

THE A, B, C's of PARENT RESOURCES

A

Activities:

Go City Kids

GoCityKids_gives you shortcuts to the city at its best - its parks, stores, professional services, restaurants, babysitters, places to stay, entertainment and so much more.

International Children's Digital Library

The mission of the International Children's Digital Library Foundation is to excite and inspire the world's children to become members of the global community – children who understand the value of tolerance and respect for diverse cultures, languages and ideas - by making the best in children's literature available online.

Parent Resource Center

Parent Resource Centers support families and enhance the healthy development of children while encouraging parents as the primary teachers of their children. At the centers, parents and their children, between the ages of 0 and 5 years, come together to play in an early childhood/parenting classroom equipped with preschool toys, books, games, and art activities

Alcohol-Free Pregnancy:

Fetal Alcohol Syndrome

Alcohol consumed during pregnancy can lead to Fetal Alcohol Syndrome (FAS). There is no safe amount of alcohol a woman can drink while pregnant. Therefore, it is recommended that women abstain from drinking alcohol at any time during pregnancy.

B

Back to Sleep:

Sudden Infant Death Syndrome

SIDS: "Safe to Sleep" Campaign (NIH)

Always place your baby on his or her back to sleep, even for naps. This is the safest sleep position for a healthy baby to reduce the risk of Sudden Infant Death Syndrome (SIDS). Babies placed on their stomachs to sleep are much more likely to die of SIDS than babies placed on their backs to sleep.

Bicycle Helmets:

Bicycle-Related Injuries

Unfortunately, only about one-quarter of children ages 5 to 14 wear helmets when riding bicycles. The percentage of teen cyclists who wear helmets is close to zero. If every bicycle rider wore a helmet, that action alone would prevent an estimated 150 deaths and another 100,000 nonfatal head injuries each year. Bicycle helmets reduce the risk of serious head injury by as much as 85% and the risk of brain injury by as much as 88%. Helmets have also been shown to reduce the risk of injury to the upper and mid-face by 65%.

Breastfeeding:

Breastfeeding

Breastfeeding is the ideal method of feeding and nurturing infants. Breast milk is the most complete form of nutrition for infants. Breastfeeding protects an infant from a wide array of infectious and noninfectious diseases. Breastfeeding improves maternal health by reducing postpartum bleeding and may lower the risk of premenopausal breast cancer and ovarian cancer.

C

Child Care:

American Disabilities Act

Information for parents and providers


ChildCare.Gov

Your official source for all U.S. government child care information.

Children with Special Needs in child care settings.

Dependent Care Flexible Spending Account

A Dependent Care Flexible Spending Account (DCFSA) allows you to be reimbursed on a pre-tax basis for child care or adult dependent care expenses for qualified dependents that are necessary to allow you or your spouse to work, look for work, or attend school full-time.

- **Dependent Care Tax Credit Worksheet**  Use this worksheet to determine whether a DCFSA or Dependent Care Tax Credit works best for your specific tax situation.
- **FSAFEDS Savings Calculator** This calculator will help you estimate your Flexible Spending Account contribution and potential annual tax savings.

National Association of Child Care Resource and Referral Agencies

NACCRRA, the National Association of Child Care Resource & Referral Agencies, is our nation's leading voice for child care. We work with more than 800 state and local Child Care Resource &

Referral agencies to ensure that families in every local community have access to high-quality, affordable child care.

National Association for Family Child Care

The National Association for Family Child Care is a non-profit organization dedicated to promoting quality child care by strengthening the profession of family child care.

National Child Care Information Center

The National Child Care Information Center (NCCIC), a service of the Administration for Children and Families, is a national clearinghouse and technical assistance center that links parents, providers, policy-makers, researchers, and the public to early care and education information.

National Network for Child Care

NNCC unites the expertise of many of the nation's leading universities through the outreach system of Cooperative Extension. Our goal is to share knowledge about children and child care from the vast resources of the universities with parents, professionals, practitioners, and the general public. We network with committed individuals around the country to bring you practical information and resources that will be useful to you in your everyday work with children.

National Resource Center for Health and Safety in Child Care and Early Education

Some highlights of this website include a study on cost, quality and outcomes, state child care regulations, and national safety standards.

Compliment Your Kids:

Got a Minute? Give It to Your Kid

Compliment your kids when they do something good. This may encourage good behavior and keep the communication lines open. Involved parents appear to be a protective factor against the lure of tobacco.

Concussion in Youth Sports:

Heads Up: Concussion in Youth Sports

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding” or what seems to be a mild bump or blow to the head can be serious. You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion or if you notice the symptoms yourself, seek medical attention right away.

