

## STRENGTHENING PARENT AND CHILD INTERACTIONS

*If you feel this is an emergency or 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)**

### **Parenting and Child Development: The Learning**

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

You can learn about physical, social, emotional, and brain development and effective parenting strategies in many ways. You can watch other parents or read books or websites. You can talk to other parents and your child's doctor, daycare providers, and teachers. You can also learn by interacting with your child. Children, infants, and even fetuses can benefit from hearing your voice, watching you, and playing with you. You can try parenting strategies and see what works and what doesn't. Remember that every child is different, so what works for one child may not work for another. Below are some resources to help you in your parenting journey!

**"I have questions and/or concerns about my child's development. Who can I call?"**

**Call or visit your child's pediatrician to ask questions or express concerns about your child's development.**



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](http://www.helpmegrowyolo.org)**



**[Warmline Family Resource Center](http://www.warmlinefrc.org)**

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/](http://www.warmlinefrc.org/)**

***If you have insurance, you can call the number on the back of your card to get help.***

**“I want to learn more about parenting and child development, but there are so many online resources!”**

### ONLINE



#### [Ages and Stages](https://www.healthychildren.org/English/ages-stages/Pages/default.aspx)

Provides information on your child’s developmental stages and addresses common issues and concerns from pregnancy to age 21.

[www.healthychildren.org/English/ages-stages/Pages/default.aspx](https://www.healthychildren.org/English/ages-stages/Pages/default.aspx)



#### [Centers for Disease Control and Prevention](https://www.cdc.gov/ncbddd/actearly/)

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

[www.cdc.gov/ncbddd/actearly/](https://www.cdc.gov/ncbddd/actearly/)



#### [The Period of PURPLE Crying](http://www.purplecrying.info/)

Describes the time in a baby's life when he/she cries more than any other time and gives you strategies to soothe your baby and cope with stress.

[www.purplecrying.info/](http://www.purplecrying.info/)

#### [Aha! Parenting](http://www.ahaparenting.com/)

Provides lots of great, useful 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/](http://www.ahaparenting.com/)

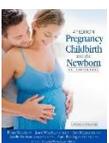
### BOOKS



[\*Caring for Your Baby and Young Child, 6th Edition: Birth to Age 5\*](#) by the American Academy of Pediatrics



[\*Touchpoints-Birth to Three\*](#) by T. Berry Brazelton and Joshua D. Sparrow



[\*Pregnancy, Childbirth, and the Newborn: The Complete Guide\*](#) by Penny Simkin and Janet Whalley

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### VIDEOS

**Magic of Everyday Moments** video series by Zero to Three includes videos on the following topics: Brain Wonders; Literacy Skills; Power of Play; Temperament; Development (0-12 months, 12-24 months, 24-36 months); School Readiness; From Cries to Conversations; Driven to Discover; From Feelings to Friendships; and Busy Bodies.

[www.zerotothree.org/parenting-resources/MOEM/](http://www.zerotothree.org/parenting-resources/MOEM/)

**Help Me Grow** 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](http://www.youtube.com/playlist?list=PL173D1EF7626B7131)

**Simply Parenting** videos by pediatrician Dr. Mary Ann LoFrumento present information about child development and provide ideas for how to play with children at various stages between 0-2 years.

[www.youtube.com/user/simplyparenting/videos](http://www.youtube.com/user/simplyparenting/videos)

### OTHER RESOURCES



#### [The Childhelp National Child Abuse Hotline](http://www.childhelp.org/hotline/)

Staffed 24 hours a day, 7 days a week, with professional crisis counselors who, through interpreters, can provide assistance in over 200 languages. The hotline offers crisis intervention, information, literature, and referrals to thousands of emergency, social service, and support resources. All calls are confidential.

1-(800)-4A-CHILD or 1-(800)-422-4453 | [www.childhelp.org/hotline/](http://www.childhelp.org/hotline/)



#### [The National Parent Helpline](http://www.nationalparenthelpline.org/)

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

1-(855)-4A-PARENT or 1-(855)-427-2736 | [www.nationalparenthelpline.org/](http://www.nationalparenthelpline.org/)



#### [Text4baby](http://www.text4baby.org)

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.

[www.text4baby.org](http://www.text4baby.org)

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### “Where can I learn more about how to support my child’s social and emotional growth?”



#### [Zero to Three](http://www.zerotothree.org)

Provides information about how you can support the social-emotional development of your 0-3-year-old. It includes information about social-emotional development for children 0-3 years, tips on how to promote social-emotional development, and specific sections on helping children build relationships, empathy, confidence, persistence, cooperation, and gratitude. It also has a question and answer section and a list of books on feelings for babies and toddlers.

[www.zerotothree.org/child-development/](http://www.zerotothree.org/child-development/)

[www.zerotothree.org/resources/series/developing-social-emotional-skills](http://www.zerotothree.org/resources/series/developing-social-emotional-skills)

[www.zerotothree.org/child-development/social-emotional-development/](http://www.zerotothree.org/child-development/social-emotional-development/)

[www.zerotothree.org/child-development/early-childhood-mental-health/?referrer=https://www.google.com/](http://www.zerotothree.org/child-development/early-childhood-mental-health/?referrer=https://www.google.com/)



#### [American Academy of Pediatrics](http://www.aap.org)

[Tips to Promote Social-Emotional Health among Young Children](http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Mental-Health/Documents/SE-Tips.pdf) by the American Academy of Pediatrics gives tips for parents, early education and child care providers, and pediatricians. It also provides some recommended website resources.

