

## RESOURCES

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### Practice/Parent Resources:

- *American Academy of Pediatrics:* [www.aap.org](http://www.aap.org)  
A host of resources for the practice and family are available at this Web site.
- *Bright Futures:* [www.brightfutures.org](http://www.brightfutures.org)
- *Child and Adolescent Health Measurement Initiative:* [dch.ohsuhealth.com](http://dch.ohsuhealth.com)  
A national initiative focused on developing methods and tools for using parent-based surveys to assess performance. The site has downloadable surveys that can be implemented and templates for reporting the results to providers and to parents.
- *Developmental and Behavioral Pediatrics:* [www.dbpeds.org](http://www.dbpeds.org)  
Offers a tutorial on developmental screening as well as tools from the North Carolina “ABCD” project, such as anticipatory guidance brochures and practice “getting started” sheets.
- *Division TEACCH:* [www.teacch.com](http://www.teacch.com)  
Focuses on the person with autism and the development of a program around this person's skills, interests, and needs)
- *Family Support Network (NC) –Parent to Parent (VT):* [www.fsnn.org](http://www.fsnn.org) and [www.partoparvt.org](http://www.partoparvt.org)  
Promotes and provides support to families with children who have special needs.
- *Healthy Start Foundation (NC):* [www.NCHealthyStart.org](http://www.NCHealthyStart.org)  
Offers free materials for practices including calendars, coloring books, etc.
- *Kids Growth:* [www.kidsgrowth.com](http://www.kidsgrowth.com)  
A site for parents developed by pediatricians that offers parent handouts on an array of topics, such as developmental milestones, family communication, sleep disorders, toilet training, safety, etc.
- *Search Institute:* <http://www.search-institute.org>  
Offers information on asset building in children/young people)
- *Zero to Three:* [www.zerotothree.org](http://www.zerotothree.org)  
A national non-profit organization dedicated to advancing current developmental knowledge; promoting beneficial policies and practices; communicating research and best practices to a wide variety of audiences; and providing training, technical assistance and leadership development. Offers parent handouts, frequently asked questions about brain development, etc.

### Additional Online Resources:

- *AboutOurKids.org:* [www.aboutourkids.org](http://www.aboutourkids.org)  
Sponsored by the New York University Child Study Center, a multi-disciplinary team of professionals dedicated to advancing the field of mental health for children and their families through evidence-based practice, science, and education. Site includes common questions about normal development and “timely tips” for parents.

