PARENTING HANDBOOK

BEST PRACTICES AND RESOURCES IN PARENTING EDUCATION

LUCIANA G. MADISON

FOREWORD

*Developing Best Practices and Resources in
Parenting Education*

There is an overwhelming number of programs, centers, researchers, blogs, and parents who all have passionate and deeply rooted beliefs about raising children. As a result, it can be difficult to discern which sources are offering advice backed by evidence and research and which sources are sharing information based on sensationalized opinions. The recent controversy over vaccinating children and autism comes to mind as an example of how misinformation can quickly spread. The goal of this Parenting Resource Handbook is to provide quality information that addresses the needs of parents and parent educators in Jefferson County.

Of the most recent referrals made to the CCE Jefferson County parenting department by the Department of Social Services, 69% where due to child neglect, 17% due to physical abuse, and 14% due to sexual abuse. Out of these referred families, over half (51%) had a history of substance abuse, 37% had domestic abuse in the home, and 60% had at least one family member with mental health issues.

After the analysis of Jefferson County's parenting referrals, the content of the Parenting Resource Handbook has been tailored to contain information and resources best fitting the needs of the area. Topics such as safety, nutrition, and mental/physical health are covered in depth due to the high number of referrals involving neglect, inadequate guardianship, and mental health issues. These topics appear to be the most relevant to the needs of the community and Jefferson County caregivers. Resources provided include websites, articles, studies, and activities that can be accessed by parents and parent educators to help increase caregiver knowledge.

SAFETY

CHAPTER 1

SECTION 1

CHOKING HAZARDS

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Choking is currently one of the leading causes of death in young children. Fortunately, choking is preventable when parents understand how to minimize risk factors and respond appropriately.

RESOURCE LINKS:

1. Choking Prevention

   http://www.med.umich.edu/yourchild/topics/choking.htm

2. Responding to a Choking Emergency

   http://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/Responding-to-a-Choking-Emergency.aspx

3. Buying Safe Toys

   http://www.healthychildren.org/English/safety-prevention/at-home/Pages/How-to-Buy-Safe-Toys.aspx

4. Choking & Strangulation Prevention Tips

   http://www.safekids.org/sites/default/files/documents/choking_and_strangulation_prevention_tips.pdf

5. Policy Research on the Prevention of Choking Among Children
   http://pediatrics.aappublications.org/content/early/2010/02/22/peds.2009-2862.full.pdf+html

RESOURCE DESCRIPTIONS:

1. Choking Prevention:

This link leads to a summary of how to protect your child from choking hazards such as hot dogs or latex balloons, created by University of Michigan's Medical School.

2. Responding to a Choking Emergency:

This webpage provides information on what course of action an adult should take when their child begins to choke. It contains an overview of The Heimlich Maneuver, CPR, and how to do a tongue-jaw lift.

3. Buying Safe Toys:

Website that outlines 10 tips to buying and owning safe toys for your child that do not pose a choking risk as specified by the Consumer Product Safety Commission.

4. Choking & Strangulation Prevention Tips:

This pdf is an overview of what parents can do to protect their child from choking and strangulation risks such as food, small objects, toys, cords, and magnets. It also includes information on toy recalls.

5. Policy Research on the Prevention of Choking among Children:

Published in the Official Journal of the American Academy of Pediatrics, this policy research brief contains comprehensive information on child choking hazards and prevention along with an analysis of current relevant policies.

DROWNING

Every day, approximately two children die from unintentional drownings in the United States. Knowledge of pool and open water safety procedures along with correct life jacket use saves lives.

RESOURCE LINKS:

1. Drowning Fact Sheet

   http://www.cdc.gov/
   HomeandRecreationalSafety/Water-Safety/
   waterinjuries-factsheet.html

2. Diving into Water Safety

   http://www.safekids.org/blog/diving-water-safety

3. Swimming and Safety

   http://www.safekids.org/sites/default/files/
   documents/swimming_safety_tips2_0.pdf

4. How to Choose the Right Life Jacket

   http://www.safekids.org/sites/default/files/
   documents/how-to-choose-the-right-life_0.pdf

5. Water and Pool Safety
   http://www.med.umich.edu/yourchild/topics/
   water.htm

RESOURCE DESCRIPTIONS:

1. Drowning Fact Sheet:

This fact sheet includes statistics on who is most at risk for drownings, safety tips, research on swim lessons, and preventative actions parents can take in order to protect their children.

2. Diving into Water Safety:

This blog post by the Children's National Health System discusses quick tips for parents regarding water safety. It includes practical advice and links to additional resources.

3. Swimming and Safety:

The Swimming and Safety pdf covers how parents can keep their children safe while swimming and spending time around swimming pools. The pdf also has links to other pool safety resources.

4. How to Choose the Right Life Jacket:

When out on open water everyone should be wearing a properly fitted life jacket regardless of swimming ability. This pdf has information on how to find a life jacket that fits correctly. It also summarizes the different types and styles of life jackets available and the rules for using them.

5. Water and Pool Safety:

This webpage summarizes information on drownings, diving, pool safety, spinal cord injuries, and it includes links to additional resources and studies on water and pool safety.

FIRST AID & CPR

Being able to perform CRP & First Aid is a life skill that people, and especially parents, benefit greatly from. A quick crisis response can save a child's life in the case of drowning, choking, etc.

