

Information Resources

CHILD HEALTH AND DEVELOPMENT

Birth to Six Growth and Development Chart

This chart offers a quick, organized way of helping to recognize possible problem areas in a child's vision, hearing, and development. It can help parents, caregivers and teachers recognize areas that deserve a second look by a professional who can do further screening and evaluation. See http://www.del.wa.gov/publications/esit/docs/PrescreenChart_English.pdf

CHILD Profile

The "Watch & Help Me Grow" brochures show what children are learning at different ages from birth to 5 years, and ways adults can support that learning. The brochures are part of CHILD Profile mailings sent periodically to every family with a child under age 6 years who was born in Washington. The mailings also include information on health topics and immunizations. To get on the mailing list or download the brochures, see <http://www.doh.wa.gov/cfh/childprofile/>, or call the Family Health Hotline at 1-800-322-2588.

Child Profile also offers a **Childhood Health Record** (<http://here.doh.wa.gov/materials/child-health-record>) and a **Lifetime Immunization Record** (<http://here.doh.wa.gov/materials/lifetime-immunization-record>) to help parents keep track of their child's health.

Family Health Hotline, 1-800-322-2588

Provides a toll-free phone line to help families learn about child development and what to do if they have concerns about their child. The staff can connect families with their local early intervention program. Also see the web site of the Early Support for Infants and Toddlers (ESIT) program, <http://www.del.wa.gov/development/esit/Default.aspx>

Healthy Children (American Academy of Pediatrics)

Web site with information for parents and caregivers. Sections on Ages and Stages, Healthy Living, Safety & Prevention, Family Life, Health Issues. See <http://www.healthychildren.org/English/Pages/default.aspx>

Learn the Signs. Act Early.

Web site and publications of the national Centers for Disease Control and Prevention. Help parents follow their child's development and learn signs that a parent may want a health care provider to review. See <http://www.cdc.gov/ncbddd/actearly/milestones/index.html> or call 1-800-CDC-INFO.

Special Health Care Needs Program

Support is available for children with special health care needs and their families. Call the Answers for Special Kids (ASK) Line, a toll-free information service (1-800-322-2588 or 1-800-883-6388/TTY) that is a part of the Family Health Hotline. See the Washington State Health Department at <http://www.doh.wa.gov/cfh/mch/cshcnhome2.htm> or Parent Help 123 at <http://www.parenthelp123.org/families/children-with-special-needs> Resources also are available for children with autism. See <http://www.doh.wa.gov/cfh/autism/default.htm>

Department of Early Learning

The department's web site offers information for parents and families on child development, child care, school readiness, and a variety of services in Washington. See <http://www.del.wa.gov/parents-family/>

Department of Health

Offers information about child health, nutrition, well-being and immunizations.

See <http://www.doh.wa.gov/>

Department of Social and Health Services

Offers information on child support, health insurance and child safety.

See <http://www.dshs.wa.gov/children.shtml>

Let's Move, and Choose My Plate

Provides information for parents, schools and communities on physical activity and nutrition for children and families.

See <http://www.letsmove.gov/eat-healthy>

For more on healthy nutrition, see **Choose My Plate** <http://www.choosemyplate.gov> and Public Health – Seattle & King County's **Healthy Eating for Children** page, <http://www.kingcounty.gov/healthservices/health/nutrition/kids.aspx>

Love Talk Play

An information program from Thrive by Five Washington for parents of children birth to age 3. Offers easy-to-use tips on three key things all parents can and need to be doing with their children every day: love, talk and play.

See <http://www.lovetalkplay.org/index.html>

Office of Education Ombudsman

Resolves complaints, disputes and problems between families and elementary and secondary public schools in all areas that affect student learning. Offers information for parents about getting involved in children's learning and in the schools.

See <http://www.governor.wa.gov/oeo/>

Parent Help 1 2 3

An online service of WithinReach, provides information on healthy pregnancy, parenting, child development, children with special health care needs, immunizations and family health. The web site also helps families apply for state-sponsored health insurance and food stamps. It includes a "resource finder" to search for community services by city or zip code.

See <http://www.parenthelp123.org/>

Parent Trust for Washington's Children, and Family Helpline: 1-800-932-HOPE (4673)

Connects parents to free and low-cost classes, workshops and coaching. See <http://www.parenttrust.org/>

Parents' Guide to School Success

Guides by grade, kindergarten through high school, produced by the National Parent Teachers Association. Keyed to the Common Core Standards for English Language Arts and Mathematics, the guides include what children should be learning, related activities parents can do at home with their children, and ways for parents to build stronger relationships with their child's teacher. See <http://www.pta.org/4446.htm>

Partnerships for Action Voices for Empowerment (PAVE)

Provides information, training and support for individuals with disabilities, parents and professionals.

Offers workshops, materials, and information about local services and support groups.

See <http://www.wapave.org/>

Speech and Language Development

The American Speech-Language-Hearing Association offers information for families about typical speech and hearing development, and learning two languages.

See <http://www.asha.org/public/speech/development/>

Strengthening Families Washington

Offers resources and support for parents, caregivers and others who work with children to help them ensure that children receive the best support in life.

Works to engage parents, build social networks and promote parent leadership to help create a culture of mutual support and weave a strong web of protective factors around the children and families in their care. See <http://www.ccf.wa.gov/sfece/home.htm>

WithinReach

Toll-free hotlines give families access to health and food resources. Specialists can help families access services in any language using interpreter services. Bilingual specialists are available to help Spanish speaking families. (Also see Parent Help 1 2 3, above.)

