

## Parent Packet Materials Compilation List

*The materials listed below are from First Steps sites around Georgia. These materials are from their parent packets(prenatal, postnatal, parents with older kids, and Spanish materials). I hope you find this information helpful. Thanks to all of you that took the time to provide me with your list of resources.*

### Maternal Health

| Title of Document                | Age Range | Title of Pamphlet/Book                   | Source   | Phone/Email/Website   | Cost                   |
|----------------------------------|-----------|--|--|---|------------------------|
| Parenting Together               | All ages  | Guide for new Parents                    | UGA Office of Communications and Tech Services | 706-542-2657  | 100 for \$90           |
| Prevent Promote Protect          | All ages  | Glynn County Health Dept.                | Glynn Co. Health Dept.                         | 912-264-3961  | Free                   |
| Post-Partum Depression           | All ages  | Postpartum Depression                    | MedEd  | <a href="http://www.mededppd.org">www.mededppd.org</a>  | Free                   |
| Postpartum Depression            | All ages  |  | American Psychological Association             | <a href="http://www.apa.org">www.apa.org</a>  | Free PDF               |
| Postpartum Depression Assessment | All moms  | Postpartum Depression Assessment         | Noodle Soup                                    | <a href="http://www.noodlesoup.com">www.noodlesoup.com</a>  | \$7.63 per pack of 100 |
| Breaking the Silence             |           | Understanding Postpartum Disorders       | Noodle Soup                                    | <a href="http://www.noodlesoup.com">www.noodlesoup.com</a>  | \$0.16 each            |
| The Baby Blues                   | For moms  | Feeling blue when your baby is brand-new | Baby center                                    | <a href="http://www.babycenter.com/0_thebaby-blues_11704.bc">http://www.babycenter.com/0_thebaby-blues_11704.bc</a> | Download for Free      |

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|---|------------------------------|--|--|---|----------------------------|
| The New Mom's Handbook                                  | All moms                     | The New Mom's Handbook   | Positive Promotions                                    | <a href="http://www.positivepromotions.com">www.positivepromotions.com</a> 1-800-635-2666 | \$1.85 (when ordering 500) |
| Whitfield County Health Department                      | All ages                     | Whitfield Co. Health Dept  | Whitfield Co. Health Dept                              | 706-279-9600  | Free                       |
| Text Baby to 511411                                     | Prenatal and 0 to 1 year old | Text Baby to 511411  | Text4baby.org  | Johnson+Johnson   | Free                       |
| Get Connected   | All ages                     | Get Connected  | Georgia Department of Public Health                    | <a href="http://www.hmhbga.org">www.hmhbga.org</a>  | Free                       |
| Show Your Love! Steps to a Healthier me and baby-to-be! | All ages                     | Guide for women on their health before, during and after pregnancy | CDC  | <a href="http://www.cdc.gov">www.cdc.gov</a>  | Free PDF download          |
| Pregnant and Smoking? Your Reason for Quitting Today    | All ages                     |  | CDC  | <a href="http://www.cdc.gov">www.cdc.gov</a>  | Free PDF download          |
| Preparing for Parenthood                                | Prenatal+                    | Preparing for Parenthood   | The USAA Educational Foundation                        | <a href="http://www.usaaedfoundation.org">www.usaaedfoundation.org</a>                    | Free                       |
| Two Healthy Smiles                                      | Prenatal+                    | Two Healthy Smiles   | National Maternal & child Oral Health Resources Center | 202-784-9771  | Free                       |
| Diabetes & Pregnancy                                    | Mother                       | Gestational Diabetes   | Center for Disease Control & Prevention                | 1-800-232-4636  | Free                       |
| Managing Anger  | All Ages                     | Managing Anger   | CHS Family Education Program                           | 213-240-5988  | Free                       |

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|--|----------|--|--|--|----------|
| Quit Smoking without weight gain                   | Adult    | Quit Smoking Without Weight Gain                   | Journey Works Publishing   | 1-800-775-1998   | Free     |
| Women's Health Services                            | For Moms | N. Georgia Health District Woman's Health Services | Women's Health Services  | 706-272-2342   | Free     |
| Your 6wk Postpartum Check-up                       |          | Your 6wk Postpartum Check-up                       | Baby Center  | <a href="http://www.babycenter.com">www.babycenter.com</a>   | PDF/Free |
| Stress You & Child                                 | All ages | Stress You & Child                                 | CHS Family Education Program   | 213-240-5988   | Free     |
| The 1 <sup>st</sup> Year                           |          | New Baby Hospital Sampler                          | Parent's Magazine  | <a href="http://www.parents.com">www.parents.com</a><br><a href="tel:1-877-836-4436">1-877-836-4436</a>                                | Free     |
| Start Smart for Your Baby                          |          |  | Peach State Health Plan  | <a href="http://www.startsmartforyourbaby.com">www.startsmartforyourbaby.com</a>   | Free     |
| Antes de que te des cuenta de que estas embarazada | Mothers  | Antes de que te des cuenta de que estas embarazada | Ácido Fólico Ahora CDC-INFO  | 1-800-232-4636   | Free     |
| La diabetes y el embarazo/Diabetes gestacional     | Mothers  | La diabetes y el embarazo/Diabetes gestacional     | Centro Nacional de Defectos Congénitos y Discapacidades del Desarrollo | 1-800-232-4636<br><a href="http://www.cdc.gov/ncbddd/bd/diabetespregnancy.htm">www.cdc.gov/ncbddd/bd/diabetespregnancy.htm</a>         | Free     |
| Conectese  | All ages | Conectese  | DPH  | 1-800-300-9003<br><a href="http://www.hmhbga.org">www.hmhbga.org</a>   | Free     |
| La depresión durante y después del embarazo        | Mothers  | La depresión durante y después del embarazo        | HRSA   | 1-888-Ask-HRSA<br><a href="http://www.mchb.hrsa.gov/pregnancyandbeyond/depression">www.mchb.hrsa.gov/pregnancyandbeyond/depression</a> | Free     |
| Deperesin Durante y Despues del Embarazo           | Mothers  | Deperesin Durante y Despues del Embarazo           | Dept. of Health and Human Services                                     | 1-800-994-9662   | Free     |