RESOURCE LINKS:

1. CPR Instructional Videos

   http://www.heart.org/HEARTORG/CPRAndECC/HandsOnlyCPR/DemosandVideos/Demos-and-Videos_UCM_440561_Article.jsp

2. Register for a Class

   http://www.redcross.org/take-a-class

3. CPR Resources

   http://cpr.heart.org/AHAECC/CPRAndECC/UCM_473161_CPR-and-ECC.jsp

RESOURCE DESCRIPTIONS:

1. CPR Instructional Videos:

This link leads to instructional videos and demons on how to perform CPR. These simple and short videos (approximately one to two minutes long each) can teach parents how to save a life using the Hands- Only CPR technique.

2. Register for a Class:

The Red Cross website allows you to learn about the programs/classes offered, locate classes near you, and sign up all in one location. The Red Cross offers a variety of classes across the country on topics including First Aid, CPR, AED training, and many others.

3. CRP Resources:

The American Heart Association CPR website has information on signing up for classes, purchasing supplies, organizing group training, and additional info. They offer flexible training options including online courses and eBook versions of The American Heart Association's CPR & ECC publications.

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HOUSEHOLD TOXINS

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If parents fail to take the necessary precautions, common household cleaners, chemicals, and medications can become deadly when children get their hands on them.

RESOURCE LINKS:

1. Prevent Poisonings

   http://www.cdc.gov/
   HomeandRecreationalSafety/Poisoning/
   preventiontips.htm

2. Tips to Avoid Chemical and Lead Poisonings

   http://www.epa.gov/pesticides/factsheets/child-
   ten-tips.htm

3. Protecting Kids from Pesticides

   http://www.epa.gov/pesticides/regulating/labels/
   pdf/kids.pdf

   http://www.epa.gov/oppfead1/Publications/
   playitsafe.pdf

RESOURCE DESCRIPTIONS:

1. Prevent Poisonings:
The Center for Disease Control and Prevention provides a list of basic techniques to stop children from accidentally ingesting medications that could be potentially fatal. It also has information regarding the prevention of chemical and carbon monoxide poisoning.

2. Tips to Avoid Chemical and Lead Poisonings:
This link has 10 helpful tips on how to keep children away from dangerous substances and explains the different ways children can be exposed to lead.

3. Protecting Kids from Pesticides:
These pdfs discuss the importance of reading labels and storing pesticides out of reach of children.

Post the Poison Control Centers' national hotline phone number, 1-800-222-1222, near every telephone in your home.

IMMUNIZATIONS

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Although the thought of getting a shot can be intimidating, keeping your child up-to-date on their immunizations is the best way to keep them healthy and protect them from preventable diseases.

RESOURCE LINKS:

1. Parent's Guide to Immunizations

   http://www.cdc.gov/vaccines/pubs/parents-guide/downloads/parents-guide-508.pdf

2. Child Immunization Schedule Generator

   http://www2a.cdc.gov/nip/kidstuff/newscheduler_le/

3. Tips for Less Stressful Shot Visits

   http://www.cdc.gov/vaccines/parents/tools/tips-factsheet.html

4. Risks of Not Vaccinating Children

   http://www.cdc.gov/vaccines/hcp/patient-ed/conversations/downloads/not-vacc-risks-bw-office.pdf

RESOURCE DESCRIPTIONS:

1. Parent's Guide to Immunizations:
This report covers the topic of immunizations deeply and provides information on their creation, history, side effects, and benefits. It also discusses how office visits for immunizations work and answers frequently asked questions about the topic.

2. Child Immunization Schedule Generator:
This web program allows parents to enter the birth date of their child and the program will generate a schedule of all the vaccines the child needs to get and the time windows the child should be getting them in.

3. Tips for Less Stressful Shot Visits:
On this webpage there are tips and recommendations for how to help calm down children who are afraid of shots. It also has information on what to do before getting the shot, while at the doctor's office, and after the shot to make the experience go as smoothly as possible.

4. Risks of Not Vaccinating Children:
This pdf covers the risks and responsibilities associated with parents not vaccinating their children. Topics include disclosure to medical practitioners and potential health consequences.

SECTION 6
VEHICLE SAFETY

Every year automobile accidents are one of the leading causes of death for both children and adults, but car seats help increase your child's safety and reduce fatalities.

RESOURCE LINKS:

1. CDC Fact Sheet on Child Passenger Safety

   http://www.cdc.gov/motorvehiclesafety/child_passenger_safety/cps-factsheet.html

2. Getting Your Car Seat Checked

   http://cert.safekids.org/get-car-seat-checked

3. Car Seat Inspector Locator

   http://www.safercar.gov/cpsApp/cps/index.htm

4. How to Install a Car Seat

   http://www.safercar.gov/parents/CarSeats/How-To-Install-Car-Seats.htm

5. Car Seat Database
   http://www.nhtsa.gov/nhtsa_eou/info.jsp?type=infant

ONLINE RESOURCES:

1. CDC Fact Sheet on Child Passenger Safety:
This factsheet published by the CDC includes statistics on the need for car seats and includes diagrams of car seats for each age group.

2. Getting Your Car Seat Checked:
This webpage offers information on how to get your child's car seat checked by a professional and provides a checklist of steps to take in order to make sure that you understand the process.

3. Car Seat Inspector Locator:
This is an interactive website that allows you to enter your zip code or location and then tells you all of the nearby locations where you can get your car seat inspected.

4. How to Install a Car Seat:
This link provides videos and detailed instructions on how to install a variety of car seats.

5. Car Seat Database:
This database ranks car seats based on ease of use, labels, instructions, and many other factors. It may be helpful when deciding what car seat best fits a parent's needs.

