

Parenting Websites

- **Parent Education**

-Parent Further: www.parentfurther.com (Resource for families that covers developmental stages, discipline, technology, and how to assess risky behaviors.)

-The Center for Parenting Education:

<http://centerforparentingeducation.org/> (In-person and online parenting workshops, parenting coaching, and research-backed articles on parenting.)

-National Parenting Education Network: <http://www.npen.org> (Resources, professional development, and blog articles to supplement parents with educational materials on best practices.)

-Childcare World: <http://www.childcareworld.com/> (A connection for childcare professionals, providers, and parents with resources and tips for parents)

-One Tough Job: <http://www.onetoughjob.org/> (Direct and detailed education on positive parenting, school & child care, nurturing a family, health & safety, and growth & development.)

-Parenting.org: <http://www.parenting.org/> (BoysTown's guide to parenting, with specific education on a variety of parenting issues, as well as helpful videos.)

- Help Guide: <http://www.helpguide.org/> (A trusted non-profit resources that provides education and resources for a variety of issues and topics related to parenting and families)

-The National Parenting Center: <http://www.tnpc.com/> (America's leading parent advocacy organization, which provides scientific and research-based education on parenting at different stages.)

-Parent Center: <http://www.parentcenterhub.org/resources/> (Resources and education on key topics related to parenting in English and Spanish.)

-Raising Children Network: <http://raisingchildren.net.au/> (An Australian parenting website that provides information on children of all ages and fascinating activities, events, and news.)

-Child Development Institute: <http://childdevelopmentinfo.com/ages-stages/> (Research-backed information about your child's development at every age and stage, including what to expect and how to discipline appropriately.)

-Safe Kids: www.safekids.com/ (Education on safety, including cyberbullying, cell phones, and general safety tips for children and teens.)

-About Parenting: singleparents.about.com (Articles and tips on raising children as a single parent.)

-The Learning Community: <http://www.thelearningcommunity.us/Home/tabid/36/Default.aspx> (Tips for parents, parenting videos, and a parenting resource library to aid parents in developing their parenting skills.)

- **Children 0-5 years**

-Zero to Three: <http://www.zerotothree.org/> (National Center for Infants, Toddlers, and Families, providing education on behavior & development, maltreatment, and care.)

-Baby Center: <http://www.babycenter.com/help-about-company> (Connection for parents to advice from parenting experts and medical professionals, as well as support through every stage of child development.)

-Baby First: <http://babyfirst.com/en/parents-corner/index.php> (Information and support for parents of premature babies, with ways to increase nutrition and promote development, as well as parent success stories.)

-Family Education: <http://life.familyeducation.com/parenting-toddlers-babies/early-learning/42858.html> (Educational resources on pregnancy, parenting techniques, and positive activities for children.)

-Spoonful: <http://spoonful.com/> (Crafts, learning games, recipes and activities for small children.)

-PBS: <http://www.pbs.org/parents/> (Activities, education, games, and parenting education for parents of young children.)

- **Children 6-9 years**

-Child Development Info:

<http://childdevelopmentinfo.com/about/index.shtml> (Activities and parenting tips for children 6-18 years.)

-Annual Parent Reading Guide from the LA Times: <http://pdf.ftp-wehaa.com/LATIMES/LATIMES-2013-Parent-Reading-Guide.pdf> (A reading guide put out by the LA Times every year that helps parents understand the importance of reading and how to foster excitement about reading in their children, in English and Spanish.)

-Education.com: <http://www.education.com/articles/> (Games, activities, and parenting articles to best help educate children)

-USA.gov: <http://www.usa.gov/Topics/Parents-Young.shtml> (Resources for parents of young children on nutrition, reading, mental health, and a multitude of relevant topics to parenting from the government.)

-Girl Scouts: <http://www.girlscouts.org/> (Supply of positive opportunities for emotional, social, and physical growth for girls and teenagers through service and community.)

-Kids Health: <http://kidshealth.org/teen/> (Important topics for teens to learn about, such as sexual health, school & jobs, drugs & alcohol, and safety)

-JumpStart: <http://www.jumpstart.com/parents/resources> (Academic-related parenting resources such as games, activities, and worksheets that can help children fast track their learning.)

- **Children 10-18 years**

-Federal Student Aid: <https://fafsa.ed.gov/#> (Financial help for adolescents looking to attend college.)