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|--|----------|--|------------------------------|----------------|------|
| Guia para ayudarles a tener exito como padres y madres | All Ages | Guia para ayudarles a tener exito como padres y madres | NICHD                        | 1-800-370-2943 | Free |
| Administración de la Ira.                              | All      | Administración de la Ira.                              | CHS Family Education Program | 213-240-5988   | Free |
| Estres colo le afecta a usted y a su hijo              | All      | Estres colo le afecta a usted y a su hijo              | CHS Family Education Program | 213-240-5988   | Free |

### Newborn/Child Health

| Title of Document                                 | Age Range    | Title of Pamphlet/Book                            | Source   | Phone/Email/Website   | Cost              |
|---|--------------|---|--|---|-------------------|
| Text 4 Baby                                       | Infants      | Text 4 Baby                                       | Text 4 Baby  | <a href="http://www.text4baby.org">www.text4baby.org</a>                | Free              |
| Text4baby   | Prenatal-1yr |   | FDA Office of Women's Health                             | <a href="http://www.fda.gov/pregnancy">www.fda.gov/pregnancy</a>        | Free              |
| Publix Baby Club                                  | Birth-2yrs   | Publix Baby Club                                  | Publix Supermarkets                                      | (912) 261-4730  | Free              |
| Safe Sleep for your Baby: Reduce the Risk of SIDS | 0-1          | Safe Sleep for your Baby: Reduce the Risk of SIDS | National Institute of Child Health and Human Development | <a href="http://www.nichd.nih.gov">www.nichd.nih.gov</a> 1-800-370-2943 | Free              |
| SIDS Prevention                                   |              | Safe Sleep for Babies                             |  | <a href="http://www.healthychildren.org">www.healthychildren.org</a>    | Free PDF download |

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|---|--------------------|---|---|--|---|
| Period of Purple Crying                             |                    |   | National Center On Shaken Baby Syndrome     | PURPLEcrying.info<br>801-477-9360  |   |
| Building Baby's Brain—10 Facts                      | 0-1                | Building Baby's Brain (Easy Reading)—Ten Facts      | UGA College of Family and Consumer Sciences | <a href="http://www.fcs.uga.edu/outreach">www.fcs.uga.edu/outreach</a>   | Free                                      |
| Milestone Moments:<br>Learn the signs.<br>Act Early | 2 months-<br>age 5 | Milestone Moments:<br>Learn the signs.<br>Act Early | CDC   | <a href="http://www.cdc.gov/ncbddd/actearly/milestones/index.html">www.cdc.gov/ncbddd/actearly/milestones/index.html</a><br>1-800-CDC-INFO | Free<br>(max of 5 packs of 10 each order) |
| Tummy Time Tools                                    | Infancy            | Tummy Time Tools                                    | Children's Healthcare of Atlanta            | <a href="http://www.choa.org">www.choa.org</a>   | Free: PDF for in house printing           |
| Crying, Cooing, Communication:<br>Baby's First Year | 0-1                | Crying, Cooing, Communication:<br>Baby's First Year | Pathways.org                                | <a href="http://www.Pathways.org">www.Pathways.org</a>   | Free to print                             |
| The New Mom's Handbook                              | All moms           | The New Mom's Handbook                              | Positive Promotions                         | <a href="http://www.positivepromotions.com">www.positivepromotions.com</a> 1-800-635-2666  | \$1.85 (when ordering 500)                |
| ABCs of Baby Care Slideguide                        | All ages           | ABCs of Baby Care Slideguide                        | Positive Promotions                         | 1-800-635-2666<br><a href="http://www.positivepromotions.com">www.positivepromotions.com</a>   | 1-50 for \$.89 each                       |
| Dad to Dad  | Birth +            | Dad to Dad  | Family First                                | FamilyFirst. Net   | Reprinted with Permission                 |

