

From Baby to Preschooler: Early Childhood Health Resources

An Infopeople Webinar
Presented by Kelli Ham, MLIS
April 16, 2014

Early Childhood Health Resources

MedlinePlus

From the National Library of Medicine, this comprehensive site is the first place to go for health-related questions. It is available in English and Spanish; some content available in over 45 languages.

medlineplus.gov

Centers for Disease Control and Prevention Parents Page

The CDC created a page just for parents, with separate sections for different age groups. The focus on prevention of disease and injury provides a wealth of information about raising healthy kids.

<http://www.cdc.gov/parents/>

For Parents – Vaccines for your Children

Another section of the CDC site is devoted to bringing research-based information about prevention of childhood diseases through vaccinations. Articles, age-group schedules, videos, and helpful tools are presented on this easy-to-use site, including a page with tips for evaluating vaccine information found on the Internet.

<http://www.cdc.gov/vaccines/parents/>

KidsHealth for Parents

Kids Health is really several sites in one; there are separate sections for Kids, Teens, Parents, and Educators. Information here is written in an easy-to-understand way with a fun presentation, described on the site as “medically reviewed info without the doctor speak.”

<http://kidshealth.org/parent/>

Zero to Three

From the National Center for Infants, Toddlers, and Families, this site includes excellent resources about healthy development. The Resources for Parents section and the podcast series titled Little Kids, Big Questions are both highly recommended.

<http://www.zerotothree.org/child-development/>

First Five California

Within the Parents section of the First Five California site is the Health Center, a wonderful collection of information that parents need to know about kids up to age five. Explore the site to find some real gems!

<http://www.cfc.ca.gov/parents/>

Healthy Children

From the American Academy of Pediatrics, this site provides helpful advice and information for parents and caregivers from the pediatrician point of view. Note: this site does accept advertising.

<http://www.healthychildren.org>

Kids Eat Right

This is a wonderful resource about nutrition for all kids, with special sections for baby, toddler and preschooler. Parents will love the quality information all in one place on this easy-to-use site.

<http://www.eatright.org/kids/>

National Child Traumatic Stress Network (NCTSN)

Traumatic events can cause stress for everyone, but it may not be easy to understand or know what to do for young children in traumatic circumstances. Being aware of the helpful materials here will be useful for library staff in the aftermath of earthquakes, severe weather events, or other events.

<http://www.nctsn.org/>

NCTSN Resources for School Professionals

This section of the NCTSN site includes several toolkits and manuals for use by educators, with some materials specific to preschools. Examples include Child Trauma: a Toolkit for Educators, in English and Spanish, and Psychological First Aid for Schools – a Complete Manual.

<http://www.nctsn.org/resources/audiences/school-personnel>

ScrubClub

Kids from 3-8 will love the ScrubClub! This highly interactive site teaches kids through games and activities about the importance of washing their hands. The Parents section provides a good overview of the content and how to use it with young children.

<http://www.scrubclub.org/>

Early Learning with Families 2.0 on Pinterest

As part of this initiative for public libraries to provide quality early learning services to families and children from babies through age five, the California State Library has created an amazing Pinterest collection chock full of healthy activities and ideas to get kids to eat healthy. The main ELF 2.0 website is listed below.

<http://pinterest.com/ELF2Libraries>

<http://elf2.library.ca.gov>

Demographics and Health Status Indicators

California Demographic Profiles

The California State Library provides demographic profiles for every library jurisdiction in the state, helping libraries know the makeup of their communities which leads to better services.

<http://www.library.ca.gov/lds/demographicprofiles>

2011-2012 Child and Teen Health Profiles

Learn more about county health indicators in these one page snapshots of key health statistics for California children. Created from the California Health Interview Survey (CHIS).

http://healthpolicy.ucla.edu/health-profiles/Child_Teen/Pages/2011-2012-Child-and-Teen.aspx

County Health Rankings

To find community health information, the County Health Rankings and Roadmaps is a good place to start. Choose your state and county, then scan through the data to get a sense of the health issues in your area.

<http://countyhealthrankings.org>

Compiled by Kelli Ham, Consumer Health and Technology Coordinator
NN/LM Pacific Southwest Region, UCLA Louise M. Darling Biomedical Library

kkham@library.ucla.edu

nmlm.gov/psr