

**The first three years of life are the key and most important years when brains develop in our children.** Hospitals and our dedicated maternity and pediatric clinicians are passionate in helping every family to get off to the best start. In that spirit, the AHA shares this resource to our hospitals as they care for new mothers and families.

## General Websites



### **Kids.gov:** Government information for kids, parents & teachers

- Homepage: [www.kids.usa.gov](http://www.kids.usa.gov)
- Parents section: [www.kids.usa.gov/parents](http://www.kids.usa.gov/parents)



### **Parent Information:** Resources from the Centers for Disease Control & Prevention

- Homepage: [www.cdc.gov/parents](http://www.cdc.gov/parents)
- Child Development: [www.cdc.gov/ncbddd/childdevelopment](http://www.cdc.gov/ncbddd/childdevelopment)
- Developmental Milestones: [www.cdc.gov/ncbddd/actearly/milestones](http://www.cdc.gov/ncbddd/actearly/milestones)
- Essentials for Parenting Toddlers and Preschoolers: [www.cdc.gov/parents/essentials](http://www.cdc.gov/parents/essentials)



### **Child Welfare Information Gateway:** Resources from HHS, Administration for Children & Families, Children's Bureau

- Homepage: [www.childwelfare.gov](http://www.childwelfare.gov)
- Parenting Resources & Understanding Developmental Stages: [www.childwelfare.gov/topics/preventing/promoting](http://www.childwelfare.gov/topics/preventing/promoting)

## Parenting Education, Screening Tools, and Apps



### **The Center for Parenting Education:** Non-profit organization providing support & education to families

- Homepage: [www.centerforparentingeducation.org](http://www.centerforparentingeducation.org)



### **Easter Seals:** Free, comprehensive and confidential online screening to help guide & keep track of your child's growth & development during the first five years

- Confidential Online Screening Tool: [www.easterseals.com/mtffc/asq](http://www.easterseals.com/mtffc/asq)



### **Khan Academy:** Makes Duck Duck Moose educational apps for young children

- Homepage: [www.khanacademy.org/about/blog/post/149459780736/khan-academy-adds-apps-for-young-children](http://www.khanacademy.org/about/blog/post/149459780736/khan-academy-adds-apps-for-young-children)



**Vroom:** Vroom provides educational materials, including an app, to turn shared moments into brain building moments to nurture childrens' growing minds.

- Homepage: [www.joinvroom.org](http://www.joinvroom.org)



**Best of Parenting App:** This app offers easy to use tools and weekly tips selected from the best parenting methods worldwide.

- Download at iTunes Store: *"Best of Parenting" by Best of Parenting Ltd.*



**The Ounce of Prevention Fund:** The Ounce of Prevention Fund has pursued a single goal: that all children living in America - particularly those born into poverty - have quality early childhood experiences in the crucial first five years of life.

- Homepage: [www.theounce.org](http://www.theounce.org)
- Parent Tools: [www.theounce.org/resources/parent-tools](http://www.theounce.org/resources/parent-tools)



**Zero to Three:** Zero to Three turns the science of early childhood into helpful resources, practical tools & responsive policies for parents, professionals & policymakers.

- Homepage: [www.zerotothree.org/our-work](http://www.zerotothree.org/our-work)



**Three Key Years:** Three Key Years is an awareness campaign created to educate parents, families, educators, policymakers & community leaders about the importance of positive, direct interaction with a child in their first three years.

- Homepage: [www.threekeyyears.org](http://www.threekeyyears.org)
- Parent Toolkit: [www.threekeyyears.org/parent-toolkit](http://www.threekeyyears.org/parent-toolkit)
- Book: *Three Key Years*

## Suggested Reading



**The Center for Parenting Education:**

- Recommended Parenting Books (by topic):  
[www.centerforparentingeducation.org/recommended-parenting-books](http://www.centerforparentingeducation.org/recommended-parenting-books)



**GoodReads.com:**

- Popular Child Development Books:  
[www.goodreads.com/shelf/show/child-development](http://www.goodreads.com/shelf/show/child-development)



**Child Development Institute:**

- Child Development and Parenting Books for Parents:  
[www.childdevelopmentinfo.com/child-development-parenting-books](http://www.childdevelopmentinfo.com/child-development-parenting-books)



**Berkeley Parents Network:**

- Books about Parenting:  
[www.berkeleyparentsnetwork.org/recommend/where2buy/parentingbooks](http://www.berkeleyparentsnetwork.org/recommend/where2buy/parentingbooks)