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|---|----------|---|---|--|------------------------|
| Dads Matter   | All ages | Dads Matter   | Success by 6/<br>Family<br>Support<br>Council | 706-272-7919-235   | Free                   |
| A family guide<br>to a medical<br>home and<br>dental home         | All ages | Grow Learn<br>& Thrive  | Georgia ECCS                                  | <a href="http://www.eccs.ga.gov">www.eccs.ga.gov</a>   | Free                   |
| Other People's<br>Smoke   | All ages | Other People's<br>Smoke   | ETR   | 1-800-321-4407<br><a href="http://pub.etr.org">http://pub.etr.org</a>                        | 50 for<br>\$20.00      |
| How we can<br>protect our<br>children from<br>secondhand<br>smoke | All ages | How we can<br>protect our<br>children from<br>secondhand<br>smoke | CDC   | 1-800-232-4636<br><a href="http://www.cdc.gov/tobacco">www.cdc.gov/tobacco</a>               | Free                   |
| Governor's<br>Congrats Card –<br>immunization<br>record           | All ages | Governor's<br>Congrats Card                                       | Governor's<br>Office                          |  | Free                   |
| My Child's<br>Immunization<br>Record Pocket<br>Pal                | All ages | My Child's<br>Immunization<br>Record Pocket<br>Pal                | Positive<br>Promotions                        | 1-800-635-2666<br><a href="http://www.positivepromotions.com">www.positivepromotions.com</a> | 1-50 for<br>\$.59 each |
| CDC<br>Recommended<br>Immunizations                               | 0-6      | CDC<br>Recommended<br>Immunizations                               | Centers for<br>Disease<br>Control             | <a href="http://www.cdc.gov/vaccines">www.cdc.gov/vaccines</a>                               | Free                   |
| Healthy from<br>the Start   | All ages |   | Zero to Three                                 | <a href="http://www.zerotothree.org">www.zerotothree.org</a>                                 | Free PDF<br>download   |
| So Sweet  | Children | So Sweet  | Governor's<br>Office                          |  | Free                   |

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| Grow Learn & Thrive                                  | All ages | Grow Learn & Thrive                                  | Georgia ECCS                                 | <a href="http://www.eccs.ga.org">www.eccs.ga.org</a>                       | Free              |
| Character Growth Chart                               | All ages | Character Growth chart                               | Children's Home Society of California        | <a href="http://www.chs-ca.org">www.chs-ca.org</a>                         | Free              |
| North Georgia WIC                                    | Pre-5    | North Georgia WIC                                    | North Georgia WIC                            | 1-866-942-9675   | Free              |
| Our Favorite Websites with parenting resources       | All ages | Our Favorite Websites with parenting resources       | Dalton First Steps                           | 272-7919   | Free              |
| Think Before You Drink You can Hurt Your Unborn Baby | Mother   | Think Before You Drink You can Hurt Your Unborn Baby | The ARC National Headquarters                | 301-565-3842   | Free              |
| Your Child's First Check-up                          |          |  | Kids Health                                  | <a href="http://www.kidshealth.org">www.kidshealth.org</a>                 | PDF / Free        |
| When to Call Baby's Doctor                           |          | Healthy Pregnancy                                    | Women's Health                               | WOMENSHEALTH.org   | PDF / Free        |
| A Healthy Mouth for Your Baby                        |          |  | U.S. Department Of Health And Human Services | <a href="http://www.nidcr.nih.gov">www.nidcr.nih.gov</a> or 1-866-232-4528 | Free (pack of 50) |
| El WIDC de Georgia Ayuda a las Familias              | 0-5      | El WIDC de Georgia Ayuda a las Familias              | North Georgia WIC                            | 1-800-289-7406   | Free              |
| Piénselo Antes de Beber.                             | All ages | Piénselo Antes de Beber.                             | The Arc National Headquarters                | <a href="http://www.TheArc.org">www.TheArc.org</a><br>301-565-3842         | Free              |

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| Vacunas recomendadas para niños   | 0-6         | Vacunas recomendadas para niños   | U.S. Dept. of Health and Human Services                | 1-800-232-4636<br>www.cdc.gov/vaccines                                       | Free |
| Indicators del Desarrollo   | 0-5         | Indicators del Desarrollo   | Centro para el Control y la Prevención de Enfermedades | 1-800-CDC-INFO<br><a href="http://www.cdc.gov/pronto">www.cdc.gov/pronto</a> | Free |
| Vacunas recomendadas para niños después nacimiento hasta los 6 años de edad | 0-6 years   | Vacunas recomendadas para niños después nacimiento hasta los 6 años de edad | U.S. Dept. of Health and Human Services                | 1-800-232-4636   | Free |
| Siga de Cerca los Indicadores de su Desarrollo                              | 0 – 5 years | Siga de Cerca los Indicadores de su Desarrollo                              | U.S. Dept. of Health and Human Services                | 1-800-CDC-INFO   | Free |
| EL humo de tabaco en el medio ambiente y la salud de su familia             | All ages    | EL humo de tabaco en el medio ambiente y la salud de su familia             | (EPA) U.S. Environmental Protection Agency             | <a href="http://www.epa.gov">www.epa.gov</a>                                 | Free |