- *Baby Center*: [www.babycenter.com](http://www.babycenter.com)  
Leading destination on the Internet for new and expectant parents that features a comprehensive list of resources.
- *Bayer Institute for Health Care Communication*: [www.bayerinstitute.com](http://www.bayerinstitute.com)  
Institute with a mission to improve communication between clinicians and patients through education, research, and advocacy. Provides faculty development and intensive skills programs.
- *Brazelton Institute*: [www.childrenshospital.org/brazelton](http://www.childrenshospital.org/brazelton)  
Based in the Department of Pediatrics at the Children's Hospital in Boston, an affiliate of the Harvard Medical School, the Brazelton Institute was founded by Dr. J. Kevin Nugent in 1995. Building on T. Berry Brazelton's pioneering work with infants and families, the Institute aims to develop innovative service delivery models that target the changing health needs of children and families in today's society.
- *Children Now*: [www.childrennow.org/health/rightplace/index.html](http://www.childrennow.org/health/rightplace/index.html)  
An organization committed to improving conditions for all children by using communication strategies to reach parents, lawmakers, citizens, business, media and community leaders; offers special depth in children issues in California.
- *Coalition for Quality Children's Media*: [www.cqcm.org](http://www.cqcm.org)  
A national non-profit founded in 1991, **KIDS FIRST!**<sup>®</sup> evaluates and rates children's films, videos, DVDs, audio recordings, software, and television.
- *The Commonwealth Fund*: [www.cmwf.org](http://www.cmwf.org)  
A private foundation that supports independent research on health care issues and makes grants to improve health care practice and policy.
- *Dr. Spock*: [www.drspock.com](http://www.drspock.com)  
An integrated media company that provides parents with the latest expert advice, information, and inspiration on raising happy, healthy children. Created by doctors and other experts to offer a complete, personalized resource for parents that covers every stage of pregnancy and childhood.
- *Institute for Healthcare Improvement (IHI)*: [www.ihl.org](http://www.ihl.org)  
An independent, non-profit organization working since 1991 to accelerate improvement in health care systems in the United States, Canada, and Europe by fostering collaboration, rather than competition, among health care organizations.
- *KeepKidsHealthy.com*: [www.keepkidshealthy.com](http://www.keepkidshealthy.com)  
Offers a wealth of information on pediatric problems, nutrition, immunizations, safety, first aid, and parenting tips.
- *KidsGrowth*: [www.kidsgrowth.com](http://www.kidsgrowth.com)  
Provides articles and other materials about topics that concern physicians and parents; members of the Medical Advisory Board oversee its content
- *KidsHealth*: [www.kidshealth.org](http://www.kidshealth.org)  
The largest and most-visited site on the Web providing doctor-approved health information about children from before birth through adolescence. It includes information geared towards parents, kids, and teens.
- *Medem*: [www.medem.com](http://www.medem.com)  
Founded by leading medical societies, Medem is the premier physician practice-patient communications network on the Internet; offers a free children's health newsletter
- *Massachusetts Medical Society*: [www.mms.org](http://www.mms.org)  
A proactive professional association of physicians dedicated to the

advancement of medical knowledge, development and maintenance of high professional and ethical standards of medical practice and health care, and the promotion of institutions formed on liberal principles for the health, benefit and welfare of citizens

- *National Association for the Education of Young Children:* [www.naeyc.org](http://www.naeyc.org)  
The nation's largest and most influential organization of early childhood educators and others dedicated to improving the quality of programs for children from birth through third grade. Membership is open to all who share a desire to act on behalf of the needs and rights of young children
- *National Center for Education in Maternal and Child Health:* [www.ncemch.org](http://www.ncemch.org)  
Provides national leadership to the maternal and child health community in three key areas: program development, policy analysis and education.
- *National Highway Traffic and Safety Administration (NHTSA):* [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)  
Find certified child passenger safety technicians and child safety seat inspection stations in your area.
- *National Initiative for Children's Healthcare Quality (NICHQ):* [www.nichq.org](http://www.nichq.org)  
An organization formed in 1999 that assists offices in the quality improvement efforts in child health.
- *National Institute on Media and Family:* [www.mediafamily.org](http://www.mediafamily.org)  
A national resource for teachers, parents, community leaders, and other caring adults who are interested in the influence of electronic media on early childhood education, child development, academic performance. Resources include: movie, television, and video game content ratings; media awareness programs; and helpful hints for parents and families to evaluate their media use.
- *National Network for Child Care:* [www.nncc.org](http://www.nncc.org)  
An online source of more than 1,000 publications and other resources related to child care. Offers research-based publications, an e-mail listserv, and access to expert advice.
- *National PTA:* [www.pta.org](http://www.pta.org)  
A non-profit association of parents, educators, students, and other citizens active in their schools and communities. PTA is the largest volunteer child advocacy organization in the United States.
- *National SAFE KIDS Campaign:* [www.safekids.org](http://www.safekids.org)  
The first and only national organization dedicated solely to the prevention of unintentional childhood injury—the number one killer of children ages 14 and under. A great resource for car seat guidelines!
- *N.C. Center for Children's Healthcare Improvement:* [www.ncchildhealth.org](http://www.ncchildhealth.org)  
The Center offers learning collaboratives, educational workshops, and practical tools that help practices and health systems in North Carolina and nationwide accelerate improvements in care delivery.
- *Pediatric Development and Behavior:* [www.dbpeds.org](http://www.dbpeds.org)  
Independent Web site created to promote better care and outcomes for children and families affected by developmental, learning, and behavioral problems. Provides access to clinically relevant information and educational material for physicians, fellows, resident physicians, and students.
- *Pedicases.com:* [www.pedicases.org](http://www.pedicases.org)  
Bright Futures center for pediatric education in growth and development behavior and adolescent health. More than 25 self-contained educational modules are available through this site.

