

# Free Early Development Resources for FAMILIES AND CAREGIVERS

Resource	Type	Description	Source	Age Target	Developmental Domain	Language
<a href="#">ASQ Resource Page</a>	Web page with activity and tip sheets, guides	Features activity sheets (corresponding to both the <a href="#">ASQ:3</a> and the <a href="#">ASQ:SE</a> ) with ideas of activities to do with children to stimulate and encourage healthy physical and socio-emotional behavior, <a href="#">guide to ASQ screening</a> , <a href="#">information on the ASQ process</a> , <a href="#">parent-teacher conference sheets</a> , <a href="#">tips on navigating the gray zone</a> and <a href="#">tips on bridging the word gap</a> .	<a href="#">Ages and Stages Questionnaires (ASQ)</a>	2 months to 5 years of age	Social-emotional development, universal development	All materials are available in English, some are available in Spanish, Arabic, Vietnamese, French, Simplified and Traditional Chinese
<a href="#">Baby Games Calendar</a>	Online calendar tool	Can be synced to Outlook, iCal or email calendars to send reminders of developmental milestones and activity suggestions based on baby's date of birth.	<a href="#">Pathways.org</a>	Birth to 96 weeks of age	Universal development	Available in English, possibly available in language that computer, phone or tablet operates in
<a href="#">Baby Navigator Online Class</a>	Online class	Meets on a weekly basis to discuss developmental milestones and the ways in which young children learn. Offers opportunities for families and educators to connect, share and receive information, ask questions and improve their ability to detect developmental delays.	<a href="#">First Words Project</a> and <a href="#">Autism Navigator</a>	6 months to 18 months of age	Universal development	Available in English
<a href="#">Bright Futures Initiative</a>	Downloadable/printable activity coloring book and tip sheet	Provides guidance on the topics of preventative care screenings and well-child visits. Includes <a href="#">Bright Futures Activity Book</a> , <a href="#">Well-Child Visits tip sheet</a> and links to helpful websites and programs.	<a href="#">American Academy of Pediatrics (AAP)</a>	Young children	Universal development	Activity book is available in English and Spanish, tip sheet is available only in English
<a href="#">Caring Connections Series</a>	Online podcast and video series	Discusses how families can best promote the healthy development of young children through engaging activities, communication, the establishment of routines and more.	<a href="#">Office of Head Start (OHS)</a>	Birth to 5 years of age	Universal development	Audio/video is available in English, transcripts are available in English and Spanish
<a href="#">Center on the Social and Emotional Foundations for Early Learning Website</a>	Website with guides and training modules	Provides recommendations on how to encourage healthy social-emotional behavior. Includes parenting guides on addressing social-emotional behavior challenges (example: <a href="#">Teaching Your Child to Identify and Express Emotions</a> ) and parent training modules with an accompanying <a href="#">family workbook</a> .	<a href="#">Center on the Social and Emotional Foundations for Early Learning (CSEFEL)</a>	Birth to preschool	Social- emotional development	Available in English and Spanish
<a href="#">Early Childhood Training and Technical Assistance System</a>	Informational website	Repository for briefs, tools, fact sheets, guides and informational products on child development and general health.	<a href="#">Administration for Children &amp; Families (ACF)</a>	Birth to 5 years of age	Universal development	All materials available in English, some also available in Spanish