## Home and Child Safety

| Title of Document   | Age Range | Title of Pamphlet/Book                                    | Source   | Phone/Email/Website  | Cost       |
|---|-----------|---|--|--|------------|
| Car Seat Safety Tips                                      | 0-8       | Car Seat Safety Tips                                      | Safe Kids  | <a href="http://www.safekids.org">www.safekids.org</a>                             | Free       |
| Georgia Child Passenger Safety Law                        | 0-8       | Georgia Child Passenger Safety Law                        | Georgia Highway Safety                             | <a href="http://www.georgiahighwaysafety.org">www.georgiahighwaysafety.org</a>     | free       |
| Child Passenger Safety                                    | All ages  |   | USAA Educational Foundation                        | <a href="http://www.usaaedfoundation.org">www.usaaedfoundation.org</a>             | Free       |
| Personal Safety child Passenger Safety                    | All ages  | Personal Safety child Passenger Safety                    | The USAA Educational Foundation                    | <a href="http://www.usaaedfoundation.org">www.usaaedfoundation.org</a>             | Free       |
| Click It Or Ticket It!                                    |           |   | Georgia Highway Safety                             | <a href="http://www.gahighwaysafety.org">www.gahighwaysafety.org</a>               | Free       |
| Look Before You Lock                                      | All ages  | Look Before You Lock                                      | Kids and Cars                                      | 816-216-7085<br><a href="http://www.kidsandcars.org">www.kidsandcars.org</a>       | \$.10 each |
| Kids and Cars Window cling                                | All ages  | Kids and Cars Window cling                                | Kids and Cars                                      | 816-216-7085<br><a href="http://www.kidsandcars.org">www.kidsandcars.org</a>       | \$.13 each |
| How to calm a crying baby Preventing Shaken Baby Syndrome | Infants   | How to calm a crying baby Preventing Shaken Baby Syndrome | Kohl's shaken baby syndrome campaign partners.     | <a href="http://CalmACryingBaby.org">CalmACryingBaby.org</a>                       | Free       |
| Crying! Just Doing What Comes Naturally                   | All ages  | Crying! Just Doing What Comes Naturally                   | National Center on Shaken Baby Syndrome            | 1-800-4ACHILD<br><a href="http://www.dontshake.org">www.dontshake.org</a>          | \$.20 each |
| Crying card   | 0-1       | Crying card   | National Center on Shaken Baby Syndrome            | <a href="http://www.dontshake.org">www.dontshake.org</a><br>801-447-9360           | @\$.20     |
| Infant Sleep Position and SIDS                            | Infants   | Infant Sleep Position and SIDS                            | U.S. Department of health and human services NICHD | 1-800-505-CRIB(2742)<br><a href="http://www.nichd.gov/SIDS">www.nichd.gov/SIDS</a> | Free       |

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|---|--------------------|---|---|---|-----------------------|
| What does a safe sleep environment look like?                   | All ages           | What does a safe sleep environment look like?                   | NICHD / NIH                             | 1-800-505-CRIB<br><a href="http://www.nichd.nih.gov/SIDS">http://www.nichd.nih.gov/SIDS</a> | Free                  |
| Safe Sleep for Baby   | Infant             | Safe To Sleep   | Nat'l Inst. of Child Health             | <a href="http://www.nichd.nih.gov/SIDS">www.nichd.nih.gov/SIDS</a>                          | Free                  |
| Baby Safety Checklist   | 0 - 6 years        | Baby Safety Checklist   | U.S. Consumer Product Safety Commission | 1-800-638-2772<br><a href="http://www.cpsc.gov">www.cpsc.gov</a>                            | Free                  |
| Baby Safety Basics  | Infant             | Baby Safety Basics  | Safe Kids                               | <a href="http://www.safekids.org">www.safekids.org</a>                                      | Free                  |
| The Safe Nursery  | Prenatal +         | The Safe Nursery  | U.S. Consumer Product Safety Commission | 1-800-638-2772  | Free                  |
| Childproofing your home/12 safety devices to protect your child | prenatal – 5 years | Childproofing your home/12 safety devices to protect your child | U.S. Consumer Product Safety Commission | 1-800-638-2772<br><a href="http://www.cpsc.gov">www.cpsc.gov</a>                            | Free                  |
| Keeping Your Child Safe   | All ages           |   | USAA Educational Foundation             | <a href="http://www.usaaedfoundation.org">www.usaaedfoundation.org</a>                      | Free                  |
| Home Safety Checklist   | 0-5                | Home Safety Checklist   | American Academy of Pediatrics          | <a href="http://www.aap.org">www.aap.org</a><br>1-866-843-2271                              | \$22.26 per pk of 100 |
| Making Your Home a safer Place                                  | All ages           |   | USAA Educational Foundation             | <a href="http://www.usaaedfoundation.org">www.usaaedfoundation.org</a>                      | Free                  |
| Which Toy for which Child                                       | 0-5 years          | Which Toy For Which Child                                       | U.S. Consumer Product Safety Commission | 1-800-638-8270  | Free                  |
| Is Your Home Fire Safe  | All Ages           | Is Your Home Fire Safe  | US Fire Administration                  | 1/800/561/3356  | Free                  |
| Pool Safety   | All ages           | Pool Safety   | Pool and Spa Safety Act                 | <a href="http://poolsafely.gov">Poolsafely.gov</a>  | Free                  |
| Water Safety  | Prenatal+          | Water Safety  | U.S. Consumer Product Safety Commission | 1-800-638-2772  | Free                  |
| El humo de Tabaco en el medio ambiente y la salud de su familia | All Ages           | El humo de Tabaco en el medio ambiente y la salud de su familia | EPA                                     | <a href="http://www.epa.gov/iaq">www.epa.gov/iaq</a>  | Free                  |