[www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Mental-Health/Documents/SE-Tips.pdf](http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Mental-Health/Documents/SE-Tips.pdf)



#### [Harvard University Center on the Developing Child](http://developingchild.harvard.edu)

[Executive Function and Self-Regulation](http://developingchild.harvard.edu/science/key-concepts/executive-function/) by the Harvard University Center on the Developing Child provides a wealth of information. It includes a brief 5-minute video on the topic, as well as a 90-minute online professional development module about the science of executive function and self-regulation and how adult caregivers can help children build these skills. In addition, there are Activity Guides on Enhancing and Practicing Executive Function Skills with Children from Infancy to Adolescence as well as a brief that summarizes essential scientific findings on Executive Function from various publications from the Harvard Center on the Developing Child.

[developingchild.harvard.edu/science/key-concepts/executive-function/](http://developingchild.harvard.edu/science/key-concepts/executive-function/)

#### Information about Autism Spectrum Disorder



#### [AUTISM SPEAKS™ Autism Speaks](http://autismspeaks.org)

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.

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[www.autismspeaks.org/](http://www.autismspeaks.org/)

### Parenting and Child Development: The Doing

Learning about your baby's development is really important, but spending quality time with your baby will help you bond. You can bond with your baby in many ways. You can read, talk, and sing to your baby. Smiling, cuddling, rocking, soothing, and playing peek-a-boo and other simple games also help you form a strong relationship. When you hold and play with your baby, you are also helping her social and emotional development. These resources, programs, and ideas can help you develop a strong relationship with your baby!

**"I'm interested in a structured class or program for my child and me. Where can I go?"**

**Ask your doctor, midwife, or insurance provider about classes** available through your healthcare provider and/or medical group.

**Home visiting programs** (each program has specific enrollment requirements)

- **Step by Step/Paso a Paso Home Visiting Program** at Yolo County Children's Alliance: Call (530) 406-4439
- **Nurse Home Visiting Program:** (530) 666-8340 or [www.yolocounty.org/health-human-services/child-youth-family/home-visiting-services/nurse-home-visiting-program](http://www.yolocounty.org/health-human-services/child-youth-family/home-visiting-services/nurse-home-visiting-program)
- **Adolescent Family Life Program:** (530) 666-8340 or [www.yolocounty.org/health-human-services/child-youth-family/home-visiting-services/adolescent-family-life-program-aflp](http://www.yolocounty.org/health-human-services/child-youth-family/home-visiting-services/adolescent-family-life-program-aflp)



#### **The Women, Infant, and Children (WIC) Program**

Provides supplemental food, nutrition education, breastfeeding support, and links with community resources. It serves low- to moderate-income pregnant, breastfeeding, and postpartum women, as well as infants and children up to age 5 who are at nutritional risk.

**(530) 666-8445 (Woodland) or (916) 375-6390 (West Sacramento) | [www.yolocounty.org/health-human-services/community-health/women-infants-children-wic](http://www.yolocounty.org/health-human-services/community-health/women-infants-children-wic)**

After baby is here, you can call WIC at any time to get the answer to your breastfeeding questions: **(800) 663-8685**



#### **Children's Home Society of California**

Provides information about Yolo County preschools (all-day, part-day, cooperative).

**(530) 723-5225 | [www.chs-ca.org/child-care/referrals](http://www.chs-ca.org/child-care/referrals)**

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### Family Resource Center Programs

Yolo County Family Resource Centers provide two education programs for families:

- **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.
- **Play School Experience classes** (for parents and children) offer children ages 2-6 and their parents an opportunity to participate in arts and crafts activities, stories, songs, movement, rhymes, and finger-plays.



Woodland, Davis, Yolo, Knight Landing, & Dunnigan locations  
Main office: 175 Walnut Street, Woodland CA 95695  
(530) 406-7221



West Sacramento, Clarksburg, & Davis locations  
Main Office: 600 A Street, Davis, CA 95616  
(530) 757-5558



Winters, Esparto, & Capay Valley  
Main Office: 17317 Fremont Street, Esparto, CA 95627  
(530) 787-4110

**"I want to meet other parents and kids in my community. Where should I go?"**

### Music classes



[Northern California Children's Therapy Center](http://www.ctchelpskids.org/)

Open music and gym sessions in Woodland.

(530) 668-1010 | [www.ctchelpskids.org/](http://www.ctchelpskids.org/)

### Library classes



[Yolo County Library](http://www.yolocounty.org/general-government/general-government-departments/library/calendar-of-events/-seldept-4) has classes for parents and children at all branches.

(530) 666-8005 | [www.yolocounty.org/general-government/general-government-departments/library/calendar-of-events/-seldept-4](http://www.yolocounty.org/general-government/general-government-departments/library/calendar-of-events/-seldept-4)

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### Public spaces

- Parks
- Pools and splash parks
- Farmers' markets
- Play dates with friends
- Walks around your neighborhood
- Family Resource Centers (see contact information above)

**“I’d love ideas about things I can do with my baby at home.”**



[Talk+Play=CONNECT Toolkit for Families](#) from Yolo County Children’s Alliance

This resource 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/](http://www.yolokids.org/forfamilies/)



[Activities and Information to Support Infant Development](#) on Pinterest from Help Me Grow Yolo County @HMGYolo: [www.pinterest.com/HMGYolo/infants/](http://www.pinterest.com/HMGYolo/infants/)



[Activities for Babies](#) from First 5 California

[www.first5california.com/activity-center.aspx?id=16](http://www.first5california.com/activity-center.aspx?id=16)



[Games and Activities for Babies](#) from BabyCenter.com

[www.babycenter.com/baby-games-activities](http://www.babycenter.com/baby-games-activities)

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