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Healthy Children Ages and Stages	Informational website	Features articles that address parental questions/concerns about the development of young children. Also includes lists of milestones that children should be reaching by different stages of life and ways to address concerns regarding developmental delays.	<a href="https://www.healthychildren.org">Healthychildren.org</a> (developed by the <a href="https://www.aap.org">American Academy of Pediatrics</a> )	Birth to 5 years of age (also has resources for older children/adolescents)	Universal development	All materials are available in English and Spanish
Learn the Signs, Act Early Campaign	App, downloadable/printable tip sheets, checklists and booklets	Encourages families to learn the signs of healthy development and act promptly to address concerns of developmental delays. Includes information on developmental milestones ("Milestones in Action" webpage, Free Milestone Tracker App, <a href="#">Milestone checklists</a> , <a href="#">Milestone Moments Booklet</a> ) and guidance on intervention ( <a href="#">How to Help Your Child</a> , <a href="#">How to Talk with the Doctor</a> , <a href="#">screening "passport" to track results</a> ).	<a href="https://www.cdc.gov/actearly">Center for Disease Control (CDC)</a>	2 months to 5 years of age	Universal development	All materials available in English and Spanish, some additionally available in Korean, Vietnamese, Creole, Simplified Chinese and Portuguese
Little Kids, Big Questions Podcast	Online podcast series	Addresses common challenges faced by caregivers of babies and toddlers. Podcasts center around how caregivers can nurture healthy development.	<a href="#">ZERO TO THREE</a>	Birth to 3 years of age	Universal development	Available in English and Spanish
Mind in the Making Skill Building Opportunities	Downloadable/printable tip sheets	Offer answers to behavioral questions that are often asked by families during well-child visits. The tips are intended to help caregivers view behavioral issues as opportunities to instill life skills in their children.	<a href="#">Bezos Family Foundation</a>	Infant/toddler, preschool, and school age	Universal development	Available in English; Spanish versions coming soon
Parents Anonymous Groups	In-person support group	Intended for caregivers who want to develop positive parenting strategies and abilities. While caregivers are in the parenting session, their children attend the children and youth program where they engage in activities that promote growth and development.	<a href="#">Parents Anonymous Inc.</a>	Birth to young adulthood	Universal development	Sessions are conducted in English and Spanish
Physical Development Delays Checklist	Online checklist tool	Outlines typical physical behaviors according to age and allows parents/caregivers to check off behaviors their child struggles with/does not exhibit. Once checked off, those behaviors are put onto a printable list to help parents/caregivers remember their concerns during their child's next well-child visit.	<a href="https://www.healthychildren.org">Healthychildren.org</a> (developed by the <a href="https://www.aap.org">American Academy of Pediatrics</a> )	Birth to 5 years of age	Physical development	Available in English and Spanish
Teaching is Talking: Talk, Read, Sing	Online videos, downloadable/printable activity ideas	Helps caregivers recognize their ability to encourage early brain development in their children. Resources include parenting videos, <a href="#">informational documents</a> , <a href="#">math</a> and <a href="#">literacy tips</a> .	<a href="#">Too Small to Fail</a>	Birth to preschool	Social-emotional development, early learning	All materials are available in English and Spanish
Text4baby	Texting service and app	Sends personalized messages to soon-to-be parents and parents/caregivers with babies younger than one year of age. Messages are timed according to their due date or their baby's birth date and include information/tips on developmental milestones, prenatal care, birth defect prevention, sleep, doctor's appointments and more.	<a href="#">Wellpass, Inc.</a>	Pre-birth to 1 year of age	Universal development	Available in English and Spanish
Vroom	Texting service and app	Provides caregivers with activity ideas aimed at building brain capacity among young children. Corresponding website includes <a href="#">printable activity sheets</a> and Vroom promotional materials for professionals to pass on to families.	<a href="#">Bezos Family Foundation</a>	Birth to 5 years of age	Universal development	Services and materials are available in English and Spanish

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<a href="#">Well-Visit Planner</a>	Online planning tool	Helps caregivers shape well-child visits according to their family's needs. Caregivers input information about their child and family and the planner produces a personalized visit guide based on identified health risks. The tool is based on AAP Bright Future guidelines and educates caregivers on development as they fill it out.	<a href="#">The Child &amp; Adolescent Health Measurement Initiative (CAHMI)</a>	4 months to 6 years of age	Universal development	Available in English and Spanish
<a href="#">16 By 16 Series</a>	Downloadable/printable look-books	Outline milestones children should be reaching by 16 months of age and early signs that they may have autism or other developmental delays. Includes look books that can be downloaded or printed: <a href="#">16 Gestures by 16 Months</a> , <a href="#">16 Actions with Objects by 16 Months</a> , <a href="#">16 Early Signs of Autism by 16 Months</a> .	<a href="#">First Words Project</a>	9 months to 16 months of age	Universal development	Available in English, Spanish and Creole

For an electronic copy or for more information, visit <https://www.first5la.org/early-identification-and-intervention-eii/>