NUTRITION

CHAPTER 2

SECTION 1
NUTRITIONAL REQUIREMENTS

Eating a balanced diet is necessity for growing children so it is important for parents to understand how to provide healthy meals and snacks containing the needed nutrients.

RESOURCE LINKS:

1. Nutrition Guide

   https://brightfutures.org/nutrition/pdf/index.html
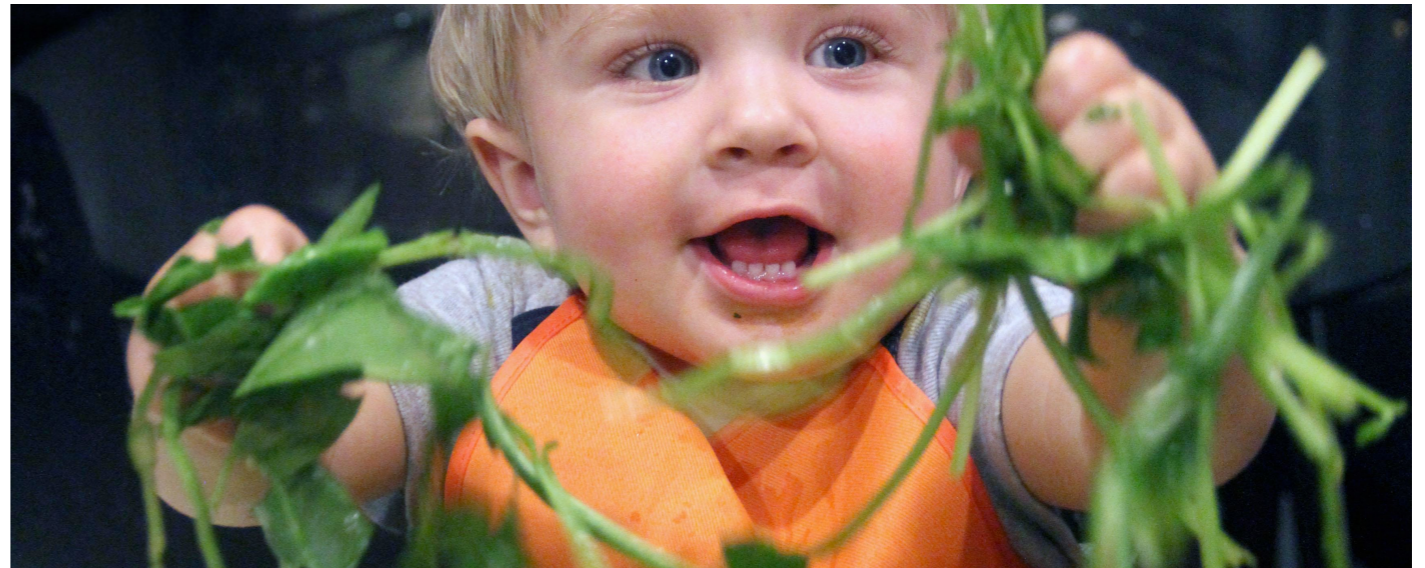
2. Choose My Plate

   http://www.choosemyplate.gov/

3. $4 per day Food Stamp Meal Plans

   https://41aac1a9acbe9b97bcebc10e0dd7cb61ef11502c.googledrive.com/host/0B9c5aT4eSlRfMzVpbC0xemtkSlE/good-and-cheap.pdf

4. Recipes, Cookbooks, and Menus

   http://www.whatscooking.fns.usda.gov/

RESOURCE DESCRIPTION:

1. Nutrition Guide:

Georgetown University provides an illustrated nutrition guide for health professionals including physicians, nurses, dietitians, and social workers. It contains detailed information on nutritional requirements with breakdowns of many topics including breast feeding, allergies, obesity, oral health, diabetes, and eating disorders among others.

2. Choose My Plate:

This is the USDA's homepage for nutritional information. It has webpages on healthy eating, food tracking, physical activity, and weight and calories. The MyPlace feature was designed by the USDA's Center for Nutrition Policy & Promotion and is a visual representation of the proportion of each food group that a healthy meal should include.

3. $4 per day Food Stamp Meal Plans:

A free cookbook written by Leanne Brown which includes meal plans and recipes for people on SNAP/Food Stamp benefits. It includes healthy options for families with limited resources.

4. Recipes, Cookbooks, and Menus:

The USDA's Mixing Bowl website has interactive tools to help with healthy meal planning, cooking, and grocery shopping.

MEAL PLANNING

Meal planning can simplify grocery shopping, save time, reduce the amount of food wasted, and ensure that children are getting a balanced diet.

RESOURCE LINKS:

1. Daily Food Planner and Worksheets

   The USDA has provided meal guides and worksheets for kids of each age group to help plan ahead and make sure children are getting the right amount of each food group.

   http://www.choosemyplate.gov/supertracker-tools/daily-food-plans.html

2. Meal Generator

   This websites will create daily meal plans based on diet restrictions and calorie limits.

   https://www.eatthismuch.com/

3. Budget Bytes

   This website has cheap and simple meals with detailed recipes and cost breakdowns.

   http://www.budgetbytes.com/

4. Super Cook

   Enter what ingredients you have available into this website and it will give you recipes for meals and snacks you can make using those ingredients.