- *Sesame Workshop*: [www.sesameworkshop.org](http://www.sesameworkshop.org)  
Create innovative, engaging, educational content for all media by leveraging children's natural attraction to media in constructive and productive ways. Also see Baby Workshop for expectant parents and parents with young babies [www.sesameworkshop.org/babyworkshop](http://www.sesameworkshop.org/babyworkshop).
- *State Patrol and State Police*: [www.statetroopersdirectory.com](http://www.statetroopersdirectory.com)  
Find certified child passenger safety technicians and child safety seat inspection stations in your area.
- *The Whole Child*: [www.pbs.org/wholechild](http://www.pbs.org/wholechild)  
Sponsored by PBS, this Web site has information for providers and parents on topics such as daily routines, physical development, emotional health, language development, and self-control. Features information in both Spanish and English.

### **Journal Articles**

- American Academy of Pediatrics Committee on Psychosocial Aspects of Child and Family Health. Guidance for Effective Discipline (RE9740). *Pediatrics*. 1998; 101(4):723-728.
- Bethell et al. Partnering with parent to promote the healthy development of young children enrolled in Medicaid. The Commonwealth Fund, 2002 [www.cmwf.org](http://www.cmwf.org).
- Bethell C. Peck C. Schor E. Assessing health system provision of well-child care: The Promoting Healthy Development Survey. *Pediatrics*. 107(5):1084-94, 2001 May.
- Bethell C. Reuland CH. Halfon N. Schor EL. Measuring the quality of preventive and developmental services for young children: national estimates and patterns of clinicians' performance. *Pediatrics*. 113(6 Suppl):1973-83, 2004 Jun.
- Bordley WC, Margolis PA, Stuart J, Lannon C, Keyes L. Improving preventive service delivery through office systems. *Pediatrics*. 2001; 108(3):E41.
- Regalado M, Halfon N. Primary care services promoting optimal child development from birth to age 3 years: Review of the literature. *Archives of Pediatrics & Adolescent Medicine*. 2001;155(12):1311-22.
- Sege RD, et al. Short-term effectiveness of anticipatory guidance to reduce early childhood risks for subsequent violence. *Archives of Pediatrics and Adolescent Medicine*. 1997; 151: 392-397.

### **Books**

- American Academy of Family Physicians. *Patient Education in Your Practice: A Handbook for the Office Setting*. 2001.
- American Academy of Pediatrics. *Guidelines for Health Supervision III*. First edition, 1997. Revised and updated for 2002.
- Brazelton TB, Nugent JK. *Neonatal Behavioral Assessment Scale*. London: Mac Keith Press, 1995.
- Green M, Palfrey JS, eds. 2000. *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, Second Edition*. Arlington, VA: National Center for Education in Maternal and Child Health.
- Langely GT, Nolan KM, Nolan TW, Norman CL, Provost LL. *The Improvement Guide: A Practical Approach to Enhancing Organizational Performance*. San Francisco, CA: Jossey-Bass, 1996.
- Parker S, Zuckerman BS. *Behavioral and Developmental Pediatrics: A Handbook for Primary Care*. Little Brown & Co., 1995.

## **Multimedia**

### Healthy Steps Multimedia Training and Resource Kit

- Nine 12- to 20-minute videocassettes introduce the main concepts of the Healthy Steps approach and show how it is being used in real medical practices.
- A CD-ROM enables you to explore the main concepts of each unit in greater depth and provides case studies for clinical practice in analyzing various behaviors using teachable moments.
- Offers a self-directed and self-paced learning experience that is clear, engaging, and user-friendly.
- Order info on the Web site: [www.healthysteps.org](http://www.healthysteps.org).