See <http://withinreachwa.org/>

- Family Health Hotline 1-800-322-2588
- Apple Health for Kids Hotline 1-877-543-7669
- Family Food Hotline 1-888-4-FOOD-WA

Washington Connection

Helps families find and apply for the benefits and services they need. These include food, financial,

housing, utilities, health care, mental health, domestic violence, education, employment, child welfare, legal help, and resources for veterans. See <https://www.washingtonconnection.org/home/home.go>

Washington Information Network 211 (WIN 211)

A comprehensive database of health and human services in Washington. Fast way to find assistance with such needs as rent/mortgage payments, in-home care services, low-cost mental health or chemical dependency counseling or legal aid. Call 2-1-1 from anywhere in Washington, or see <http://www.win211.org/>

Zero to Three

National nonprofit that works to promote the health and development of infants and toddlers. Their materials for parents and caregivers answer many common questions about behavior, development and early education. They also provide information on child maltreatment and trauma.

See <http://www.zerotothree.org/>

INFORMATION FOR CHILD CARE PROFESSIONALS AND TEACHERS

21st Century Community Learning Centers Program

Supports the creation of community learning centers that provide academic enrichment opportunities during nonschool hours for children, particularly students who attend high-poverty and low-performing schools.

See <http://www.k12.wa.us/21stCenturyLearning/default.aspx>

Child Care Center Licensing Guidebook

The Department of Early Learning's guide for child care providers.

See <http://www.del.wa.gov/publications/licensing/docs/ChildCareCenterLicensingGuide.pdf>

Coalition for Safety and Health in Early Learning (CSHEL), Washington State

A voluntary information exchange on health and safety in child care in Washington.

See <http://www.cshelwa.org/index.php>

Department of Early Learning

The department's web site offers information for early learning providers and educators on licensing, child care subsidies, professional development, child development, ECEAP, Head Start and related topics.

See <http://www.del.wa.gov/providers-educators/>

Early Childhood Learning Knowledge Center

A service of the federal Office of Head Start, with information on Head Start, Early Head Start, family and community partnerships, and quality teaching and learning. See <http://eclkc.ohs.acf.hhs.gov/hslc>

Even Start Family Literacy Program

A federally funded education program for the nation's low-income families that is designed to improve the academic achievement of young children and their parents, especially in the area of reading.

See <http://www.k12.wa.us/EvenStart/default.aspx>

Head Start Child Development and Early Learning Framework

Provides Head Start and other early childhood programs with a description of the building blocks of a child's development (ages 3 to 5 years) that are important for school readiness and long-term success. See http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching/eeed/Assessment/Child%20Outcomes/HS_Revised_Child_Outcomes_Framework.pdf

Healthy Child Care America

A collaboration of health professionals and early learning professionals to provide health information and professional development.

See <http://www.healthychildcare.org/>

Homeless Education Office

OSPI office overseeing the federal McKinney Education for Homeless Children and Youth program, also known as "McKinney-Vento." The program provides federal funding to states for the purpose of supporting district programs that serve homeless students.

See <http://www.k12.wa.us/HomelessEd/default.aspx>

Institutional Education

Provides K-12 basic education services to incarcerated and previously incarcerated juveniles in Washington state. The goal is to provide these youth the opportunity to meet the same challenging state academic content standards and student academic achievement standards that all children in the state are expected to meet. See <http://www.k12.wa.us/InstitutionalEd/default.aspx>

National Association for the Education of Young Children (NAEYC)

Offers a wide range of information, materials and training for early learning professionals.

See <http://www.naeyc.org/>

National Center on Cultural and Linguistic Responsiveness

Part of the Office of Head Start, the National Center provides culturally responsive, user-friendly materials and training for staff and families to use to promote strong language and literacy skills in children's home language and in English.

See <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/cultural-linguistic>

National Resource Center for Health and Safety in Child Care and Early Education

Offers *Caring for Our Children*, national best practice standards in health and safety from the American Academy of Pediatrics and American Public Health Association.

See <http://nrckids.org/CFOC3/index.html>

Office of Superintendent of Public Instruction

The Early Learning (birth through third grade) section of the OSPI web site has information about alignment, the Starting Strong Institute, full-day kindergarten, the WaKIDS pilot and other topics. See <http://www.k12.wa.us/EarlyLearning/default.aspx> OSPI's web site also includes the state learning standards by subject and grade level.

See http://www.k12.wa.us/CurriculumInstruct/EALR_GLE.aspx

Title I, Part A of the Elementary and Secondary Education Act (ESEA)

Provides financial assistance to states and school districts to meet the needs of educationally at-risk students. The goal of Title I is to provide extra instructional services and activities that support students identified as failing or most at risk of failing the state's challenging performance standards in mathematics, reading and writing. See <http://www.k12.wa.us/TitleI/default.aspx> and <http://www.k12.wa.us/TitleI/TitleI/pubdocs/PreschoolNon-RegulatoryGuidance.pdf>

Washington State Core Competencies

Describe what early care and education professionals (serving ages 0 – 5 years), and child and youth development professionals (serving ages 5 – 18 years) need to know and be able to do to provide quality care, education and development. See Washington State Department of Early Learning, *Core Competencies for Early Care and Education Professionals* at <http://www.del.wa.gov/partnerships/development/core.aspx> and School's Out Washington, *Core Competencies for Child and Youth Development Professionals* at <http://www.del.wa.gov/partnerships/development/core.aspx>

Washington State Migrant Education Program Transitional Bilingual Instructional Program (state) and Title III (federal)

Provides services to migrant children and their families, and information about programs for migrant and bilingual students, and trainings and resources for teachers and families. The program is federally funded as part of the Elementary and Secondary Education Act, Title I, Part C. See <http://www.k12.wa.us/MigrantBilingual/default.aspx>
