

Online Tools for Parents of Young Children, Ages 0-5



Early Learning Counts! MDE Parenting Webinars

Does your busy schedule make it challenging for you to attend Early Childhood Family Education classes? Are you interested in obtaining some practical, no-nonsense parenting tools and techniques to help you with your parenting journey? Join us for **FREE** monthly online parenting webinars designed specifically for parents of young children, ages 0-5 years old. Register at <http://www.workingfam.org> Participate in the “live” presentation or access the recorded version when it is convenient for you. While there, you can download a number of Timely Tips for Busy Parents. These monthly webinars are brought to you through a partnership between the Minnesota Department of Education and the Working Family Resource Center.

Help Me Grow Referral

If you have concerns about your child’s growth or development, visit www.mnparentsknow.info and complete the Help Me Grow referral information. A professional will contact you to arrange a screening or evaluation to determine if your child is eligible for free Help Me Grow: Infant and Toddler Intervention services. You can also talk to your child’s health care provider or call 1-866-693-GROW (4769) to talk to a professional and find out ways which you can get connected with various resources in Minnesota.



MN Parents Know Website

www.mnparentsknow.info

Visit this website for trusted parenting information, resources and activities to help your children grow, develop and learn from birth through high school.

MINNESOTA on iTunes U

Minnesota on iTunes U is a dedicated area within Apple’s iTunes Store featuring free access to educational content. It is a collaboration between the Minnesota Department of Education and partners including the Science Museum of Minnesota, the Minnesota Zoo, and Walker Arts Center. Apple calls iTunes U “a powerful distribution system for everything from lectures to language lessons, films to labs, audiobooks to tours.”

Connect to Minnesota on iTunes U at <http://itunes.apple.com/us/institution/minnesota/id408181729>



Watch Me Grow Scrapbook

The Watch Me Grow Scrapbook is a fun way to keep track of how your child is growing and learning from birth to five years. Visit www.mnparentsknow.info

under “Newborn” and click on Help Me Grow to download a printable copy of the scrapbook. Save a copy as a keepsake for your child or share the scrapbook with significant adults, such as aunts, uncles, and grandparents!

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Mom Enough™ (ME) Weekly Podcasts

Weekly half-hour podcasts on child development and parenting topics will be posted every Monday morning at www.momenough.com. Following the podcasts, parents are encouraged to engage in an online MEs discussion on the moderated Parent to Parent forum at www.MNParentsKnow.info.



<http://education.state.mn.us/MDEForum/MDEForum/listthreads?forum=2>

Everyday Parent to Parent is a forum or bulletin board for Minnesota parents to share ideas, concerns, or ask questions about child growth and development. There is a forum for each child's age group, so it is easy to find a virtual community of parents who are in the same parenting stages as you! Registration is required and comments posted on this parent forum are moderated.



text4baby

Get **FREE** messages each week on your cell phone to help you through your pregnancy and your baby's first year. Text BABY to 511411 Or visit <http://www.text4baby.org/index.html> for more information.

Parent to Parent *Live*

Helping kids grow

Do you have unanswered parenting questions? We have an option for you! Our child development experts will be hosting quarterly online chats on specific parenting topics and you are invited to attend! A brief overview of each topic will be presented, then for the remainder of the hour he or she will respond to your questions and comments. Questions can be submitted ahead of time at parentchat@wfrc.us. Pre-Registration is required at www.workingfamily.org. Sessions are recorded and archived for future listening.

Tufts University

Child&FamilyWebGuide

Due to the expanding volume of information on the Web, parents can be overwhelmed with results from an Internet search on a topic. Experts from Tufts University have systematically evaluated sites to ensure that the child development and health research presented is of the highest quality and is parent friendly. You can quickly access information on these sites through the Google Custom Search at http://education.state.mn.us/ParentsKnow/acrossTheNet.jsf?ageGroup=age1_2.



Early Learning Digest

A Publication provided through a partnership between the MN Department of Education and the Working Family Resource Center

Early Learning Digest (ELD) is a **free** bi-monthly newsletter, offering articles of interest for parents of children ages birth – 5. Information is digested from evidence-based sources, including the MN Parents Know website. Subscribe electronically to receive each issue at www.workingfam.org.