   http://www.supercook.com/#/recipes/All%2520recipes
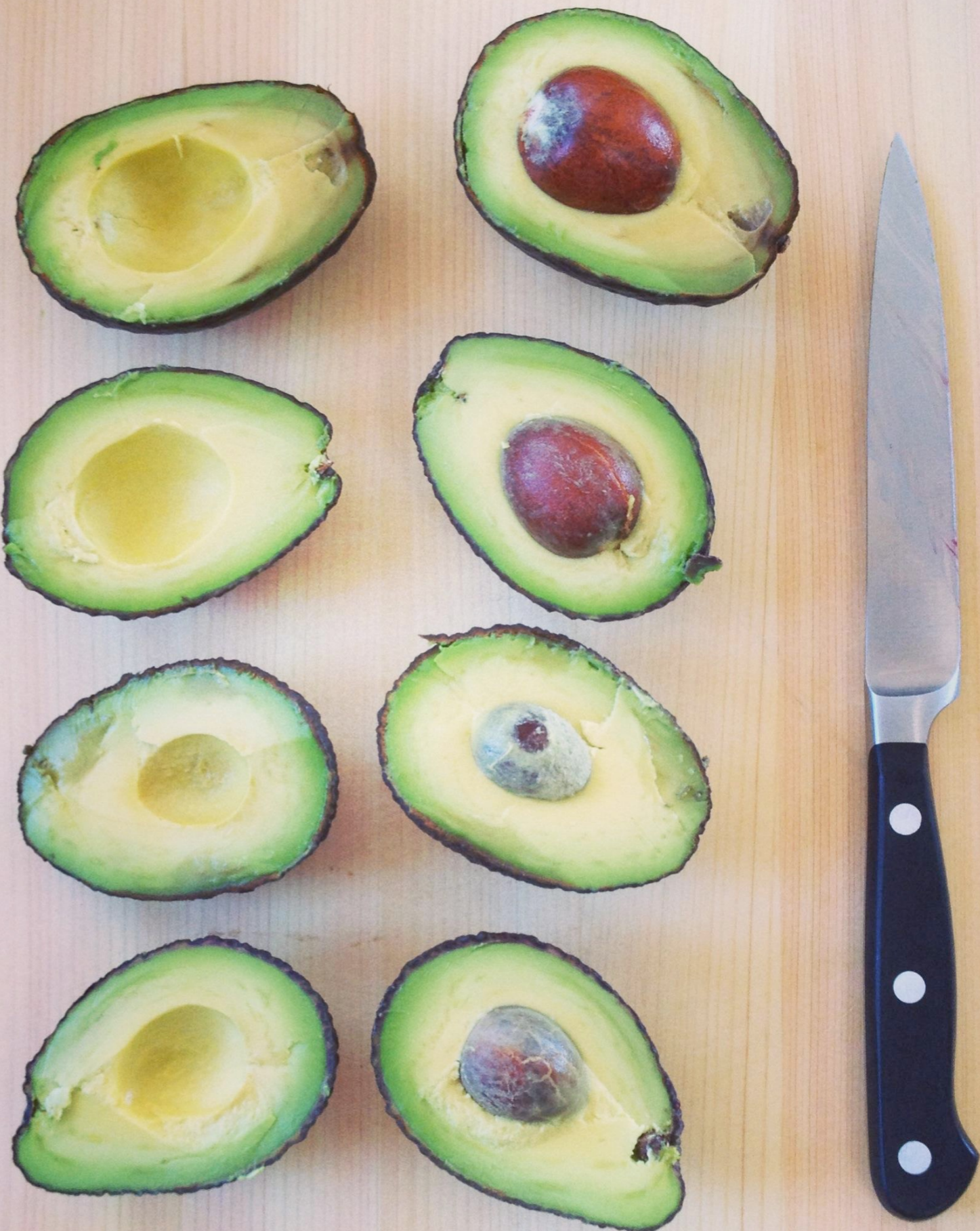
MENTAL HEALTH

CHAPTER 3

SECTION 1

AUTISM & ASPERGER'S

accept different.

RESOURCE LINKS:

1. Autism Spectrum Disorder

   http://www.cdc.gov/ncbddd/autism/index.html

2. Autism Speaks- Websites for Families

   https://www.autismspeaks.org/family-services/resource-library/websites-families
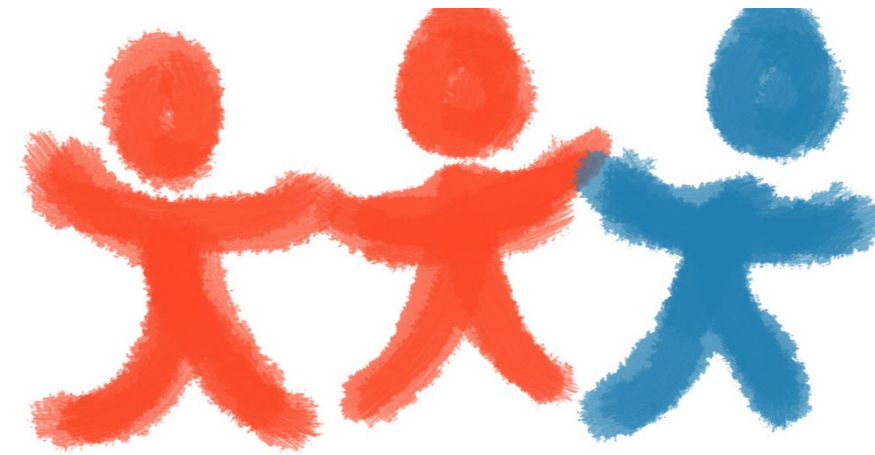
3. Intervention Options for Parents and Educators

   https://www.naeyc.org/files/yc/file/200909/FamiliesOfChildrenWithSpecialNeeds0909.pdf

RESOURCE DESCRIPTIONS:

1. Autism Spectrum Disorder:

"Autism spectrum disorder (ASD) is a group of developmental disabilities that can cause significant social, communication and behavioral challenges. CDC is committed to continuing to provide essential data on ASD, search for factors that put children at risk for ASD and possible causes, and develop resources that help identify children with ASD as early as possible."

