



CHILD CARE RESOURCES has **FREE** written materials available on a variety of child-related topics

Learn more about any of these topics by calling 206-329-5544. We'll mail to you any of the materials listed below *at no charge*.

Call us with specific concerns and a family counselor will consult with you on the phone.

Let us know if you would like information on topics not listed here. We have access to additional information and resources that may help.

EXPECTED/NEW PARENTS & INFANTS

- Adoption: Guidelines for Parents
- A Guide for Dads: Give Your Child an Early Lead in Life (available in Spanish)
- Back to Sleep, Tummy to Play
- Watch & Help Me Grow: Birth-18 Months (Spanish)
- Off to a Sound Start
- A Caring Place for Your Infant (Spanish)
- Matching Your Infant's or Toddler's Style to the Right Child Care Setting (Spanish)
- Recognizing Postpartum Depression-Speak Up When You're Down

TODDLERS (1-3 year olds)

- Watch & Help Me Grow: 1½-3 Years (available in Spanish)
- A Caring Place for Your Toddler (Spanish)
- Matching Your Infant's or Toddler's Style to the Right Child Care Setting (Spanish)

PRESCHOOL (2.5-5 year olds)

- A Good Preschool for Your Child (available in Spanish)
- Watch & Help Me Grow: 3-5 Years (Spanish)

SCHOOLAGE

- Selecting a Quality After School Program for Your Child (available in Spanish)
- A Good Kindergarten for Your Child (Spanish)
- A Good Primary School for Your Child

CHILD CARE INFORMATION/CHOOSING CHILD CARE

- All in the Family (available in Spanish)
- A Parents Guide to Choosing Safe & Healthy Child Care (Spanish)
- 5 Steps to Choosing Summer Child Care (Spanish)
- Licensed Child Care in Washington State (Spanish)
- Accreditation (Spanish)
- Involving Men in the Lives of Children
- Give Your Child Something That Will Last a Lifetime... Quality Child Care! (Spanish)
- Family, Friend & Neighbor Care/Play & Learn (Spanish)
- King County Kinship Collaboration- Families Caring for Families
- Child Care Dollars: Where do they go?
- Responding to Linguistic & Cultural Diversity

SOCIAL & EMOTIONAL DEVELOPMENT

- Sibling Relationships
- Divorce and Children
- Raising Children to Resist Violence
- Helping Children Learn Self Control
- Love & Learn: Positive Guidance for Young Children (available in Spanish)
- So Many Goodbyes: Ways to ease the transition between home and groups for young children
- Media Violence and Children: A Guide for Parents
- When Disaster Strikes: Helping Children Cope
- Teaching Young Children to Resist Bias (Spanish)
- Winning Ways to Talk with Young Children (Spanish)

EDUCATION & LEARNING

- Babies are Born Learning: Make Every Moment Count (available in Spanish)
- Learning to Read and Write Begins at Birth (Spanish)
- Working Together For Kindergarten Success
- Toys: Tools for Learning (Spanish)
- Play is FUN-damental
- Books to Grow On: Latino Literature (Spanish)
- Books to Grow On: African American Literature
- Raising a Reader, Raising a Writer: How Parents Can Help (Spanish)
- What Am I Feeling? The Five Steps of Emotion Coaching

HEALTH & SAFETY ISSUES

- Home Safety Checklist
- How to Help Your Child with Asthma
- Common Childhood Infections
- Allergies in Children
- Students with Chronic Health Conditions
- Toy Safety
- The Internet and Your Family
- Understanding ADHD
- Children with Diabetes- Information for School and Child Care
- Oral Health & Why All Kids Need Regular Check-ups (available in Spanish, Russian, Vietnamese & Somali)
- Because you'd do anything to protect them- Start the conversation

SPECIAL NEEDS

- Choosing High Quality Child Care for a Child with Special Needs (available in Spanish)
- Including All Children: Children with Disabilities in Early Childhood Programs
- ASK Family Health Hotline- Answers for Special Kids

FINANCIAL ASSISTANCE

- Finding Help Paying for Child Care (available in Spanish)
- Homeless Program Brochure (Spanish)
- People Point (City of Seattle only) (Spanish, Somali, Tagalog, Vietnamese, Chinese)
- Step Ahead Preschool (City of Seattle only)
- Parent Help 123 (Spanish)