-Parenting My Teen: <http://parentingmyteen.com/category/parenting-a-teen/> (Articles regarding the unique challenges of parenting a teen.)

-TeensHealth: <http://kidshealth.org/teen/> (Health-focused articles that provide basic, needed education on sexual health, food & fitness, diseases, drugs, and safety.)

-Safe Kids: <http://www.safekids.com/> (Education on online safety for teens.)

-V Street: <http://www.vstreet.com/learnmore/index-curriculum-sound.jsp> (Fun educational resources for teens preparing to live on their own for the first time, including comic-themed trainings on finances, self-care, etc.)

-Center for Employment Training: <http://cetweb.org/> (Resources for people 17+ to prepare them for employment in their selected career field.)

- **Special Needs**

-TeachingLD: <http://teachingld.org/> (Information and resources related to children with learning disabilities.)

-TASH: <http://tash.org/> (Disability rights and advocacy issues.)

-Epilepsy Foundation: <http://www.epilepsy.com/> (Education, research, and information for caregivers of children with epilepsy.)

-Administration on Intellectual and Developmental Disabilities: <http://www.acl.gov/programs/aidd/index.aspx> (Support and nationwide advocacy programs for those with intellectual and developmental disabilities.)

-Administration for Community Living (ACL): <http://www.acl.gov/programs/aidd/index.aspx>

-Wonder Baby: <http://www.wonderbaby.org/> (Advice and resources for babies with disabilities or blindness.)

- **For Moms**

-Mothering: <http://www.mothering.com/> (Forums for moms, as well as education on pregnancy and parenting.)

-Single Moms: <http://www.singlemoms.org/> (Resources on financial assistance, food, childcare, child support, pregnancy, and healthcare specific to mothers.)

-Café Mom: <http://www.cafemom.com/> (Conversations and advice-sharing between moms, as well as informational videos on saving money, nutritious living, etc.)

-A Child After 40: <http://achildafter40.com/resources/> (Resources, social groups, and forums for women experiencing later motherhood.)

-Moms Rising: <http://www.momsrising.org/> (A place for moms to practice advocacy for mother-related issues, learn about policies and resources, and receive education on children.)

-Postpartum Progress: <http://www.postpartumprogress.com/> (The nation's most widely-read blog on surviving postpartum depression and maintaining a healthy family.)

- **For Dads**

-The National Responsible Fatherhood Clearinghouse: <https://www.fatherhood.gov/about-us> (Office of Family Assistance funded national resource for fathers, practitioners, programs, states, and public that disseminates current research and proven strategies for fatherhood.)

-Just For Dads: <http://www.just4dads.org/> (Information on legal issues, child development, behavior issues, cooking and cleaning tips, and support groups.)

-National Center for Fathering: <http://www.fathers.com/> (Nonprofit educational organization that desires to improve the lives of children and establish positive fathering by equipping them to be engaged in the everyday lives of their children.)

-National Fatherhood Initiative: <http://www.fatherhood.org/?pid=242> (Researched and evidence-based programs that can increase father involvement and improve the lives of children.)

-Dadcando: <http://www.dadcando.com/default.asp> (A resource for dads, with an emphasis on single or non-resident fathers, with education on children, ideas for promoting child development, and ways to foster healthy relationships.)

-Practical Dad: <http://practicaldad.com/> (Information and guidance on children's health and development, household and family management, and raising kids in today's culture, specifically for fathers.)

- **Health and Mental Health**

-Family Doctor: <http://familydoctor.org/familydoctor/en.html> (Health information for the whole family.)

-Health Finder: <http://www.healthfinder.gov/> (Information on health conditions, nutrition and physical activity, pregnancy, doctor visits, and parenting.)

-Health Power:

<http://www.healthpowerforminorities.com/AboutHealthPower.aspx>
(Leading minority health information source worldwide.)

-Let's Move: <http://www.letsmove.gov/> (Michelle Obama's website that provides information on physical activity, eating healthy, and ways to engage children in healthy activities.)

-MedlinePlus: <http://www.nlm.nih.gov/medlineplus/> (National Institute of Health's Website for patients and families, with information on diseases, conditions, and wellness issues.)

-National Center for Complementary and Alternative Medicine (NCCAM): <http://nccam.nih.gov/> (Educational information on alternative medicine and its uses.)