Cover Up:

Play it Safe in the Sun: A Guide for Parents

Covering up to protect the skin from the sun can lower the risk for sunburn and skin cancer. To protect your kids from too much sun exposure, be sure they wear a hat, shades, and sunscreen; seek shade; and cover up. A few serious sunburns can increase your child's risk of skin cancer later in life.

Fight the Bite

Covering up can also help prevent mosquito bites and West Nile Virus, which is usually spread from the bite of an infected mosquito.

Electrical Safety in the Home

Cover up unused electrical outlets to prevent kids from getting a shock (or worse) if they stick their finger or object in the outlet. Safety plugs should be inserted in unused outlets when toddlers are in the home. Make sure all outlets in the home have face plates.

D

Dental Health:

Children's Oral Health

Dental decay is one of the most common chronic infectious diseases among U.S. children. This preventable health problem begins early: 17% of children aged 2-4 years have already had decay. By the age of 8, approximately 52% of children have experienced decay, and by the age of 17, dental decay affects 78% of children. Children and adults who are at low risk of dental decay can stay cavity-free through frequent exposure to small amounts of fluoride. This is best gained by drinking fluoridated water and using fluoride toothpaste twice daily. Children and adults at high risk of dental decay may benefit from using additional fluoride products, including dietary supplements (for children who do not have adequate levels of fluoride in their drinking water), mouth rinses, and professionally applied gels and varnishes.

Disaster & Emergency Planning:

Are You Ready? An In-depth Guide to Citizen Preparedness

Are You Ready? An In-depth Guide to Citizen Preparedness (IS-22) is FEMA's most comprehensive source on individual, family, and community preparedness. The guide has been updated, and enhanced to provide the most current and up-to-date disaster preparedness information available.

Families: Preparing for an Emergency

No one wants to think and worry about disasters. A few simple steps will help prepare and protect your family and assure that your children feel safe and are safe.

Ready.gov - Ready Kids

Your family can use this Web site to create a plan that will help you be ready for many different kinds of unexpected situations.

E

Education:

Healthy Beginnings

Whether you're a parent, childcare provider or teacher, you want the very best for the children in your life. But how do you know you're giving a child the very best you can?

Planning for Your Child's Future

Section 529 college savings plans and other ways to save and pay for college.

National Association for the Education of Young Children

Many parents looking for high-quality early childhood programs will refer to the list of NAEYC-accredited programs offered in their communities.

Time for School - Department of Education

Review the instructional programs and curriculums for schools within the Washington Metropolitan area.

- [Washington D.C.](#)
- [Montgomery County](#)
- [Fairfax County](#)
- [Prince Georges County](#)

Exercise:

Bone Health

Exercise (physical activity) helps build and maintain healthy bones, muscles, and joints; control weight; build lean muscle; lower fat; prevent or delay the development of high blood pressure; and lower blood pressure in some adolescents with hypertension.

How Much Physical Activity do Children Need?

It is recommended that children and adolescents participate in at least 60 minutes of moderate intensity physical activity most, preferably all, days of the week.

F

Folic Acid:

Folic Acid

Insufficient folic acid (a B vitamin) in pregnant women can lead to spina bifida (spine defects) and anencephaly (brain defects) in infants. All women who could possibly become pregnant should take a vitamin with folic acid every day. Take 400 micrograms of folic acid daily both before pregnancy and during the first few months of pregnancy to reduce the risk of birth defects of the brain and spine.

G

Growth and Development:

Child Development

Child Development: Learn the Signs. Act Early.

Do you know all the ways you should measure your child's growth? We naturally think of height and weight, but from birth to 5 years, your child should reach milestones in how he plays, learns, speaks and acts.

Individual Growth Charts

Pediatric growth charts have been used by pediatricians, nurses, and parents to track the growth of infants, children, and adolescents in the United States since 1977. The 1977 growth charts were developed as a tool for health professionals to determine if the growth of a child is adequate. Measurements include height, weight, and head size (2 years of age and younger). Growth charts are tools that contribute to forming an overall clinical impression for the child being measured.

H

Handwashing/Hygiene:

Clean Hands Save Lives

The most important thing that you and your kids can do to help keep from getting sick is to wash hands, especially after coughing and sneezing, before preparing foods or eating, and after using the restroom. By washing your hands often, you wash away germs that you have picked up from other people, from contaminated surfaces, or from animals and animal waste. Everyone should wash their hands for 20 seconds (about the length of a little tune) to remove germs. It is the soap combined with the scrubbing

action that helps dislodge and remove germs. Rinse well and dry your hands. It is estimated that one out of three people do not wash their hands after using the restroom.

Health:

American Academy of Pediatrics

Committed to the attainment of optimal physical, mental and social health and well-being for all infants, children, adolescents, and young adults.