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|---|-----------|---|---|--|------|
| Ponga a su bebe a dormir sin peligro                          | Infants   | Ponga a su bebe a dormir sin peligro                          | NIH   | 1-800-505-CRIB   | Free |
| Una casa a prueba de riesgos infantiles                       | All Ages  | Una casa a prueba de riesgos infantiles                       | Comisión para la seguridad de los productos de consumo  | 1-800-638-2772   | Free |
| Como calmar a un bebe que llora                               | All Ages  | Como calmar a un bebe que llora                               | Kohl's Shaken Baby Syndrome Prevention Campaign Partner | 720-777-0123   | Free |
| Sueño Seguro Para su Bebe                                     | Infants   | Sueño Seguro Para su Bebe                                     | NICHD   | 1-800-505-2742<br><a href="http://www.nichd.nih.gov/SIDS">www.nichd.nih.gov/SIDS</a> | Free |
| Lo unico suavecito que necesita su bebe es usted              | Infants   | Lo unico suavecito que necesita su bebe es usted              | CPSC  | 1-800-638-2772<br><a href="http://www.cpsc.gov">www.cpsc.gov</a>                     | Free |
| Una Casa a Prueba de Riesgos Infantiles                       | 0-5 years | Una Casa a Prueba de Riesgos Infantiles                       | Consumer Product Safety Commission USA                  | 1-800-638-2772<br><a href="http://www.cpsc.gov">www.cpsc.gov</a>                     | Free |
| Seguridad Protección de los niños por medio de la prevención  | All ages  | Seguridad Protección de los niños por medio de la prevención  | Children's Home Society of California                   | 1-213-240-5900   | Free |
| Pasos para la seguridad alrededor de la piscina               | All Ages  | Pasos para la seguridad alrededor de la piscina               | Comision para la Seguridad de los Productos de Consumo  | <a href="http://www.poolsafetev.gov">www.poolsafetev.gov</a>                         | Free |
| Seguridad Como proteger a los niños a través de la prevención | Children  | Seguridad Como proteger a los niños a través de la prevención | CHS Family Education Program                            | 213-240-5988   | Free |

## Community and Family Safety

| Title of Document   | Age Range | Title of Pamphlet/Book   | Source  | Phone/Email/Website  | Cost                           |
|---|-----------|--|---|--|--------------------------------|
| Safety Tips   | All Ages  | Safety Tips  | Kids and Cars.org   | <a href="http://www.kidsandcars.org">www.kidsandcars.org</a>                                       | Free                           |
| Choking Prevention and First Aid for Infants and Children | 0-12      | Choking Prevention and First Aid for Infants and Children        | American Academy of Pediatrics  | <a href="http://www.aap.org">www.aap.org</a><br>866-843-2271                                       | 1-<br>\$26.00 per<br>pks of 50 |
| Lock Up Poisons   | All ages  | Lock Up Poisons  | U.S. Consumer Product safety Commission                                   | <a href="http://www.cpsc.gov">www.cpsc.gov</a><br><a href="mailto:info@cpsc.gov">info@cpsc.gov</a> | Free                           |
| Installing Child Safety Seats                             | All ages  | Installing Child Safety Seats                                    | The USAA Education Foundation/University of Georgia Cooperative Extension | 1-800-342-9819<br><a href="http://www.ridesafeforeorgia.org">www.ridesafeforeorgia.org</a>         | Free                           |
| Family shopping Guide to car seats                        | 0-8 years | All Kids Safe  | Rhett Orr & Associates, Inc.  | 706-226-8500   | Free                           |
| Car Seat Safety   | 0-8 years | Child Health and Wellness  | National Safe Kids Campaign   | <a href="http://safekidsgeorgia.org">http://safekidsgeorgia.org</a>                                | Free                           |
| Strengthening Families engaging communities               | All ages  | Strengthening Families engaging communities                      | Prevent Child Abuse Georgia   | 404-413-1460<br><a href="http://preventchildabusega.org">preventchildabusega.org</a>               | Free                           |
| 7 Super things  | All Ages  | 7 Super Things   | Early childhood-Head Start Task Force                                     | 1-866-763-6481   | Free                           |
| Georgia's source for finding quality child care           | All ages  | 877.all.ga.kids/ Georgia's source for finding quality child care | Quality care for children Bright from the start                           | 1-877-255-4254<br><a href="http://www.allgakids.org">www.allgakids.org</a>                         | Free                           |
| Need Child Care   | 0+        | Need Child Care  | ALL GA KIDS   | <a href="http://www.allgakids.org">www.allgakids.org</a>   | Free                           |
| Child Care Checklist                                      | 0-5       | Child Care Checklist   | Quality Care For Children   | 877-255-4254 or<br><a href="http://www.allgakids.org">www.allgakids.org</a>                        | Free to<br>print               |
| Home Safety Checklist                                     | All ages  | Home Safety Checklist  | American Academy of Pediatrics  | 800/433-9016<br><a href="http://www.aap.org">www.aap.org</a>                                       | 100 for<br>\$19.95             |