-Parents Forum: <http://www.parentsforum.org/> (Non-profit that provides workshops to increase emotional awareness, as well as helps individuals develop strong support networks.)

-Planned Parenthood: <http://www.plannedparenthood.org/health-info>
(Up-to-date information on sexual health, for teens and parents.)

-WebMD: <http://www.webmd.com/> (News, research, and information related to family health.)

-Food Insight: <http://www.foodinsight.org/> (The website for The International Food Information Council Foundation, providing information on nutrition and healthy eating.)

-American Diabetic Association: <http://www.eatright.org/> (Research-related information on nutrition and health.)

-Fruits & Veggies More Matters:

<http://www.fruitsandveggiesmorematters.org/> (Help on how to shop, cook, and eat healthier with specific tips on each.)

- **Basic Needs: Food, Housing, Utilities, Childcare**

-Food Stamps: <http://www.ssa.gov/pubs/EN-05-10101.pdf>

-Find a Food Bank: <http://feedingamerica.org/foodbank-results.aspx>

-Find a Homeless Shelter: <http://www.homelessshelterdirectory.org/>

-Get Assistance with Energy Bills:

<http://www.acf.hhs.gov/programs/ocs/programs/liheap>

-Find Reliable Child Care: <http://childcareaware.org/parents-and-guardians>

-Find A Reliable Babysitter/Nanny: <http://www.care.com/>

-Find Out Eligibility for Government Benefits: <http://www.benefits.gov/>

- **Emergency Numbers**

-Boys Town National Hotline: (800 448-3000); 24/7 short-term crisis hotline providing crisis counseling, information, and referrals to services related to children and families. <http://www.boystown.org/>

-National Child Abuse Hotline: (1-800-4-A-Child); 24/7 professional crisis counselors that offer crisis intervention, information, and referrals. All calls are confidential!

<http://www.childhelp.org/pages/hotline-home>

-National Domestic Violence Hotline: (1-800-799-7233); Highly trained expert advocates available 24/7 to talk confidentially with anyone experiencing domestic violence, seeking resources of information, or questioning unhealthy aspects of their relationship.

<http://www.thehotline.org/>

-GLBT National Hotline: (1-888-THE-GLNH); Provides peer-support, information, and local resources related to coming-out issues, relationship issues, HIV/AIDS anxiety, and safer-sex information.

<http://www.glnh.org/hotline/index.html>

-Human Trafficking Hotline: (1-888-373-7888 or text 233733); Available to answer calls or texts 24/7 to report tips, connect with anti-trafficking services, or request training and resources.

<http://www.polarisproject.org/what-we-do/national-human-trafficking-hotline/the-nhtcr/overview>

-Crisis Care for Homeless and At-Risk Kids: Crisis shelters in locations all across America <http://www.covenanthouse.org/homeless-youth-programs/nineline>

-National Suicide Prevention Hotline: (1-800-273-TALK); No matter what problems you are dealing with, this hotline wants to help you find a reason to keep living. <http://www.suicidepreventionlifeline.org/>

-National Runaway Safeline: (1-800-RUNAWAY); Call if you have concerns about a child running away or about their general safety for resources, information, and support.

http://www.1800runaway.org/about/mission_values_history/

-National Capital Poison Center: (1-800-222-1222); Call the Poison Center for any possible poisonings, overdoses, or accidents.

- **In-person Groups**

-Al-Anon Family Groups: <http://www.al-anon.alateen.org/> (Strength and hope for friends and families of problem drinkers)

-B.I.L.Y. Parent and Youth Support Groups : <http://www.bily.org/> (A non-profit organization that educates and supports parents with troubled children, informing parents on consequences, appropriate structure, and consistency.)

-Parents Anonymous: <http://parentsanonymous.org/> (Promotes co-parenting and support between parents to encourage positive parent-child bonding.)

-DivorceCare: <http://www.divorcecare.org/findagroup> (These support groups allow for help and healing to occur in the hurt of separation and divorce.)

-Mental Health America: <http://www.mentalhealthamerica.net/> (Searchable database for support groups nationwide.)

- **Online Groups**

- Codependents Anonymous Meetings:

- <http://www.onlinecoda.net/meetings.html> (A place to connect with others who have struggled with leading co-dependent lives and learn from their experience.)

- Strength for Caring: <http://www.strengthforcaring.com/> (Website that provides enhanced resources for caregivers.)

