

# ACADEMY OF PEDIATRIC PHYSICAL THERAPY

## Promoting Your Child's Development: Information Resources for Families of Children with and without Disabilities

The Academy of Pediatric Physical Therapy (APPT) appreciates the importance of finding helpful and reliable resources and information for children and families. Although many resources are available, the APPT has provided the following resources to help promote child development. The resources are categorized for easy access, selected as trustworthy, and cover a wide range of topics.

### ***DEVELOPMENTAL MILESTONES ACROSS THE LIFESPAN (BIRTH TO YOUNG ADULT)***

#### **CDC Learn the Signs. Act Early**

<https://www.cdc.gov/ncbddd/actearly/index.html>

The "Learn the Signs Act Early" web site of the National Center on Birth Defects and Developmental Disabilities of the Centers for Disease Control and Prevention (CDC) offers educational resources for families with a simple, concise overview of key developmental milestones, including resources to address developmental concerns for children ages birth to 5 years. Available resources emphasize the importance of tracking child development to increase early identification of children with autism and other developmental delays. Available in both English and Spanish, free downloadable resources include a CDC Milestone Tracker App, parent kits with growth charts, posters, informational fact sheets, a photo and video library, books, and tips for family concerns. These and additional materials may be downloaded from the web site or ordered in bulk.

#### **Healthy Children from the American Academy of Pediatrics (AAP)**

<https://www.healthychildren.org/English/Pages/default.aspx>

This resource is a parenting website sponsored by the American Academy of Pediatrics and committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults. Families will find general information related to child health, specific guidance on parenting issues, information regarding developmental milestones, newsletters and apps to promote development.

#### **March of Dimes (MOD)**

<https://www.marchofdimes.org/>

The MOD website offers information about pregnancy, newborns, pre-maturity, and birth defects. It also provides links to local MOD chapters and related resources.

#### **Public Broadcasting Service (PBS)**

<http://www.pbs.org/parents/>

PBS Parents is a trusted resource that is filled with information on child development and early learning. It also provides parent access to PBS KIDS, including educational games and activities inspired by PBS KIDS programs.

## **Zero to Three**

[www.zerotothree.org](http://www.zerotothree.org)

Zero to Three is a national nonprofit organization whose purpose is to promote the healthy development of the United States' infants and toddlers by supporting and strengthening families, communities, and those who work on their behalf. Examples of resources on their Web site include an extensive list of parenting topics and downloadable booklets that show families how to make meaningful opportunities out of everyday moments. Additional information includes fun "brain-building" activities based on current brain development research in the context of the infant and young child's relationships, experiences, and surrounding environment.

## **TOOL KITS, PLAY ACTIVITIES, AND RESOURCES FOR PARENTS AND FAMILIES TO SUPPORT DEVELOPMENT**

### **AblePlay**

[www.ableplay.org](http://www.ableplay.org)

Developed by the National Lekotek Center, AblePlay™ is a toy rating system and website that provides comprehensive information on toys for children with special needs, so parents, special educators, therapists, and others can use this information to make toy choices. Toys are categorized according to disability and age group.

### **BAM! Body and Mind**

<https://www.cdc.gov/bam/>

This website, developed by the Centers for Disease Control, provides child and youth friendly information about disease, food and nutrition, physical activity, and safety as it relates to a young person's life and well-being.

### **Child Development Resources**

<https://www.childdevelopmentresources.org/sitepages/default.aspx>

This resource is a continuously evolving list of selected websites providing health and safety tips and information applicable to child care settings.

### **Day2Day Parenting**

<http://day2dayparenting.com/category/child-routines/positioning/>

This resource provides parents and caregivers with the tools, resources, and advice to have a happy, calm, and successful home. Whether a first-time parent, the parent of a child with special needs, a parent looking for milestone-specific advice or someone in between, this resource offers information so that parents can help their child thrive. The resources provide tools for parents in various stages of parenting.

## **RESOURCES FOR SUPPORT AND ADVOCACY**

### **Born Learning Campaign**

[www.bornlearning.org](http://www.bornlearning.org)

The United Way of America, partnering with the Ad Council, created a website that helps parents, caregivers, and communities create high-quality early learning opportunities using everyday events for young children. The website provides comprehensive developmental information on children from birth to 5 years of age.

## **CanChild**

[www.canchild.ca](http://www.canchild.ca)

One of the focuses of this organization is to support research on children and youth with disabilities within communities where they live. Links on the website for families and providers offer comprehensive summaries of research findings and activities to improve quality of life for families and children.