BAM! Body and Mind

Created by the Centers for Disease Control and Prevention (CDC). Designed for kids 9-13 years old, BAM! Body and Mind gives them the information they need to make healthy lifestyle choices.

Centers for Disease Control and Prevention

The CDC maintains several departments concerned with occupational safety and health

Healthy Child Care America

HCCA is the product of a shared vision between Health Resources and Services Administration's Maternal and Child Health Bureau (MCHB) and the Administration for Children and Families' Child Care Bureau (CCB). That vision was to forge strong linkages between health and child care professionals in order to support the health and safety of children in child care settings.

Let's Move!

Let's Move will give parents the support they need, provide healthier food in schools, help our kids to be more physically active, and make healthy, affordable food available in every part of our country.

Recommended Childhood and Adolescent Immunization Schedule

This schedule indicates the recommended ages for routine administration of currently licensed childhood vaccines for children through age 18 years.

Zero to Three

Zero to Three is a national non-profit charitable organization whose aim is to strengthen and support families, practitioners and communities to promote the healthy development of babies and toddlers.

I

Install and Maintain Smoke Alarms:

Fire Deaths and Injuries

Install smoke alarms on every floor of your home, including the basement. Be sure to place smoke alarms near rooms where people sleep. Test all of your smoke alarms every month to ensure they work properly.

J

Job Safety:

Young Worker Safety and Health

Make sure young workers are trained properly to perform tasks, and supervise them appropriately. Injuries, sometimes fatal, can result at home, on the job, and elsewhere.

K

Know Your Child's Risks and Family History:

Family History is Important for Your Health

Know if you or your child is at risk for certain conditions or diseases because of family history, medical history, environmental concerns, or other issues. Collect and record your family history and talk to your health care provider if there are conditions or diseases that may place you or your child at risk. Take steps to lower risk where appropriate.

You Can Control Your Asthma

Remove triggers that may cause asthma or other health problems. Triggers include smoke, dust mites, cockroaches, pets, and mold.

L

Learn More About Your Child's Life:

Quick Stats: Underage Drinking

Stop Underage Drinking (federal resources)

Get to know your children's friends, interests, and hobbies. Learn if any of them are placing your children at higher risk for injuries or bad habits. Get involved in your children's lives and talk to them about making positive, healthy choices. Spend time together having fun and doing healthy things.

M

Motor Vehicle Safety:

U.S. Motor Vehicle Injury Facts

Nearly half of children under age 5 who were killed in motor vehicle crashes were riding unrestrained. Child safety seats lower the risk of death by about 70% for infants and by about 55% for toddlers ages

one to four. If restraint use among motor vehicle occupants ages five years and older increased to 100%, an additional 9,000 lives would be saved and 160,000 nonfatal injuries would be prevented each year.

N

Nutritious Food:

Nutrition for Everyone

Diets rich in fruits and vegetables may lower the risk of cancer and other chronic diseases. Fruits and vegetables provide essential vitamins and minerals, fiber, and other substances that are important for good health. Most fruits and vegetables are filling and naturally low in fat and calories. Leave the high-fat, high-sugar snack foods at the store. Serve child-sized portions.

O

Other Caregivers:

Healthy Schools, Healthy Youth

Ensure that others caring for your child (including family, friends, neighbors, day care, and schools) have your contact information, know what to do in case of an emergency, and have appropriate policies in place to handle problems. Determine if caregivers are screened and provided training.

P

Passenger Safety:

Child Passenger Safety

Motor vehicle injuries are the greatest public health problem facing children today. In fact, they are the leading cause of death among them.

Pets:

Animal Safety Tips

Pets provide many benefits to humans. They comfort us and give us companionship. However, some animals can also pass diseases to people. Infants and children less than five years old are more likely than most people to get diseases from animals. This is because young children often touch surfaces that may be contaminated with animal feces (stool), and young children like to put their hands in their mouths. Young children are less likely than others to wash their hands well. Children should wash their

hands thoroughly with running water and soap after contact with animals. Adults should supervise children while they are washing their hands.

Plan Ahead for Emergencies:

Poisoning Prevention: Safety Tips for You and Your Family

Post the poison control number 1-800-222-1222 on or near every home telephone. Keep poisons and other hazardous substances away from children and pets.

Natural Disasters and Severe Weather

Have a plan, and practice what to do before weather emergencies strike. Knowing what to do can help protect you and your family.

Prenatal Care:

Pregnancy Information

Smoking among Adults: Reproductive Health Consequences

Through prenatal care, health problems can be prevented, identified and treated early, or closely monitored. Persons with certain conditions or diseases can receive specialized care, which may lower the risk in the fetus or newborn of developing similar or other problems.

