

# Free Early Development Resources for FAMILIES AND CAREGIVERS

Resource	Type	Description	Source	Age Target	Developmental Domain	Language
<a href="#">Alma Family Services Intellectual and Developmental Special Needs</a>	Support and services	Provides multidisciplinary family services that provide early childhood development, and family support groups. Resources include <a href="#">Project Hope</a> , <a href="#">Alma preschool program</a> , <a href="#">family and peer support groups</a> , an <a href="#">integrated care program</a> , and <a href="#">family resource centers</a> .	<a href="#">Alma Family Services</a>	Birth through adolescence	Intellectual and developmental special needs, social-emotional development	English and Spanish
<a href="#">ASQ Resources Page</a>	Informational webpage with activity and tip sheets and guides	Features activity sheets (corresponding to both the <a href="#">ASQ:3</a> and the <a href="#">ASQ:SE-2</a> ) with ideas of activities to do with children to stimulate and encourage healthy physical and social-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	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="#">Autism Speaks</a>	Resource and informational website	Provides a wide range of information and support including <a href="#">What is Autism?</a> , <a href="#">learning signs</a> by age category, and where to start if newly diagnosed ( <a href="#">100 day kit for newly diagnosed families of young children under 5</a> ). They also provide an autism <a href="#">response team</a> , <a href="#">autism friendly events</a> , and specified information for children <a href="#">0-3</a> and <a href="#">4-12</a> . Resources are also provided for <a href="#">parents</a> of children with autism including various toolkits, blogs, advocacy news, podcasts and more.	<a href="#">Autism Speaks</a>	Birth to 12 years and their families/ caregivers	Autism	English and Spanish
<a href="#">Baby Games Calendar</a>	Milestone tracker	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 20 months	Universal development	English (videos also available in Spanish, Chinese, Croatian, Italian, Portuguese, Turkish, Vietnamese)
<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	Universal development	English
<a href="#">Bright Futures Initiative</a>	Informational website with 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>	Prenatal through 21 years	Universal development	English (activity book also available Spanish)
<a href="#">Caring Connections Series</a>	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	Universal development	English (transcripts also available in Spanish)

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<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 behavioral 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 5 years	Social-emotional development	English and Spanish
<a href="#">Child Care Resource Center funded childcare &amp; development options</a>	Childcare resources	Lists a variety of different state and federally funded childcare and development programs. Intended to increase parental choice in their child's education and accommodate individual family needs by outlining program specific requirements and structures.	<a href="#">Child Care Resource Center</a>	Birth to 3 years	Universal development	English
<a href="#">Child Development Institute (Parenting Today)</a>	Informational website and blog	Intended to be the “go to” website for parents seeking support and information about their children. Provides resources regarding <a href="#">childhood development</a> , <a href="#">psychology</a> , <a href="#">ADD-ADHD</a> , <a href="#">activities for kids</a> , <a href="#">fun family activities</a> , and more. Provide parents with a platform to communicate with other parents ( <a href="#">parent blog</a> ) and share tips/recommendations.	<a href="#">Child Development Institute (Parenting Today)</a>	Birth through adolescence	Universal development, social-emotional development	English
<a href="#">Early Childhood Learning &amp; Knowledge Center (ECLKC)</a>	Informational website with registration information	The Head Start Early Childhood Learning & Knowledge Center provides guidance on finding locating and applying for a Head Start program. 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	Universal development	English and Spanish
<a href="#">El Nido Programs</a>	Support and services	Provide an array of programs that promote early childhood development including Welcome Baby program and Early Head Start. In addition, they provide a multitude of FamilySource centers that serve as one stop resource locations through the Los Angeles. Lastly the building stronger families parent circles, mentors for young parents, and advocacy trainings.	<a href="#">El Nido Family Centers</a>	Birth to adulthood, and parents	Universal development	English

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<a href="#">Family Resource Centers (FRCs)</a>	Support and services	Families of infants and toddlers can receive parent-to-parent support from Family Resource Centers. These Centers work in partnership with local regional centers and education agencies to help parents, families and children get information about early intervention services and how to navigate the Early Start program (early intervention services for infants and toddler with disabilities). California's FRC are staffed by parents who have children with special needs and provide information and parent-to-parent support. <ul style="list-style-type: none"> <li>• <a href="#">Eastern Los Angeles Family Resource Center</a></li> <li>• <a href="#">Koch-Young Resource Center (Lanterman)</a></li> <li>• <a href="#">Harbor Regional Center's Family Center</a></li> <li>• <a href="#">Carolyn Kordich Family Resource Center (Harbor)</a></li> <li>• <a href="#">Family Focus Resource Center (North Los Angeles)</a></li> <li>• <a href="#">Parents' Place (San Gabriel/Pomona)</a></li> <li>• <a href="#">McClaney Family Resource Center (South Central)</a></li> <li>• <a href="#">Westside Family Resource and Empowerment Center</a></li> </ul>	<a href="#">Department of Developmental Services</a>	Birth to three years	Developmental delays, universal development	English and Spanish; other languages vary by location
<a href="#">Healthy Children Ages and Stages</a>	Informational website	Features articles that address parental questions and 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="#">Healthychildren.org</a> (developed by the <a href="#">American Academy of Pediatrics</a> )	Birth to 5 years (plus resources for older children/ adolescents)	Universal development	English and Spanish
<a href="#">Just in Time Parenting</a>	Newsletter	Provides caregivers with timely informational newsletters delivered by email and is specific to a child's age and needs. Each issue includes information on child development, tips on raising happy and healthy children, tools for addressing common parenting problems, and strategies for coping with the challenges of raising children. Each newsletter is also providing links to additional resources, such as podcasts, videos, and other informational platforms.	<a href="#">Just In Time Parenting</a>	Prenatal to 5 years	Universal development	English and Spanish
<a href="#">Learn the Signs, Act Early Campaign</a>	Informational website with milestone app, 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 Get Help Your Child, screening "passport" to track results</a> ).	<a href="#">Center for Disease Control (CDC)</a>	2 months to 5 years	Universal development	English and Spanish, (some materials also available in Korean, Vietnamese, Creole, Simplified Chinese and Portuguese)
<a href="#">Little Kids, Big Questions Podcast</a>	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	Universal development	English and Spanish
<a href="#">Los Angeles County Department of Mental Health Provider Directory</a>	Mental health resources	<b>Map and printable directories of mental health providers in Los Angeles County, which can be filtered by zip code, city, languages spoken, and age groups served. The Department also has a 24/7 access line at 800-854-7771.</b>	<a href="#">Los Angeles County Department of Mental Health</a>	All ages	Social-emotional development	Translation available in 13 threshold and more languages