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|--|---------------|--|---------------------------------------|--|------|
| Afterschool checklist  | 3-18 years    | Afterschool checklist  | ALL GA KIDS                           | 7-877-ALL-GAKIDS   | Free |
| Amity House Safe Shelter                                     | Adults & Kids | What We Can Do For You                                       | Glynn Community Crisis Center         | (912) 264-4357   | Free |
| Consejos sobre seguridad en el Agua                          | All ages      | Consejos sobre seguridad en el Agua                          | CPSC                                  | <a href="http://www.cpsc.gov">www.cpsc.gov</a>                       | Free |
| Los Detectores de Humo Pueden Salvar Vidas                   | All ages      | Los Detectores de Humo Pueden Salvar Vidas                   | US Consumer Product Safety Commission | 1-800-638-8270   | Free |
| Consejos de Seguridad para su Familia Acerca del Gas Natural | All Ages      | Consejos de Seguridad para su Familia Acerca del Gas Natural | Dalton Utilities                      | 706-278-1313   | Free |
| La Ley de la Seguridad de niños pasajeros de Georgia         | All Ages      | La Ley de la Seguridad de niños pasajeros de Georgia         | NHTSA                                 | <a href="http://www.gahighwaysafety.org">www.gahighwaysafety.org</a> | Free |
| Por el Bien de los niños                                     | 0-5 years     | Por el Bien de los niños                                     | CPSC                                  | <a href="http://www.saferproducts.gov">www.saferproducts.gov</a>     | Free |
| Lo que necesita saber  | All ages      | Lo que necesita saber  | GA Highway Safety                     | <a href="http://www.gahighwaysafety.org">www.gahighwaysafety.org</a> | Free |
| Lista de chequeo para programas después de la escuela.       | 3-18 years    | Lista de chequeo para programas después de la escuela.       | ALL GA KIDS                           | 1-877-ALL-GAKIDS   | Free |

|   |          |   |  |   |      |
|---|----------|---|--|---|------|
| Medidas de Seguridad para Proteger a su Bebe                  | Children | Medidas de Seguridad para Proteger a su Bebe                  | CPSC                                   | <a href="http://www.cpsc.gov">www.cpsc.gov</a>                        | Free |
| Asientos de Seguridad   | 1+ years | Asientos de Seguridad   | Safe Kids Georgia                      | <a href="http://safekidsgeorgia.org/">http://safekidsgeorgia.org/</a> | Free |
| 7 cosas geniales que los padres y los cuidadores pueden hacer | All ages | 7 cosas geniales que los padres y los cuidadores pueden hacer | Early childhood –Head Start Task Force | 1-866-763-6481  | Free |

### School Readiness

| Title of Document                            | Age Range          | Title of Pamphlet/Book   | Source                            | Phone/Email/Website  | Cost                       |
|--|--------------------|--|-----------------------------------|--|----------------------------|
| Read-aloud Picture Books: Infant to toddlers | Infant to toddlers | Read-aloud Picture Books: Infant to toddlers                   | ©Jim Trelease 2010                | <a href="http://www.trelease-on-reading.com/downloads.html">www.trelease-on-reading.com/downloads.html</a> | Free downloads             |
| Rock-A-Bye Baby Readers                      | 0-3                | Rock-A-Bye Baby Readers (for new moms only)                    | Third Week Books                  | <a href="http://www.thirdweekbooks.com">www.thirdweekbooks.com</a> 612-990-6011                            | @\$2.25 (\$15 S/H per 100) |
| "A is for Apple" book                        | 0-3                | "A is for Apple" book  | Noodle Soup                       | <a href="http://www.noodlesoup.com">www.noodlesoup.com</a> 1-800-795-9295                                  | @ \$1.08                   |
| Baby's First Book – titles will vary         | Birth-5            | Titles will vary depending on what I can get for a good price! | Various, I shop around            |  | About \$1 per book         |
| Creating Reading Readiness                   |                    | Tips For Parents   | UGA Cooperative Extension Service |  | PDF/Free                   |

