

# *Helpful Family Resources*

## **Parenting, Child Development and Advocacy**

1. A national organization whose aim is to strengthen and support families, practitioners and communities and to promote the healthy development of babies and toddlers.  
<https://www.zerotothree.org/early-learning>
2. A good resource from the *American Academy of Pediatrics*, for general information related to child health or for more specific guidance on parenting issues.  
<https://www.healthychildren.org/English/family-life>
3. LIDA, Inc., is a multi-professional organization operating on the paradigm that birth is normal and as such provides evidence-based information and positive support for women in the early stages of motherhood, from conception through postpartum.  
<https://www.lidoulas.com/>
4. This coalition aims to build a broad-based constituency to make investment in quality early care and learning a top public priority in New York State.  
<http://winningbeginningny.org/>
5. Nassau County Dept. of Social Services website includes a directory of services and contacts.  
<https://www.nassaucountyny.gov/agencies/dss/DSSHome.htm>

## **Nutrition, Health & Safety Information**

6. New York's health insurance plan for uninsured children up to 18 years old, regardless of income or minority status. Benefits include well child care, immunizations, treatment of illness or injury, prescription drugs, dental care and more.  
[https://www.health.ny.gov/health\\_care/child\\_health\\_plus/index.htm](https://www.health.ny.gov/health_care/child_health_plus/index.htm)
7. Focuses on increasing both the awareness of the health benefits of fruits and vegetables, and their consumption.  
<https://www.fruitsandveggiesmorematters.org/>
8. Community Supported Agriculture  
<https://www.localharvest.org/csa/>
9. Every child needs to learn the ABCs of life. When it comes to establishing healthy habits  
<https://www.apa.org/topics/children/healthy-eating>
10. Save the Poison Help number into your cellphone: **800-222-1222**  
<https://www.poisonhelp.hrsa.gov/>