY FAMILIES YOLO COUNTY

Serving primary caregivers of children from conception to age 3, the program aims to improve the infant-parent relationship by enhancing skills, promoting healthy child development, and supporting bonding in a safe home environment.

(530) 902-5983

www.yolokids.org/healthy-families-yolo-countystep-step

FAMILY HUI

Huis (Hoo'ees) are cooperative groups that support parents and caregivers through a facilitated group environment led by a trained peer leader. Huis are 12 weeks long and include a unique opportunity for you and your child to make friends and create a caring community. Children welcome.

lroberts@lead4tomorrow.org

www.familyhuimainland.org/

"I WANT TO MEET OTHER PEOPLE AND KIDS IN MY COMMUNITY. WHERE SHOULD I GO?"

NORTHERN CALIFORNIA CHILDREN'S THERAPY CENTER

Free weekly Music Therapy Group every Monday morning at 9:30 a.m. in the community center for children ages 0-5 at 1321 College Street, Suite E in Woodland.

(530) 668-1010

www.ctchelpskids.org/

HELP ME GROW YOLO COUNTY

Provides weekly developmental playgroups on Wednesdays from 9:30-11 am open for children birth through 5 and parents, monthly Partners in Parenting groups for parents, and quarterly developmental screening events that families with children between the ages of 0 through 5 can come play and complete a developmental screening. Help Me Grow Yolo County also has a parenting chat available on Facebook for families in Yolo County to connect with each other.

(844) 410-GROW (4769)

www.helpmegrowyolo.org

YOLO COUNTY LIBRARIES

Provides classes for parents and children at all branches.

(530) 666-8005

yolocountylibrary.org/

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"I'D LOVE IDEAS ABOUT THINGS I CAN DO WITH MY CHILD AT HOME."

TALK+PLAY=CONNECT TOOLKIT FOR FAMILIES

This resource from Yolo County Children's Alliance has many ideas for how you can connect with your child. The toolkit contains: Information about why talking and playing are so important for your child's development; tips that can help you and your child communicate better; and fun, easy ideas for how to play and connect with your child at 3 times of the day: in the morning, at mealtimes, and at bedtime. Ideas are divided by your child's age (baby, toddler, preschooler, school-age, and teenager) so you can get the most helpful information for you and your child! The toolkit is available in English, Spanish, and Russian. Read through the tips and ideas and see which ones feel right to you and your family. Try one of them out today!

www.yolokids.org/forfamilies

HELP ME GROW YOLO COUNTY

Activities and Information to Support Child Development on Pinterest from Help Me Grow Yolo County

www.pinterest.com/HMGYolo/boards/

FIRST 5 CALIFORNIA

Working with county partners is how First 5 California is able to reach a broad spectrum of California families with services specific to their needs.

www.first5california.com