

Resources for GENERAL CHILD DEVELOPMENT

We live in a time of unprecedented access to information. We can ask almost any question and find an answer. When it comes to parenting, it can be overwhelming and confusing to sort through seemingly opposing information. This is especially true for parents navigating their child's medical challenges.

Below is a list of resources recommended by the providers at the UCLA Family Development Program. While this is not a comprehensive list, these books, websites, and podcasts offer sound advice that aligns with expert guidance.

Cribsheet by Emily Oster

Why we love it! ↪

Emily Oster's book uses data to empower parents to make evidence-informed decisions.

***Mayo Clinic Guide to Your Baby's First Years, 2nd Edition* by Walter J Cook and Kelsey M. Klaas**

Why we love it! ↪

Parents and caregivers can access answers to their most common questions in this amazing 0-5 guidebook.

The Happiest Baby on the Block by Harvey Karp

Why we love it! ↪

Harvey Karp's book covers well known strategies for infant soothing that are used in hospitals and clinics across the country.

Your Baby and Child: From Birth to Age Five by Penelope Leach

Why we love it! ↪

Penelope Leach's book offers parents and caregivers guidance that emphasizes families' emotional and attachment needs.

Caring for Your Baby and Young Child: Birth to Age 5 (American Academy of Pediatrics)

<https://publications.aap.org/aapbooks/book/568/Caring-for-Your-Baby-and-Young-Child-Birth-to-Age>

Why we love it! ↪

This comprehensive online resource for parents provides information on all aspects of child care, from talking to your pediatrician to toy safety and the effects of media use on learning.

March of Dimes: NICU Family Support® | March of Dimes :

<https://www.marchofdimes.org/our-work/nicufamily-support>

Why we love it! ↪

The March of Dimes website includes curated inspirational and relatable stories from NICU families around the country and provides information on topics like parental mental health and understanding medical equipment.

The Center for Disease Control's index of child development topics:

www.cdc.gov/ncbddd/childdevelopment/index.html

Why we love it! ↪

Online milestone trackers from the CDC offer reliable information on child development. Remember to flag any concerns for your next well-child check.

www.healthychildren.org

Why we love it! ↪

This website from the American Academy of Pediatrics (AAP) offers a one-stop-shop for parents and caregivers with info on nearly every general pediatric topic, organized by age.

