

# 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](http://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](http://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.



# Resources for SOCIAL-EMOTIONAL DEVELOPMENT/BEHAVIOR MANAGEMENT

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## ***How to Talk so Little Kids Will Listen* by Joanna Faber & Julie King**

**Why we love it!** ↪

The 'How to Talk' books have stood the test of time by focusing on playful connection for young children.

## ***The Everyday Parenting Toolkit* by Alan Kazdin**

**Why we love it!** ↪

In his book, Alan Kazdin, director of the Yale Parenting Center, explores understandable, doable tools for parents and caregivers to use during developmentally normal behavior challenges in early childhood.

## **[www.purplecrying.info](http://www.purplecrying.info)**

**Why we love it!** ↪

Ronald Barr's online PURPLE crying resources provide education and coping strategies for getting through those difficult (and normal!) times when infants are hard to soothe.

## **[www.pocketpcit.com](http://www.pocketpcit.com)**

**Why we love it!** ↪

The Pocket PCIT website offers parents and caregivers of young children with moderate behavioral challenges effective, self-guided strategies, and treatment plans that promote positive parent-child interactions.

## ***Dear Old Dads Podcast***

**Why we love it!** ↪

These 'Dear Old Dads' are on a mission to break intergenerational cycles and help dads become thoughtful and intentional parents.

## ***Good Inside With Dr. Becky Podcast***

**Why we love it!** ↪

In this podcast, Becky Kennedy, a clinical psychologist, promotes strong parental leadership, connection, and respectful boundaries.

## ***Unruffled With Janet Lansbury Podcast***

**Why we love it!** ↪

In this podcast, Janet Lansbury, a founder of the 'respectful parenting' movement, encourages parents to address their own needs and stay regulated in order to regulate their children.



# Resources for TRANSITION TO PARENTHOOD AND SPECIAL NEEDS PARENTING

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## **Early by Sarah DiGreggorio**

### **Why we love it!** ↪

In this book, Sarah DiGreggorio combines the history of neonatology and NICU science with her personal story as a NICU parent to help professionals and caregivers understand their experience more profoundly.

## **Parenting From the Inside Out by Mary Hartzell and Daniel Siegel**

### **Why we love it!** ↪

In this book, Mary Hartzell and Daniel Siegel explore how our childhood experiences shape how we parent—something front of mind for many new parents.

## **To Have and To Hold: Marriage, Motherhood, and the Modern Dilemma by Molly Millwood**

### **Why we love it!** ↪

Psychologist Molly Millwood's book tackles the psychological and relationship-related transformations of parenthood with honesty and wisdom.

## **What No One Tells You: A Guide to Your Emotions From Pregnancy to Motherhood by Alexandra Sacks and Catherine Birndorf**

### **Why we love it!** ↪

This perinatal guidebook from reproductive psychiatrists Alexandra Sacks and Catherine Birndorf focuses on new moms' emotional and psychological experience.

## **Too Peas in a Podcast**

### **Why we love it!** ↪

Mandy and Kate, special needs moms who had babies in the NICU, host this sweet, supportive podcast especially for those whose parenting experience looks different from what they imagined.



# Resources for FEEDING & SLEEP

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## ***Helping Your Child With Extreme Picky Eating* by Katja Rowell and Jenny McGlothlin**

### **Why we love it!** ↪

This clear, detailed, and compassionate guidebook provides parents with a realistic plan to address family patterns affecting feeding difficulties.

## ***Precious Little Sleep* by Alexis Dubief**

### **Why we love it!** ↪

Alexis Dubief's book offers a range of approaches for improving infant sleep, from gentle to structured.

**<https://solidstarts.com>**

### **Why we love it!** ↪

A team of occupational therapists, physical therapists, dieticians, and a pediatrician has put together this comprehensive (and largely free) set of guides about introducing many different foods to babies, using a baby-led weaning approach. They also offer general nutrition, feeding behavior, and picky eating tips.

**<https://feedinglittles.com>**

### **Why we love it!** ↪

As Nutritionists and Occupational Therapists, Judy and Megan from Feeding Littles offer both paid and free guides to topics like bottle refusal and disruptive mealtime behavior.

**<https://safetosleep.nichd.nih.gov/>**

### **Why we love it!** ↪

The National Institute of Health's Safe to Sleep website encourages safer sleep practices that have been shown to lower the risk of Sudden Infant Death Syndrome (SIDS). It includes shareable resources, videos, and information to help parents make a sleep plan that is safe and healthy for the whole family.

