

## Website Resources for Parenting Information *Early Childhood*



**Alexandria Public Schools**  
Community Education  
Early Education

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*Didn't find what you are looking for below?* Connect with a local parent educator during the school year. Call (3320-762-3305), email ([eeinfo@alexschools.org](mailto:eeinfo@alexschools.org)) or fill out our [Ask a Parent Educator](#) form.

### **Baby Center**

<http://www.babycenter.com/>

Find answers to common pregnancy and infant questions. Look for credentials at the bottom of the page to know it's been vetted by developmental and medical experts.

### **Center on the Developing Child - Harvard University**

<https://developingchild.harvard.edu/>

An amazing resource on healthy development in young children! Find information on brain development, early communication, and mental health - all based in developmental science.

### **Center for Early Childhood Mental Health Consultation**

<http://www.ecmhc.org/temperament/index.html>

This link will route you directly to our favorite Infant Toddler Temperament Tool - the homepage has other resources for families relating to healthy social and emotional health.

### **Centers for Disease Control**

<https://www.cdc.gov/parents/index.html>

View milestone charts for each age group, positive parenting tips, and videos with practical solutions to everyday challenges. Milestones will give you information when your child is on track and will also give you indicators as to when they may need a bit of extra help.

### **Devereux Center for Resilient Children**

<https://centerforresilientchildren.org/home/for-parents/>

Here, important adults in a child's life can find activities, resources, and strategies to support the foundational and critical social and emotional health in children, specific to their age and needs.

### **Healthy Children – American Academy of Pediatrics**

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

Amazing, cutting-edge, and informational website that offers topics on health, development, and even includes a symptom checker.

### **Help Me Connect**

<https://helpmeconnect.web.health.state.mn.us/HelpMeConnect/>

Find accessible resources in the areas of basic needs, child care, education, healthcare, and more to meet the needs of your child and family.

### **Help Me Grow**

<https://helpmegrowmn.org/HMG/index.htm>

Review information on typical development or make a referral to connect with an early childhood professional. Translations are available.

### **Just in Time Parenting**

<https://jitp.info/>

These timely, age-specific newsletters arrive in your inbox just as you need it. Included are research-backed solutions, ideas, and information on common parenting and developmental challenges.

### **Kids Health**

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

This website is devoted to issues relating to children that include so much more than just health topics! Find credible information on nightmares, toilet training, development, and tantrums. Resources are available from before birth through the teen years.

### **My Plate**

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

Look here for health information on nutrition needs specific to your child's age as well as activity ideas and projects to do with the new My Plate program. An interactive feature even lets you create a meal plan for your child's age and activity level.

### **National Association for the Education of Young Children**

<https://www.naeyc.org/our-work/for-families>

Find research-based resources, tips and ideas for families—from child development to reading, writing, music, math, and more!

### **Parenting Counts**

<https://www.parentingcounts.org/>

This is a research-based resource developed to support parents and caregivers in raising socially and emotionally healthy children. Information is relevant to family life and is intended to immediately impact your daily interactions with your children.

### **Raising Children Network**

<https://raisingchildren.net.au/>

This source includes articles, videos and interactive resources that are free, reliable, up-to-date and tailored to different ages and stages from infancy to adolescence.

### **Talking is Teaching**

<https://talkingisteaching.org/resources>

Check out these resources for simple tips and ideas on talking, reading and singing with young children during everyday moments.

### **University of Minnesota Extension Service**

[www.extension.umn.edu/family](http://www.extension.umn.edu/family)

At this site, you can find parenting information on young children and teens on a variety of topics. Also available is information on healthy family relationships, financial budgeting, and healthy eating. Any of the Extension Services around the US will have research-based, best-practice information.

### **Zero to Three**

<https://www.zerotothree.org/resources/for-families/>

This is a great site for young children, providing research-based information on brain development, attachment, special needs, challenging behaviors and development.