2. Autism Speaks- Websites for Families:

Autism Speaks has provided a list of Autism and Autism Spectrum Disorder related websites to provide information and resources to families with a child on the spectrum.

3. Intervention Options for Parents and Educators:

"This handout provides parents and educators with an overview of the options for supporting children with ASD and information to enhance collaboration between home and school. When parents and educators work together, children with ASD are assured the best possible outcomes."

DEPRESSION & ANXIETY

RESOURCE LINKS:

1. Childhood Depression: What Parents Can Do To Help

https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Childhood-Depression-What-Parents-Can-Do-To-Help.aspx

2. Understanding Depression

http://kidshealth.org/parent/emotions/feelings/understanding_depression.html

3. Anxiety and Depression in Children and Teens

http://www.adaa.org/living-with-anxiety/children

RESOURCE DESCRIPTIONS:

1. Childhood Depression: What Parents Can Do To Help:

This webpage has a summary of information on what childhood depression is, how to recognize the sign, and how parents can help their child who is dealing with depression. The bottom of the page has links to additional resources.

2. Understanding Depression:

According to Kids Health, "depression is the most common mental health problem in the United States, so it's wise for parents and caregivers to learn about depression and how to help if your child, or a child you know, seems depressed." This website offers the necessary information for parents to understand depression.

3. Anxiety and Depression in Children and Teens:

This website was created by the Anxiety and Depression Association of America and talks about the manifestation of anxiety and depression in children and teens. It is important that parents know what to do if their child has either of these conditions because 80% of kids with a diagnosable anxiety disorder and 60% of kids with diagnosable depression are not getting treatment.

SECTION 3
EATING DISORDERS

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RESOURCE LINKS:

1. Eating Disorders

   http://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml

2. National Eating Disorder Association

   http://www.nationaleatingdisorders.org/

3. National Association of Anorexia and Associated Eating Disorders

   http://www.anad.org/get-information/school-guidelines/

ONLINE RESOURCES:

1. Eating Disorders:

The National Institute of Mental Health's webpage on eating disorders explains what an eating disorder is, signs and symptoms, who is at risk, diagnosis, treatment, and clinical trials. The page also has links to featured publications about eating disorders and recent PubMed journal articles.

2. National Eating Disorder Association:

NEAD offers a wide range of resources from personal stories of battling eating disorders to a helpline and many other options for help and support. "NEDA provides programs and services to give families the support they need to find answers for these life-threatening illnesses."

3. National Association of Anorexia and Associated Eating Disorders:

ANAD offers eating disorder support through a helpline, online forum, treatment information, educational materials, early detection, publicity, support groups, and up-to-date research.

STRESS

RESOURCE LINKS:

1. Childhood Stress

   http://kidshealth.org/parent/emotions/
   feelings/stress.html

2. Identifying Signs of Stress in Children

   http://www.apa.org/news/press/releases/
   stress/2009/signs-stress.pdf

3. Article on Children and Stress

   http://www.slate.com/articles/life/family/
   2010/08/children_and_stress.html

RESOURCE DESCRIPTIONS:

1. Childhood Stress:

Information on what stress is, sources of stress in children, how to recognizes symptoms of stress, and how to help children cope.

2. Identifying Signs of Stress in Children:

A pdf with information on how to spot signs of stress in children such as feeling sick, changes in behavior, and changes in attitude. It also has recommendations on how to address these issues.

3. Article on Children and Stress:

This article talks about how parental stress can impact the health and wellbeing of children. Dr. Kazdin discusses how "a chronically harsh, conflict-ridden, chaotic household environment can do psychological damage and related physical damage" to children. Dr. Kazdin articles provide evidence-based information in an easy to read format which is convenient for parents and educators..

PARENTING TOPICS

CHAPTER 4

CHILD ABUSE

No child should suffer from abuse or neglect. Luckily, there are resources and programs to help address this national issue.

RESOURCE LINKS:

1. Preventing Child Maltreatment

> http://whqlibdoc.who.int/publications/2006/9241594365_eng.pdf

2. Evidence-Based Practices to Prevent Child Maltreatment

> https://www.childwelfare.gov/topics/preventing/evidence/

3. Preventing Child Abuse and Neglect with Parent Training

> http://muse.jhu.edu/journals/future_of_children/v019/19.2.barth.html

ONLINE RESOURCES:

Preventing Child Maltreatment:

The World Health Organization and the International Society for the Prevention of Child Abuse and Neglect published this comprehensive analysis of child maltreatment, risk factors, and recommendations on how to prevent it.

2. Evidence-Based Practices to Prevent Child Maltreatment:

The U.S. Department of Health and Human Services has compiled this webpage of "resources to learn more about child abuse prevention programs and strategies supported by scientific research. These resources can help programs choose and implement evidence-based practices that will suit the needs of the families and communities they serve."

3. Preventing Child Abuse and Neglect with Parent Training:

This study discusses the risk factors for child abuse, what makes a successful parent education program, how keep parents engaged, and the need for the implementation of only evidence-based programs.

SECTION 2

COMMUNICATION

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Healthy and effective communication is part of every relationship throughout a person's life and is a building block for developing trust and respect.

