



## EARLY GROWTH & DEVELOPMENT STUDY

### PARENTING RESOURCES

We greatly appreciate your participation in our study. Parenting is a life-long learning process and no one has all the answers ("experts" included). Hitting on the right solution or parenting strategy can sometimes be a matter of trial and error. And even when you do all the "right" things, your child may not respond the way you think he or she should. If you are in need of advice about your child's development or behavior, there are a wide range of resources available. Some of these are listed below. In addition, your pediatrician, primary care doctor, or local elementary school can often provide information about local resources.

#### Parenting Hotlines

1. **Girls and Boys Town National Hotline** ([www.girlsandboystown.org](http://www.girlsandboystown.org)): 1-800-448-3000. Free, short-term over-the-phone counseling for individuals with parenting questions and difficulties. Counselors will assist in finding local support centers.
2. **National Child Care Information Center, ACF**: 1-800-616-2242. Answers questions about children's development, and assists in helping parents in finding resources to help pay for child care.
3. **Children and Adults with Attention Deficit Disorders C.H.A.D.D.** ([www.chadd.org](http://www.chadd.org)): 1-800-233-4050. Information and assistance for individuals with attention-related difficulties.
4. **The National Domestic Violence Hotline**: 1-800-799-SAFE (7233) or TTY 1-800-787-3224.
5. **National Referral Network for Kids in Crisis**: 1-800-KID-SAVE (800-543-7283). Referrals to shelters, mental health services, sexual abuse treatment, substance abuse, family counseling, residential care, adoption/foster care, etc.

#### Post-Adoption Services

1. **Center for Adoptive Families**: 410-402-1121. The CAF offers comprehensive pre- & post-adoption services in the Baltimore & Washington area. Services include individual & family counseling, parent coaching, support groups, seminar for adoptive families, and online education.
2. **Post-adoption Services for Families Fact Sheet**:  
[http://www.childwelfare.gov/pubs/f\\_postadoption.cfm](http://www.childwelfare.gov/pubs/f_postadoption.cfm)

#### Books/Articles

1. ***The Emotional Life of the Toddler*** by Alicia F. Lieberman. Provides an in-depth examination of the varied and intense emotional life of children from ages one to three.
2. ***1-2-3 Magic: Effective Discipline for Children 2-12*** by Thomas W. Phelan. If your child has begun to rule the roost a bit more than you'd like, this book provides a system to get your family operating smoothly.
3. ***Positive Discipline A-Z: 1001 Solutions to Everyday Parenting Problems*** (Positive Discipline Library) by Jane Nelsen Ed. D., Lynn Lott, and H. Stephen Glenn.
4. ***The No-Cry Sleep Solution for Toddlers and Preschoolers: Gentle Ways to Stop Bedtime Battles and Improve Your Child's Sleep*** by Elizabeth Pantley. Written to help sleep-deprived parents of children ages one to five.
5. ***Picky Eating: A Toddler's Approach to Mealtime*** by Mary Cathey & Nan Gaylord. Article available for free online. Recommendations are provided for parents to help improve their toddlers' eating behaviors.