## **Center for Parent Information and Resources [CPIR]**

<http://www.parentcenterhub.org/resources/>

The CPIR website offers a wealth of information for children with disabilities, including links to disability-related topics, such as national disability organizations, state resources, resource libraries, national and regional conferences, information related to special education, and links to state specific resources centers.

## **Pacer Center – Champions for Children with Disabilities**

[www.pacer.org](http://www.pacer.org)

The center was created by parents with children with disabilities to help other parents with similar life experiences. The site offers a wealth of resources, including associated links, newsletters, and publications related to special education and disability.

## **Pathways Awareness Organization**

[www.pathwaysawareness.org](http://www.pathwaysawareness.org)

This organization's website provides valuable information for parents regarding the benefit of early detection and early therapy for children with physical movement differences. It also offers downloadable information about the physical development of children (ages 3 to 15 months). Materials are available in multiple languages.

## ***RESEARCH AND ADDITIONAL INFORMATION***

### **Academy of Pediatric Physical Therapy (APPT)**

[www.pediatricapta.org](http://www.pediatricapta.org)

In the Consumer Resources area of the APPT website, the "find a pediatric physical therapist" link, provides contact information of local pediatric physical therapists. Also in the Consumer Resources families and consumers can access a variety of informational fact sheets created by the Academy of Pediatric Physical Therapy, view a PowerPoint presentation about pediatric physical therapy, and find additional websites that may be useful. A link to *APTA Move Forward* provides newsworthy updates on current research and intervention in physical therapy.

### **Center on the Developing Child – Harvard University**

<http://developingchild.harvard.edu/>

The Center on the Developing Child at Harvard University was established in 2006, with a founding mission to generate, translate, and apply scientific knowledge that would close the gap between what is known and what practices are used to improve the lives of children facing adversity. This resource provides video clips in family friendly language to support understanding of early experiences and early brain development.

### **Cerebral Palsy Tool Kit**

<https://cpnowfoundation.org/>

Parents of children with cerebral palsy (CP) created this resource to support other parents of children with CP. The CP Tool Kit, on this website, may be used like an encyclopedia, allowing parents to reference content sections as needed. The CP Tool Kit is published by CPNOW, and was written by experts in the care of children with cerebral palsy.

## **Child and Family Web Guide- Tufts University**

<http://ase.tufts.edu/cfw/>

The Web Guide is a directory that evaluates, describes and provides links to hundreds of sites containing child development research and practical advice. Topics are selected on the basis of parent recommendations; covering all ages from early child development through adolescence.

## **Child Welfare Information Gateway**

<https://www.childwelfare.gov/topics/preventing/promoting/parenting/understanding/>

Child Welfare Information Gateway promotes the safety, permanency, and well-being of children, youth, and families by connecting child welfare, adoption, and related professionals and the public to information, resources, and tools covering topics on child welfare, child abuse and neglect, out-of-home care, adoption, and more. The website provides resources to help parents understand children's developmental stages, including specific state resources.

## **I'm Determined: Empowering Self-Determined Behavior**

<https://www.imdetermined.org/>

This website is funded by the Virginia Department of Education and offers resources for families to help their child with a disability be more self-determined in taking control of their lives. The target audience is for parents of children from elementary through high school.. Families with younger children may find the resources useful in planning for the future as self-determination begins in early childhood. Free and downloadable resources are available in document, podcast, and video format. These resources include a "Toolbox for Self-Determination" (available in Spanish), self-determination checklists, stories from families and youth, transition planning for important stages, and dealing with bullying.

## **Triple P - Positive Parenting Program**

<http://www.triplep-parenting.com/us-en/triple-p/?cidsid=ea15fab24731a9e47c68b38dc695376f>

Regardless of a child's developmental status, positive parenting is crucial to their development and well-being. The Triple P – Positive Parenting Program is an effective evidence-based parenting supported by more than 30 years of ongoing research. Triple P gives parents simple and practical strategies to help them build strong, healthy relationships with their children, confidently manage their children's behavior and prevent problems from developing. Triple P is currently used in 25 countries and across many cultures, socio-economic groups, and family structures.

## **For More Information**

If you have additional questions, would like to order additional copies of this fact sheet, or would like to join the Academy of Pediatric Physical Therapy, please contact the Executive Office of the Academy of Pediatric Physical Therapy of the American Physical Therapy Association at:

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Or visit the Section's Web site at [www.pediatricapta.org](http://www.pediatricapta.org).

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