|   |                   |  |                                       |  |   |
|---|-------------------|--|---------------------------------------|--|---|
| Baby Lapsit Program pamphlet                |                   | Library storytime schedule for babys it and older children                 | Local Library                         |  | Free  |
| Board Books                                 | 0-5               | <u>123,ABC The Hungry Caterpillar Fiesta Should I Share My Ice Cream</u>   | The Bulk Bookstore                    | Bulkbookstore.com  | 2.79-4.25 per book                              |
| Scholastic Parent & Child Magazine          |                   | magazine with arts and crafts and articles on family and children's topics |                                       |  | Donated by local daycare center/Free            |
| Better Brains for Babies                    | 0-5               | Helping Promote Better Brain Development                                   | Better Brains for Babies              | 706-542-7566<br><a href="http://www.bbbgeorgia.org">www.bbbgeorgia.org</a><br><a href="mailto:info@bbbgeorgia.org">info@bbbgeorgia.org</a> | Free  |
| Track your child's developmental milestones | Infant to 4 years | Track your child's developmental milestones                                | CDC                                   | 1-800-CDC-INFO<br><a href="http://www.dcd.gov/actearly">www.dcd.gov/actearly</a>   | Free  |
| Children's home society Wheel               | 0 to 6 years      | Children's home society Wheel  | Children's Home Society of California | <a href="http://www.chs-ca.org">www.chs-ca.org</a>   | 25 free and free shipping with completed survey |
| It's Time to Change Child's Growth          | 0-4 years         | It's Time to change Childs Growth  | CDC                                   | <a href="http://www.cdc.gov/actearly">www.cdc.gov/actearly</a><br>1-800-CDC-Info   | Free  |
| Toilet Teaching w/o Tears                   | 1-5 years         | Toilet Teaching w/o Tears  | CHS Family Education Program          | 1-888-CHS-4Kids  | Free  |
| When a child Bites                          | All ages          | When a Child Bites   | CHS Family Education Program          | 1-888-CHS-4Kids<br><a href="http://health.state.ga.us/diprograms/oral">http://health.state.ga.us/diprograms/oral</a>                       | free  |
| Ga. Oral Health Prevention                  |                   | Parent's Guide   |                                       |  | PDF/Free  |
| Finding High Quality Child Care             | All ages          | Finding High Quality Child Care  | All GA Kids                           | 877-255-4254<br><a href="http://www.allgakids.org">www.allgakids.org</a>   | Free  |

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|--|-------------|--|--|--|----------|
| Childcare postcard                                   | All ages    | ALL GA KIDS  | Quality Care for Children                        | Qualitycareforchildren.org   | Free     |
| Early Headstart / Headstart                          | 6 wks-3 yrs | Now Taking Applications                              | Coastal Georgia Community Action Authority, Inc. | (912) 264-3281   | Free     |
| What Parents Can Do                                  |             | Building Baby's Brain                                |  | <a href="http://www.fcs.uga.edu/outreach">www.fcs.uga.edu/outreach</a> | PDF/free |
| Dad's Matter   | All ages    | Dads Matter  | Family Support council                           | 706-272-7919   | Free     |
| Parents Magazine                                     | All ages    | Parents Magazine                                     | Parents Magazine                                 |  | Free     |
| Necesita un programa después de la escuela?          | Children    | Necesita un programa después de la escuela?          | All GA Kids                                      | <a href="http://www.allgakids.org">www.allgakids.org</a>               | Free     |
| Better Brains for Babies (Spanish)                   | Children    | Better Brains for Babies (Spanish)                   | Better Brains for Babies                         | <a href="http://www.bbbgeorgia.org">www.bbbgeorgia.org</a>             | Free     |
| Leer con tus hijos todos los dias                    | Children    | Leer con tus hijos todos los dias                    | Family Support Council                           | 1-706-272-7919   | Free     |
| Ser Padres Magazine                                  | Parents     | Ser Padres Magazine                                  | Ser Padres                                       | Serpadres.com  | Free     |
| Rueda de Desarrollo                                  | 0-6 years   | Rueda de Desarrollo                                  | Children Home Society of California              | Children Home Society of California                                    | Free     |
| Como enseñarle a su hijo a usar el baño sin lagrimas | 2 years +   | Como enseñarle a su hijo a usar el baño sin lagrimas | CHS Family Education Program                     | 213-240-5988   | Free     |
| Cuando un niño muerde                                | 1 year +    | Cuando un niño muerde                                | CHS Family Education Program                     | 213-240-5988   | Free     |



