

# Families with Young Children

## Workgroup Resources & Recent Publications

### ***Parent Express: Infant Series***

This 15 issue series provides new parents with timely information on preparing for baby's arrival and baby's growth and development. Each issue targets a specific month within baby's first year of life and features information on what parents should expect along with a wealth of "how-tos" on nutrition, play, discipline, and safety. Using simple text and many pictures, the newsletter series is especially appropriate for low-literacy and teen parent audiences. NOTE: CURRENTLY AVAILABLE FOR PILOT TESTING ONLY.

### ***Baby and Me: Growing Together***

This fun workbook allows parents to record, enjoy, and remember their baby's first year. Along with observation checklists and spaces for photos, the workbook offers tips for playing with and feeding baby. It is geared toward low-literacy and teen parents.

### ***Off to a Good Start: A Kindergarten Readiness Program***

Designed to help parents prepare their four-year olds for kindergarten, this curriculum is organized around seven workshops and includes fun, hands-on activities which promote cognitive, social, physical, and emotional development. The flexible design allows it to be delivered multiple ways in a variety of settings such as group parent meetings, family nights, and newsletters. Each lesson includes a mini-lecture with overheads, three activities, parent handouts, and take-home activities.

## Coming Soon!!!

### ***Parent Express: Toddler Series***

This 12 issue series is a continuation of the infant *Parent Express*. Each issue covers several months of baby's life, up to 36 months. Included is practical information on growth and development, nutrition, play, and discipline appropriate to each age. It, too, is appropriate for low-literacy and/or teen parent populations.

### ***The Power of Play***

This guide, for the parent professional, highlights the importance of play. It reviews the research on how play helps stimulate brain development and ideas professionals can use to encourage parents to play with their young children. Included are lists of toys/games for each age, ideas for inexpensive "toys" found around the house and important safety information.

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