- DailyStrength: <http://www.dailystrength.org/> (Online support groups on parenting, pregnancy, relationships, as well as many mental and physical illnesses.)

- Raising Them: <http://www.raisingthem.com/> (Meet parents with similar interests and chat in online groups, as well as activities for children and connections to local play groups.)

- Step Talk: <http://www.steptalk.org/> (Online groups for stepparents.)

- American Self-Help Group Clearinghouse:

- <http://www.mentalhelp.net/selfhelp/> (A keyword-searchable database of over a thousand in person and online support groups for a variety of issues, including parenting and caregiver concerns.)

- Circle of Moms: <http://www.circleofmoms.com/> (Online support through meeting other moms and support groups online, related to all different ages of moms and children, as well specific concerns.)

- **Legal Assistance**

- The State Bar of California:

- <http://www.calbar.ca.gov/Public/LegalInformation.aspx> (Legal information on a variety of topics, including family, housing, health care, personal finances, parents, and teenagers.)

- New Hampshire Legal Aid: <http://nhlegalaid.org/self-help-guides/family/parental-rights-responsibilities/parents-rights-place-start> (Legal information, referrals, and pro se assistance for parents related to their rights and responsibilities.)

- LawHelp: <http://www.lawhelp.org/> (Helps people of low and moderate incomes find free legal aid programs in their communities,

answers to questions about their legal rights, and forms to help them with their legal problems.)

-The United States Department of Justice's Free Legal Services

Providers: <http://www.justice.gov/eoir/probono/states.htm> (A listing of all free legal services providers categorized by state.)

- **Death and Illness**

-GriefNet: <http://www.griefnet.org/> (An internet community of people dealing with grief, death, and major loss with support groups and resources.)

-KIDSAID: <http://www.kidsaid.com/> (A safe place for kids to help each other deal with grief and loss, through email support groups, sharing and viewing other's stories, and a place for parents and kids to ask questions and find answers.)

-National Coalition for Cancer Survivorship:

<http://www.canceradvocacy.org/> (Advocacy for quality care for all individuals affected by cancer.)

-National Students of AMF Support Network:

<http://www.studentsofamf.org/> (College students supporting college students grieving the illness or death of a loved one.)

-Family Caregiver Alliance: <https://caregiver.org/> (Support, education, and advocacy for caregivers.)

-Caregiver Action Network (CAN): <http://www.caregiveraction.org/> (Support and resources for caregivers based on family situation and stress level.)

-Talking to Children About Death:

http://www.cc.nih.gov/ccc/patient_education/pepubs/childeath.pdf (A Patient Information Publication by the National Institutes of Health on talking to children about death effectively and in the most supportive way possible.)

- **Self-Care**

-SCAN: <http://www.scanva.org/support-for-parents/parent-resource-center-2/self-care-for-parents/> (The importance of and how to practice self-care, with resources and support for parents and children.)

-PEPS: <http://www.peps.org/ParentResources/by-topic/self-care/self-care-for-parents> (Self-care for parents with ideas for meeting all types of needs, with resources on almost every topic.)

-ParentFurther: <http://www.parentfurther.com/parenting/self-care> (The importance of self-care, statistics, and discussion boards on issues parents have with self-care.)

-The Power of Self-Care in Parenting: (Free Video)
<http://www.heartmath.org/free-services/downloads/power-of-self-care-in-parenting.html> (This free webinar addresses parent's unique needs and discusses how self-care helps the entire family.)

- **Bullying**

-StopBullying: <http://www.stopbullying.gov/> (Resources and education for parents on what to do if children are being bullied.)

-Bullying Prevention Resources:

<http://www.nasponline.org/resources/bullying/> (Posters and research articles to help families and educators to support children experiencing bullying and prevent it from continuing.)

-National Bullying Prevention Center:

<http://www.pacer.org/bullying/resources/> (Advocacy to end bullying, as well as stories and resources for all affected by bullying.)

-Bullying: Help your child handle a bully:

<http://www.mayoclinic.org/healthy-living/childrens-health/in-depth/bullying/art-20044918> (Discusses types of bullying, negative effects, warning signs, and possible actions to take to stop bullying for parents.)

-BullyingUK: <http://www.bullying.co.uk/> (Advice, resources, and support lines related to bullying for parents and teens.)