RESOURCE LINKS:

1. Parent/Child Communication

   http://www.parenting-ed.org/handouts/communication-parent%20to%20child.pdf

2. Remaining Calm

   http://www.slate.com/articles/life/family/2009/02/no_you_shut_up.html

3. Communication Tips

   http://www.apa.org/helpcenter/communication-parents.aspx

ONLINE RESOURCES:

1. Parent/Child Communication:
Published by the Center for Effective Parenting, this document summarizes how to start a healthy dialog between parents and children. Additionally, it has information on how to avoid negative communication and how parents can show children that they are really listening to them.

2. Remaining Calm:
Dr. Kazdin, the director of Yale's Parenting Center, wrote this article on anger management and how to communicate with your child when you are frustrated or upset. In the article, he highlights a couple different tactic parents can try to improve communication.

3. Communication Tips:
On this webpage the American Psychological Association has listed advice on how to communicate with your children, be available for conversations, and listen.

SECTION 3

DISCIPLINE

Parents should know the difference between discipline and punishment in order to effectively address child behavioral issues.

RESOURCE LINKS:

1. Disobedience and Parenting Advice

http://www.slate.com/articles/life/family/2008/09/spare_the_rod.html

http://www.slate.com/articles/life/family/2008/06/family_feuds.html

http://www.slate.com/articles/life/family/2008/04/tiny_tyrants.html

2. Positive Discipline and Guidance

http://extension.missouri.edu/p/GH6119

3. Decisions about Discipline

http://www.parentingcounts.org/research/decisions-about-discipline

4. Effective Discipline Guidance

http://pediatrics.aappublications.org/content/101/4/723.full

ONLINE RESOURCES:

1. Disobedience and Parenting Advice:

Dr. Kazdin, the director of Yale's Parenting Center, wrote these articles on topics such as spanking, time outs, and correcting poor behavior. Dr. Kazdin's articles are easy to read and include evidence based and practical parenting solutions.

2. Positive Discipline and Guidance:

The University of Missouri has provided this publication on how to communicate expectations with children and it lists positive discipline techniques for parents. The document focuses on how to remain positive and reduce unnecessary conflict.

3. Decisions about Discipline:

This webpage is a compilation of research based recommendations on disciplining children. It is produced by Teaching Strategies for Early Childhood.

4. Effective Discipline Guidance

The American Academy of Pediatrics has published these guidelines for effective discipline.

SECTION 4

PERSONAL FINANCE

Personal finance is a life skill. Being able to successfully save money, create a budget, and plan for the future reduces stress and increases a family's security.

RESOURCE LINKS:

1. Budgeting Resources

   https://www.mint.com/

   https://www.youneedabudget.com

2. Spending and Saving

   http://www.extension.umn.edu/family/personal-finance/spending-and-saving/

3. Khan Academy

   https://www.youtube.com/watch?v=tvL7ox0ezCU&list=PLUBoK8lZIxW90VxgRyjqWfPf4BZ-tYeGN

   https://www.khanacademy.org/economics-finance-domain/core-finance

4. Free Tax Assistance

   http://www.irs.gov/Individuals/Free-Tax-Return-Preparation-for-You-by-Volunteers

ONLINE RESOURCES:

1. Budgeting Resources:

Mint.com (free) and You Need a Budget (paid) are two online resources that allow users to synch their bank accounts and cards in order to create a detailed budget and track spending. These websites help breakdown spending into categories, pay bills, and track changes in spending/saving.

2. Spending and Saving:

Resources on budgeting, spending, saving, and other personal finance topics compiled by University of Minnesota. They have audio recorded lesson on relevant financial challenges and links to additional resources.

3. Khan Academy:

Khan Academy offers a variety of video lessons on personal finance topics like credit cards, Roth IRAs, and 401 (k)s. The videos are typically short and easy to understand, making them an excellent resource for people hoping to learn personal finance basics.

4. Free Tax Assistance:

The IRS offers free assistance to people who generally make $53,000 or less, persons with disabilities, the elderly, and limited English speaking taxpayers who need help preparing their own tax returns.

ROUTINES & RULES

Establishing consistent routines and rules for children creates a predictable daily structure and gives children the feeling of stability.

RESOURCE LINKS:

1. Setting Rules and Developing Self-Control

   http://www.parentingscience.com/teaching-self-control.html

2. Family Routines and Rituals

   https://depts.washington.edu/isei/iyc/20.4_spagnola.pdf

3. Motivating Children and Bribes vs Rewards

   http://www.slate.com/articles/life/family/2010/05/get_off_facebook_and_do_something.html

   http://www.slate.com/articles/life/family/2010/03/if_youre_good_ill_buy_you_a_toy.html

ONLINE RESOURCES:

1. Setting Rules and Developing Self-Control:

This blog is about evidence-based techniques to effectively set rules and help your child develop self-control and willpower.

2. Family Routines and Rituals:

Sponsored by the International Society for Early Intervention, this report discusses the importance of family routines for child development in areas like language, academic skills, social skills, and emotional stability. Topics like family dinners and bed time rituals are explained.

3. Motivating Children:

Dr. Kazdin, the director of Yale's Parenting Center, wrote this article on how to motivate your child to be more active and engaged in daily life. It talks about some suggestions to spot warming signs and change unproductive behavior. In the second article, Dr. Kazdin explains the difference between bribes and rewards when trying to motivate your child or change their behavior.

CHILD DEVELOPMENT

CHAPTER 5

SECTION 1

DEVELOPMENTAL MILESTONES

It is important for parents to know what to expect as their child progresses and develops. By being aware of general developmental milestones parents can spot warning signs early.