## Family Economics/Self-Sufficiency

| Title of Document                              | Age Range | Title of Pamphlet/Book  | Source   | Phone/Email/Website  | Cost               |
|--|-----------|---|--|--|--------------------|
| Brunswick Job Connection                       | Adults    | Brunswick Job Connection  | Goodwill   | (912) 280-9809   | Free               |
| Training & Ed Assistance                       | Adults    | Training & Education Assistance                                   | GA Dept of Labor   | (912) 264-7244   | Free               |
| Family and Community Resource Booklet          | All ages  | Connections   | Made here by me, has lots of local resources with phone numbers and websites   |  | Printing cost only |
| Basic Child Care Checklist                     |           |   |  | <a href="http://www.theparentingplace.net">www.theparentingplace.net</a>                 | PDF/Free           |
| Working to keep families Safe                  | All ages  | North Georgia Family Crisis Center Working to Keep Families Safe. | North Georgia Family Crisis Center   | <a href="mailto:crisiscenter@optilink.us">crisiscenter@optilink.us</a>                   | free               |
| Community Resource List                        | All ages  | Community Resource List   | Family Support Council   | 706-272-7919   | free               |
| Georgia helping families grow healthy for life | All ages  | Georgia helping families grow healthy for life                    | North Georgia WIC  | <a href="http://www.northgawic.com">www.northgawic.com</a>                               | free               |
| Managing Credit and Debt                       | All ages  | Managing Credit and Debt  | The USAA Educational Foundation  | <a href="http://www.usaaedfoundation.org">www.usaaedfoundation.org</a><br>1-800-531-6196 | free               |
| Financial Planning and Goal Setting            |           |   | USAA Educational Foundation  | <a href="http://www.usaaedfoundation.org">www.usaaedfoundation.org</a>                   | free               |
| Planning for Healthy Babies                    |           |   |  | Dch.georgia.gov/p4hb or<br>1-877-744-2101  | Free               |
| How You Spend Makes a Difference               | Adults    | How You Spend Makes a Difference                                  | UGA College of Family and consumer Sciences- Manage Cash Flow/Making Ends Meet | <a href="http://www.fcs.uga.edu/outreach">www.fcs.uga.edu/outreach</a>                   | Free               |

|   |          |   |   |  |      |
|---|----------|---|---|--|------|
| Money Management  | Adults   | Managing Credit and Debit   | USAA Educational foundation                         | <a href="http://www.usaaedfoundation.org">www.usaaedfoundation.org</a> | free |
| Publix Baby Club enrollment form  | All ages | Publix Baby Club enrollment form  | Publix website customer service via contact us form | 800-242-1227<br><a href="http://www.publix.com">www.publix.com</a>     | Free |
| Whitfield Co. Health Dept.  | All ages | Whitfield Co. Health Dept   | Whitfield Co. Health Dept.                          | 706-279-9600   | Free |
| NW GA Family Crisis Center  | All ages | NW GA Family Crisis Center  | NW GA Family Crisis Center                          | 706-278-5586   | Free |
| North Georgia Family Crisis Center  | Adults   | North Georgia Family Crisis Center  | North Georgia Family Crisis center                  | 706-278-6595   | free |
| Centro de Crisis Familias del Noroeste de Georgia                                     | All ages | Centro de Crisis Familias del Noroeste de Georgia                                     | Centro de Crisis Familias del Noroeste de Georgia   | 706-278-5586   | Free |
| Lista para Comprobar la Seguridad de productos en Tiendas de Segunda                  | All ages | Lista para Comprobar la Seguridad de productos en Tiendas de Segunda                  | US consumer Product Safety Commission               | <a href="http://www.cpsc.com">www.cpsc.com</a>                         | free |
| Centro de Crisis Familias del Noroeste de GA  | All ages | Centro de Crisis Familias del Noroeste de GA  | Northwest Georgia Family Crisis Center              | 1-800-33Haven<br>1-706-278-5586  | Free |
| No Tomes Riesgos  | All ages | No Tomes Riesgos  | Georgia Dept. of Human Resources                    | Georgia Dept. of Human Resources                                       | free |
| Lista para comprobar la seguridad de productos que se venden en "Tiendas de Segundas" | All ages | Lista para comprobar la seguridad de productos que se venden en "Tiendas de Segundas" | US consumer Product Safety Commission               | 1-800-638-2772   | Free |
| Departamento de Salud del Condado de Whitfield  | All ages | Departamento de Salud del Condado de Whitfield  | Departamento de Salud del Condado de Whitfield      | 706-279-9600   | Free |

# Welcome to Parents as Teachers

*Children come into this world ready for love and learning. You are your child's first and most influential teacher. But your baby was not born with directions! Parents as Teachers informs, supports, and encourages parents like you in this important role.*

Parents as Teachers has a vision: that all children will grow and develop to reach their full potential. Isn't that what we all want for our children? Through Parents as Teachers, you will partner with a parent educator focused on your child's healthy growth and development.

Your parent educator will personalize information to fit with your family's needs, concerns, and hopes. Together you will discuss goals for you as a parent and for your child. You will build on your strengths and skills.

## Parent-child interaction

The love you have for your child and your warm, responsive interactions support her trust in this new wonderful world. With your love and interactions, she will grow and thrive.

## Development-centered parenting

Share what you see your child doing. Your parent educator will help connect those behaviors and actions to what is happening in her development.

## Family well-being

You are building a healthy, nurturing environment for your child. Your parent educator is there to broaden your knowledge as you make decisions for your child and family.

## Contact information

*If questions come up between visits, or if you need to reschedule, you can contact your parent educator using this information.*

(parent educator's name)

> The best way to reach my parent educator is:

> The best time is:

> I would like my parent educator to contact me by:

*Thank you for letting us be a partner with you and your family!*