

Resources

There is a wealth of information on child development on the Internet. Listed below are a few of those resources. Your child's primary health care provider, Early Intervention staff, and mental health providers are very important resources in your community. Services vary from community to community. These professionals can help you interpret the information you receive from the Internet and answer specific questions about your own child.

Online Resources

Bright Futures for Families, www.brightfuturesforfamilies.org

- Bright Futures for Families is a project of Family Voices and was developed with support from the Maternal and Child Health Bureau (MCHB), US Dept of Health and Human Services. This website provides families with easy-to-read child health and development information that is based on the Bright Futures Guidelines. Included is information on child development and what to expect from infancy through adolescence, suggestions on how to work with community providers, and tips on how to advocate for your child's health care needs. One of their products is the "Family Pocket Guide: Raising Healthy Infants, Children, and Adolescents." The Family Pocket Guide covers how to work with a health care provider, what will happen at a health care visit, and how your baby grows from birth to age 21.

Center for Disease Control and Prevention, National Center for Birth Defects and Developmental Disabilities (NCBDDD), www.cdc.gov/ncbddd/actearly/milestones/ and www.cdc.gov/ncbddd/child/

- The website of the Center for Disease Control's NCBDDD provides information on developmental milestones (3 months through 5 years), parenting tips (infants through middle adolescence), information on developmental screening, and additional resources on child development.

Zero to Three, www.zerotothree.org

- Zero to Three is a national non-profit organization whose mission is to promote the health and development of infants and toddlers. Its website provides information on developmental milestones, temperament, and promoting social and emotional development.

The Preventive Ounce, www.preventiveoz.org

- The Preventive Ounce is a nonprofit, preventive mental health organization, whose goal is to be an Internet resource for parents of children age 4 months through 12 years. The Preventive Ounce helps parents understand and manage their child's temperament so behavioral problems can be avoided. The Preventive Ounce has developed programs that help parents understand their child's emerging temperament and manage the issues that are normal for their child's temperament. By answering a brief questionnaire about their child, parents can develop a temperament profile and learn about parenting strategies and specific temperament-related issues.