Protective Eyewear:

Eye Protection for Infection Control

Although eye protectors cannot eliminate the risk of injury, appropriate eye protectors have been found to lower the risk of significant eye injury by at least 90% when fitted properly.

Q

Quit Smoking:

You Can Quit Smoking Now! [🔗 \(smokefree.gov\)](http://smokefree.gov)

Half of all adult smokers have quit, and you can too. There are millions of people alive today who have learned to face life without a cigarette. Quitting smoking is the best step you can take for a healthier life.

- **Quit Tips**
- **Youth Tobacco Prevention**

R

Recreation and Sports Safety:

Healthy Swimming

Swimming can be fun. But certain precautions should be taken to protect your children and other swimmers from getting sick. Don't let your children swim if they have diarrhea. Don't swallow the pool water. Wash hands.

Playground Injuries

Supervise your children on playgrounds. Check the safety of playground equipment before you children play on them.

Tobacco-Free Sports Initiatives

Girls who play sports have higher levels of self-esteem, lower levels of depression, more positive body image, and higher states of psychological wellbeing than girls and women who do not play sports.

S

Safety Checks:

Child Restraint and Safety Belt Use Laws

All 50 states and the District of Columbia have child restraint laws. Child restraint laws require children to travel in approved child restraint devices, and some permit or require older children to use adult safety belts. The Insurance Institute for Highway Safety has compiled a listing of these laws by each state's requirements.

Safe Kids USA

Safe Kids USA is a member of Safe Kids Worldwide, a global network of organizations whose mission is to prevent accidental childhood injury, a leading killer of children 14 and under.

U.S. Consumer Product Safety Commission

Help keep your family safe by checking product recalls and safety news from CPSC.

Childhood Injuries

Perform a home safety check, and remove things that pose a tripping hazard. Secure banisters and handrails at all stairwells. Use safety gates at the bottom and top of stairs when young children are around.

T

Take a Break:

Child Maltreatment Prevention

Take a break from a situation if you feel yourself losing control. Ask a friend or relative to watch your children for a little while. Offer to help other parents so they can take a break.

Travel:

Traveling with Children

When traveling with kids outside the United States, know vaccination recommendations, breastfeeding recommendations, and food and water precautions.

U

Use Antibiotics Wisely:

Get Smart: Know When Antibiotics Work

Use antibiotics only when your health care provider has determined that they are likely to be effective. Children are of particular concern because they have the highest rates of antibiotic use. They also have the highest rate of infections caused by antibiotic-resistant pathogens.

Antibiotic resistance occurs when bacteria change in a way that reduces or eliminates the effectiveness of antibiotics. These resistant bacteria survive and multiply - causing more harm, such as a longer illness, more doctor visits, and a need for more expensive antibiotics. Resistant bacteria may even cause death.

Parent pressure makes a difference. For pediatric care, a recent study showed that doctors prescribe antibiotics 65% of the time if they perceive parents expect them; and 12% of the time if they feel parents do not expect them. Parents should not demand antibiotics when a health care provider has determined they are not needed. Parents should talk with their health care provider about antibiotic resistance.

V

Vaccinations:

What Parents Need to Know about Vaccines

In the U.S., vaccines have reduced or eliminated many infectious diseases that once routinely killed or harmed infants, children, and adults. However, the viruses and bacteria that cause vaccine-preventable disease and death still exist and can be passed on to people who are not protected by vaccines.

Vaccine-preventable diseases have many social and economic costs: sick children miss school and can cause parents to lose time from work. These diseases also result in doctor's visits, hospitalizations, and even premature deaths. It's important to keep vaccinations up-to-date.

- **Immunization Schedules**

W

Watch Your Kids:

Injuries among Children and Adolescents

It only takes a second for small children to get into something they shouldn't get into. To prevent injury, be aware of common causes of injury in the home, at school, and on the move.

X

Explain the Facts of Life:

Dating Matters

Talking about the birds and bees is important.

Child Maltreatment Prevention

Also, talk to your kids about some of the issues we don't often want to talk about, such as violence, abuse, what's inappropriate, and what to do if something happens.

Y

Yearly Exams and Screenings:

Immunization Schedules

When they are less than a year old, babies should usually be seen by a health care professional every few months for routine exams, vaccinations, and screenings. Around one year of age, children may be seen every six months to yearly. Some children may need to be seen more often and others less often. Ask your health care provider how often your child should be seen.

Z

ZZZZs:

Sleep Hygiene Tips

Make sure you and your family gets plenty of sleep (ZZZZs). If you are rested, then you are in better shape to deal with the joys and challenges of raising safe and healthy kids and teens!