RESOURCE LINKS:

1. Virginia's Early Childhood Development Alignment Project

> http://www.dss.virginia.gov/files/division/cc/ guidance_parents/child_dev/milestones.pdf

2. Healthy Children Ages and Stages

> http://www.healthychildren.org/english/ages-stages/Pages/default.aspx

3. Research on Child Development Milestones

> http://www.talaris.org/index.php/our-research

RESOURCE DESCRIPTIONS:

1. Virginia's Early Childhood Development Alignment Project:

Published by Virginia's Office of Social Services and the Virginia Early Childhood Foundation for the Virginia Early Childhood Advisory Council, this report covers the milestones of child development for children ages birth to kindergarten.

2. Healthy Children Ages and Stages:

This website has a collection of articles related to child developmental milestones and age specific challenges for children ranging in age from prenatal to college. This website is run by the American Academy of Pediatrics.

3. Research on Child Developmental Milestones:

The Talaris Institute is committed to supporting parents and caregivers by sharing the latest findings and most current research in early childhood development. Some of the categories covered include physical development, social/emotional development, language and communication, and cognitive development.

SECTION 2

SELF ESTEEM

Even as an adult, it can be difficult to be confident and have high self esteem. Consequently, it is important for parents to help foster healthy self esteem in their children from a young age.

RESOURCE LINKS:

1. Self Esteem in Children: Strategies for Parents and Educators

http://www.nasponline.org/communications/spawareness/selfesteem_ho.pdf

2. Kids and Self Esteem

http://outreach.missouri.edu/bsf/selfesteem/index.htm

3. Being a Positive Role Model

http://www.slate.com/articles/life/family/2009/01/i_spy_daddy_giving_someone_the_finger.html

RESOURCE DESCRIPTIONS:

1. Self Esteem in Children: Strategies for Parents and Educators:

This pdf, Self Esteem in Children: Strategies for Parents and Educators, was published by the National Association of School Psychologists. This documents explains how parents, caregivers, and teachers can help children develop self-esteem.

2. Kids and Self Esteem:

The University of Missouri's Building Strong Families Outreach Program hosts this website which has information on fostering self esteem in your child. It summarizes research findings, provides advice, and includes links to self esteem handouts and power points in English and in Spanish.

3. Being a Positive Role Model:

In this article, Dr. Kazdin, the director of Yale's Parenting Center, talks about how a parent's behavior is mimicked by their child whether they realize it or not. This means that it is important to model the behavior you would like your child to have and to lead by example.

SLEEP

Getting enough sleep has a substantial impact on both short and long term health. As a result, parents should make sure that their child is getting enough quality sleep.

RESOURCE LINKS:

1. Evidence-based Sleep Tips

   http://www.parentingscience.com/sleep-tips.html

2. Sleep Disorders and Sleep Problems in Childhood

   http://www.aafp.org/afp/2001/0115/p277.html

3. Sleep Problems

   http://www.med.umich.edu/yourchild/topics/sleep.htm

RESOURCE DESCRIPTIONS:

1. Evidence-based Sleep Tips:

This evidence-based guide to family sleep problems was created by the blog Parenting Science. These articles review the latest relevant research in anthropology, brain science, sleep science, and pediatrics, and they include discussions of baby sleep and the best-available evidence regarding child sleep requirements.

2. Sleep Disorders and Sleep Problems in Childhood:

Created by the Medical University of South Carolina College of Medicine, this report discusses sleep problems children face and how to recognized normal vs abnormal sleeping patterns.

3. Sleep Problems:

Sleep problems are common issues that parents face despite sleep being so vital for health. Some children may have chronic sleep difficulties, and many children are actually going through their days sleep-deprived. Because of this, it is extremely important to be able to help your child get the best sleep possible.

SECTION 4

TV/MEDIA

Smart phones, television shows, movies, and social media sites are now more popular and easily accessible than ever. As a result, it is smart for parents to put limits on tv and media consumption.

RESOURCE LINKS:

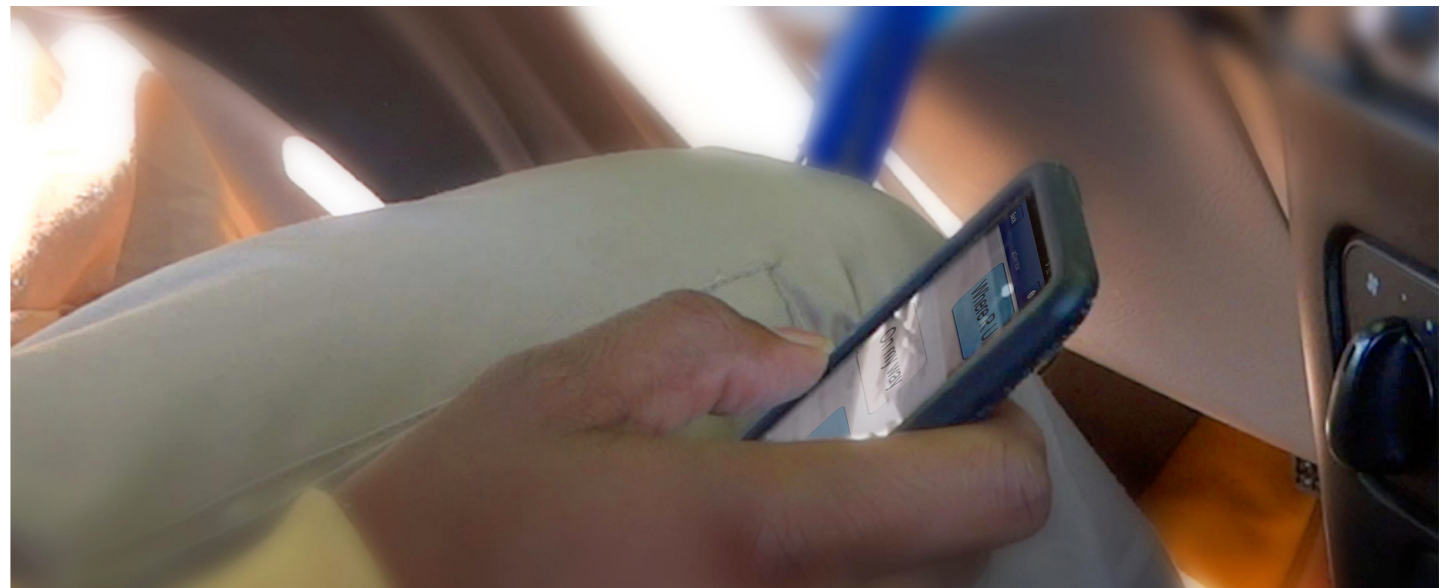1. Screen Sense: Setting the Record Straight—Research-based Guidelines for Screen Use for Children Under 3 Years Old