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<a href="#">Mind in the Making Skill Building Opportunities</a>	Informational webpage with 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>	Birth through adolescence	Universal development	English and Spanish
<a href="#">Pacer Center</a>	Classes and events and informational website	Aims to enhance the quality of life for children and youth with all disabilities and their families so each person can reach their highest potential. They provide assistance, workshops, and materials for parents and professionals. They have a national learning center with various information and resources including <a href="#">Children's Mental Health and Emotional or Behavioral disorders</a> , <a href="#">Early Childhood Family Information</a> , and <a href="#">Health Information Center</a> .	<a href="#">Pacer</a>	Children with special needs and their parents	Developmental delays, social-emotional development	English
<a href="#">PAM Online</a>	Online class	Provides a comprehensive training program tailored for parents and families of newly autism diagnosed children. The training is divided into 4 sessions: 1) early diagnosis; 2) Call to advocacy; 3) The therapy maze; and 4) Your child's education.	<a href="#">Special Needs Network</a>	Children with autism and their parents	Autism	English
<a href="#">Parents Anonymous Groups</a>	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 conducted in English and Spanish
<a href="#">Physical Coordination and Movement Trouble in Kids</a>	Resource and informational website	Provides parents and caregivers with information regarding development in coordination and mobility. Explains the difference between <a href="#">fine motor skills</a> , gross motor skills, and <a href="#">motor planning</a> , as well as what factors can cause difficulty with movement. Also provides resources and information on how to help kids with movement difficulties including activities on how to help younger kids build <a href="#">fine motor skills</a> and <a href="#">gross motor skills</a> , <a href="#">self-care routines</a> such as <a href="#">washing hands</a> and <a href="#">brushing teeth</a> , and <a href="#">playground activities</a> such as swinging, climbing, and free play.	<a href="#">Understood</a>	2 to 5 years	Motor and physical development	English
<a href="#">The Physical Developmental Delays: What to Look for Tool</a>	Milestone tracker	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="#">Healthychildren.org</a> (developed by the <a href="#">American Academy of Pediatrics</a> )	Birth to 5 years	Physical development	English and Spanish

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<a href="#">Regional Centers</a>	Support and services	<p>Many individuals with developmental disabilities that are present before age 18 are eligible for Regional Center services. There are 21 Regional Centers throughout California, seven of which are in Los Angeles County. Each Regional Center is a nonprofit, private corporation that contracts with the California Department of Developmental Services (DDS). <b>Lookup</b> the Regional Center that serves a zip code.</p> <ul style="list-style-type: none"> <li>• <a href="#">Eastern Los Angeles Center</a></li> <li>• <a href="#">Frank D. Lanterman Regional Center</a></li> <li>• <a href="#">Harbor Regional Center</a></li> <li>• <a href="#">North Los Angeles Regional Center</a></li> <li>• <a href="#">San Gabriel/Pomona Regional Center</a></li> <li>• <a href="#">South Central Los Angeles Regional Center</a></li> <li>• <a href="#">Westside Regional Center</a></li> </ul>	<a href="#">Department of Developmental Services</a>	Birth to young adulthood	Developmental delays	English and Spanish; other languages vary by location
<a href="#">Special Needs Network LA (SNNLA)</a>	Classes, support groups, screening and services	Provides a variety of services to help strengthen parental skills and child development including Applied Behavior Analysis (ABA), parent training, social skills training, behavior evaluations, and early and intensive Behavior Intervention. Coming soon is the <a href="#">Center for Autism and Developmental Disabilities</a> .	Special Needs Network	Children of all ages and their parents/caregivers	Intellectual and developmental special needs	English and Spanish
<a href="#">Teaching is Talking: Talk, Read, Sing</a>	Informational website with videos and activity ideas	Helps caregivers recognize their ability to encourage early brain development in their children. Resources include parenting videos, <a href="#">informational</a> documents, and <a href="#">early literacy tip</a> , <a href="#">early math</a> and <a href="#">social and emotional development</a> resources.	<a href="#">Too Small to Fail</a>	Birth to 5 years	Social-emotional development, early learning	English and Spanish
<a href="#">Text4baby</a>	Texting and app support and milestone tracker	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</a>	Prenatal to 1 year	Universal development	English and Spanish
<a href="#">Vroom</a>	Texting and app support	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	Universal development	English and Spanish
<a href="#">Well-Visit Planner</a>	Pediatrician visit resource	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	Universal development	English and Spanish
<a href="#">16 By 16 Series</a>	Milestone tracker	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	Universal development	English, Spanish and Creole

For an electronic copy or for more information, visit [First5LA.org/early-identification-and-intervention-eii/](https://First5LA.org/early-identification-and-intervention-eii/)