

## RESOURCES & MATERIALS

### 1. CDC Learn the Signs Act Early, age 0-5+

Recommend using the following link since it shows all of the available materials:

<http://www.cdc.gov/ncbddd/actearly/downloads.html>

Limited quantities are available for free, and the rest can be downloaded. Recommend the Milestones Brochure and the Milestones Card, and the posters (the posters require special printing). Also, you can customize some of their materials with your contact information.

### 2. The NC Infant Toddler Early Intervention Program, age 0-3

<http://www.bearly.nc.gov/index.php/resources/publications>

Recommend the "Be Early Brochure" and "Milestones Chart" (Be Early posters and other materials are available free of cost)

### 3. The NC Healthy Start Foundation's "See How We Grow" flipchart, age birth-1

Materials can be downloaded & printed. It's good for providers who want to have something special for their newborns.

<http://nchealthystart.org/public/publications/parenting.htm>

### 4. Children's Home Society of California

<http://www.chs-ca.org/community-education-services/family-education>

Comprehensive family education program/free materials. A favorite is the Development Stages Wheel, ages birth to 6. Downloading works but is not great; you can order them. First 25 (in English & Spanish) are free each fiscal year. Then, it's 50 cents per wheel. If you complete their questionnaire, shipping is free. They are worth it. Some providers prefer these because they "stand out from the crowd." Other materials include brochures on Special Needs information for parents, Separation - easing the transition from home to child care, Positive Discipline, Communication - positive communication with your child, Exercise, Managing Anger - your child's and your own, Toilet Teaching without Tears, Sleep - helping your children get the rest they need, When A Child Bites, Family Time - keeping family a priority.

### 5. Bright Futures Tool and Resource Kit [http://brightfutures.aap.org/tool\\_and\\_resource\\_kit.html](http://brightfutures.aap.org/tool_and_resource_kit.html)

What to Expect & When to Seek Help: Bright Futures Developmental Tools for Families and Providers

### 6. American Academy of Pediatrics: [www.HealthyChildren.org](http://www.HealthyChildren.org), provides a great deal of useful information, esp. for parents and caregivers.

### 7. US Department of Agriculture "Choose My Plate", nutrition recommendations for children:

[www.choosemyplate.gov](http://www.choosemyplate.gov)

### 8. Centers for Disease Control (CDC): [www.cdc.gov/vaccines/schedules/index.html](http://www.cdc.gov/vaccines/schedules/index.html) to access CDC web site and immunization schedules

### 9. Exceptional Children's Assistance Center in NC: [www.ecac-parentcenter.org](http://www.ecac-parentcenter.org).

### 10. Prevent Child Abuse NC: [www.preventchildabusenc.org](http://www.preventchildabusenc.org)

11. **Autism Speaks** – It’s Time to listen: [www.autismspeaks.org](http://www.autismspeaks.org)
12. **Smart Start** & the North Carolina Partnership for Children: [www.ncsmartstart.org](http://www.ncsmartstart.org)
13. **Community Care of NC (CCNC)**: <http://www.communitycarenc.com/>

**Other resources in areas of Early Childhood Mental Health, Social-Emotional Development, and Challenging Behaviors**

14. Positive Solutions for Families Brochure  
[http://www.challengingbehavior.org/do/resources/documents/positive\\_solutions\\_for\\_families.pdf](http://www.challengingbehavior.org/do/resources/documents/positive_solutions_for_families.pdf)
15. Center on the Social Emotional Foundations for Early Learning (CSEFEL)  
<http://www.vanderbilt.edu/csefel/>
16. Technical Assistance Center for Social Emotional Intervention (TACSEI)  
<http://www.challengingbehavior.org/>
17. Incredible Years – Articles for Parents about Social-Emotional Health and Development  
<http://incredibleyears.com/parents-teachers/articles-for-parents/>
18. ZERO TO THREE [www.zerotothree.org](http://www.zerotothree.org)
19. Social-Emotional Development in Young Children: A guide produced by the Michigan Department of Community Health  
[http://www.michigan.gov/documents/Social\\_Emotional\\_Development\\_in\\_Young\\_Children\\_Guide\\_88553\\_7.pdf](http://www.michigan.gov/documents/Social_Emotional_Development_in_Young_Children_Guide_88553_7.pdf)
20. Pathways to Prevention: A comprehensive guide for supporting infant and toddler mental health  
[http://eclkc.ohs.acf.hhs.gov/hslc/resources/ECLKC\\_Bookstore/PDFs/27B9EA2E8C611854D47E47984BF46274.pdf](http://eclkc.ohs.acf.hhs.gov/hslc/resources/ECLKC_Bookstore/PDFs/27B9EA2E8C611854D47E47984BF46274.pdf)