   http://www.zerotothree.org/parenting-resources/screen-sense/?referrer=https://www.google.com/

2. Social Media and Children

   http://www.sciencedaily.com/releases/2011/08/110806203538.htm

3. Commercials, Ads, and Child Wellbeing

   http://webarchive.nationalarchives.gov.uk/20130401151715/http://www.education.gov.uk/publications/eOrderingDownload/00669-2009DOM-EN.pdf

RESOURCE DESCRIPTIONS:

1.Screen Sense:

"This new free resource, written in partnership with leading researchers in the field of media and young children, is an authoritative review of what is known about the effect of screen media on young children's learning and development. It is designed to serve as a tool for guiding parents and professionals in making informed decisions about screen media use."

2. Social Media and Children:

According to the American Psychological Association, "social media present risks and benefits to children but parents who try to secretly monitor their kids' activities online are wasting their time, according to a new presentation."

3. Commercials, Ads, and Child Wellbeing:

The Department for Children, Schools, and Families has published this report on the impact of television, commercials, and advertisements on child wellbeing.

EDUCATION & SCHOOL

CHAPTER 6

BULLYING

RESOURCE LINKS:

1. Stop Bullying

   http://www.stopbullying.gov/

2. Effective Evidence-based Practices for Preventing and Addressing Bullying

   https://www2.ed.gov/policy/speced/guid/idea/memosdcltrs/bullyingdcl-enclosure-8-20-13.pdf

3. Bully Prevention

   http://www.slate.com/articles/life/family/2009/08/bullies.3.html

RESOURCE DESCRIPTIONS:

1. Stop Bullying:

This is a "federal government website managed by the U.S. Department of Health & Human Services. StopBullying.gov provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying."

2. Effective Evidence-based Practices for Preventing and Addressing Bullying:

the goal of this publication is to encourage the implementation of programs that "identify needs, analyze problem situations, outline clear evidence-based practices to be used in delivery of instruction and implementation of interventions, and monitor progress toward clear, positive academic and behavioral outcomes as part of an ongoing, continuous improvement model."

3. Bully Prevention:

Another article from Dr. Kazdin, who was president of the American Psychological Association in 2008 and is the director of Yale's Parenting Center and Child Conduct Clinic. He discusses strategies to prevent bullying and build community.

SECTION 2
LITERACY

RESOURCE LINKS:

1. Reading Online

   http://www.readingonline.org/index/index_index.asp

2. Literacy Tool Kit

   https://littoolkit.aap.org/forfamilies/pages/home.aspx

3. Helping Children Learn to Read

   http://www.slate.com/articles/life/family/2009/01/reading_isnt_fundamental.html

RESOURCE DESCRIPTIONS:

1. Reading Online:

"Reading Online is a freely available, online-only publication of the International Reading Association (IRA), a professional organization of literacy educators. Its focus is literacy practice and research in classrooms serving students aged 5 to 18."

2. Literacy Tool Kit:

"The following resources are for families to explore and expand their understanding of early literacy. Some links have interactive reading games and stories; others have tips for helping struggling readers; and some have early literacy resources in a number of different languages."

3. Helping Children Learn to Read:

Another article from Dr. Kazdin, who was president of the American Psychological Association in 2008 and is the director of Yale's Parenting Center and Child Conduct Clinic. He discusses how parents can help foster a love of reading and help their child learn to read.

SECTION 3
PARENTAL INVOLVEMENT

RESOURCE LINKS:

1. Harvard Family Research Project- Parent Involvement

http://www.hfrp.org/family-involvement

2. Family Engagement

http://www.wafamilyengagement.org/research.php

3. Center for Parent Information and Resources

http://www.parentcenterhub.org/resources/

ONLINE RESOURCES:

1. Harvard Family Research Project- Parent Involvement:

This website provides information on effective ways to support family involvement in children's learning and development. It also promotes strategies that support children's learning in school, at home, and in the community.

2. Family Engagement:

"The Washington State Family and Community Engagement Trust is a nonprofit organization dedicated to building the capacity of schools, families and communities to work together for the education and well-being of children and youth. The following research on family engagement and family-school-community partnerships is provided to increase understanding of this important field."

3. Center for Parent Information and Resources:

The Center for Parent Information and Resources (CPIR) serves as a central resource of information and products to the community of Parent Training Information (PTI) Centers and the Community Parent Resource Centers (CPRCs), so that they can focus their efforts on serving families of children with disabilities.