



### National Resources/ Free Publications:

**American Academy of Child & Adolescent Psychiatry:** Concise and up-to-date handouts alphabetized by issues that affect children, teenagers, and their families:

[https://www.aacap.org/aacap/Families\\_and\\_Youth/Facts\\_for\\_Families/Home.aspx](https://www.aacap.org/aacap/Families_and_Youth/Facts_for_Families/Home.aspx)

**American Academy of Pediatrics: HealthChildren.org:** Parenting Web site backed by 64,000 pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults. <https://www.healthychildren.org/english/our-mission/pages/default.aspx>

**Center for Disease Control (CDC):** Lots of Developmental Milestone resources such as checklists, handouts, posters, and Tip sheet for talking with parents: <http://www.cdc.gov/ncbddd/actearly/downloads.html#Otherresources>; “how to” Parent Videos on common parenting issues and questions: <http://www.cdc.gov/parents/essentials/videos/index.html>

**Center on the Developing Child, Harvard University:** Video briefs, handouts, etc. on Brain Development [http://developingchild.harvard.edu/key\\_concepts/serve\\_and\\_return/](http://developingchild.harvard.edu/key_concepts/serve_and_return/)

**Center on the Social & Emotional Foundations for Early Learning (CSEFEL):** Family handouts “What Works Briefs” and free training materials for infant toddler and preschool teachers: <http://csefel.vanderbilt.edu/index.html>

**Technical Assistance Center on Social and Emotional Interventions (TACSEI):** Highlights practices that improve the social-emotional outcomes for young children with, or at risk for, delays or disabilities and creates **FREE** products and resources. <http://challengingbehavior.fmhi.usf.edu/index.htm>

**Zero to Three (ZTT):** Tons of great handouts, reference tools and parents handouts for all things behavior & development birth to 36 months. [www.zerotothree.org](http://www.zerotothree.org) ; Parent Videos: “Magic of Everyday Moments”: <http://www.zerotothree.org/parenting-resources/MOEM/>

### Kentucky Resources & S.E. Contacts:

**Child Care Health Consultation (CCHC):** The program provides consultation and technical assistance on health, safety and nutrition for children ages 0-5 to child care providers. <http://www.kentuckycchc.org/> ; Helpline 1-877-281-5277

**Consortium for Resilient Children:** Provides your expertise on social and emotional issues with young children, social and emotional trainings and workshops, and professional guidance in answering questions from parents and caretakers. Program manager: 513-272-2800 <http://www.resilientchildren.org/>

**Early Childhood Mental Health Program (ECMH):** Consist of regional ECMH Specialists who provide consultation and training to child care providers regarding social, emotional and behavioral issues. Also provide evaluation, assessment, and therapeutic services for children from birth through the age of 5 and their families <http://dbhdid.ky.gov/dbh/ecmh.aspx>

**Governor’s Office of Early Childhood:** Parent sign-up for monthly messages, parent guides on school readiness and other local resources related to early education in KY. <http://kidsnow.ky.gov>

**Help Me Grow Kentucky (HMGKY):** Free program that serves families with children, birth through age five that are at risk for developmental delays, by providing knowledge of and access to a statewide system of resources and services to





promote children's healthy development. Get developmental and social emotional screens for young children: Toll Free Support: 877-616-7388; [helpmegrowky@ky.gov](mailto:helpmegrowky@ky.gov)

### Equip Environment:

**Child Development Institute, NC: ITERS/ECERS:** Four environment rating scales, each designed for a different segment of the early childhood field. Each one of the scales has items to evaluate: Physical Environment; Basic Care; Curriculum; Interaction; Schedule and Program Structure; and Parent and Staff Education. <http://ers.fpg.unc.edu/about-environment-rating-scales>

**Kentucky Partnership for Early Childhood Services:** Enhances high quality services for children and families through active engagement in collaborative research and professional development. Resources, and trainings: <http://www.kentuckypartnership.org/Home.aspx>

**National Association for the Education of Young Children (NAEYC):** A professional membership organization that works to promote high-quality early learning for all young children, birth through age 8, by connecting early childhood practice, policy, and research. We advance a diverse, dynamic early childhood profession and support all who care for, educate, and work on behalf of young children. <http://www.naeyc.org/content/about-naeyc>

**Teachstone/ C.L.A.S.S:** About improving the ways teachers interact with their students and how classroom interactions have lasting impact on children's academic and developmental success. Online checklists, classroom tools, CLASS information and teacher blogs: <http://teachstone.com/about-teachstone/>

### Encourage Positive Behaviors & Emphasize Learning:

**1-2-3 Magic:** Changing adult behavior with simple, friendly, & effective child discipline strategies. <http://www.123magic.com/>

**Center for Early Childhood Mental Health Consultation:** Translates research in healthy mental development into materials tailored to the needs of each of the target audiences, and makes them available on this website. <http://ecmhc.org/>

**Devereux Center for Resilient Children:** Promotes Resilience through assessment and planning to strengthen within-person social and emotional protective factors. Birth to adults' assessments as well as FLIP-IT! Posters, book and other resources: <http://www.centerforresilientchildren.org>

**Jefferson County School Website:** KY School readiness including suggestions/resource for the area of social-emotional. <http://ready4k.jefferson.kyschools.us>

**Parent Child Interaction Therapy:** PRIDE skills, active ignoring and clear expectations: <http://pcit.php.ufl.edu/>

**Choices, Logical Consequences, Adult Modeling:** Zero-to-Three: [www.zerotothree.org](http://www.zerotothree.org); CSEFEL: <http://csefel.vanderbilt.edu/index.html> ;

**Redirection:** Head Start and Early Head Start: <http://eclkc.ohs.acf.hhs.gov/hslc>





**Embrace Unique Strengths:**

**Kentucky Partnership for Families and Children, Inc (KPFC).** Dedicated to improving services for children in Kentucky with emotional, social, and behavioral challenges. As the name implies, bringing the parents and professionals to the table. Helpful resources and parent support groups: <https://kypartnership.org/about-us/>

**Via Character:** Free, in-depth character strengths survey and downloadable character charts: <http://www.viacharacter.org/www/Character-Strengths/VIA-Classification>; 8 Min Science of Character Strengths Video: <http://www.letitriple.org/character>

**S.E Research Articles (free online):**

- **See Me Beautiful: Cultivating Strengths in Young Children (and poem).** <http://positivepsychologynews.com/news/elizabeth-elizardi/2012092024191>
- **Well-Doing + Well-Being for Children | Psychology** <https://www.psychologytoday.com/blog/what-matters-most/201411/well-doing-well-being-children>
- **Preschool Expulsion and ECMH:** <http://psychologybenefits.org/2014/12/23/can-preschool-expulsion-be-prevented-a-growing-body-of-research-says-yes/>
- **20-year study shows kindergarteners who play nice do better in life** <http://www.scp.org/news/2015/07/16/53041/20-year-study-shows-kindergarteners-who-play-nice/>
- **Raising Caring Children: Examples of what to do (for Parents):** <http://sites.gse.harvard.edu/making-caring-common/raising-caring-children>

**MORE S.E. Books. Journal Articles (print):**

- Park, N., & Peterson, C. (2006). Character Strengths and Happiness Among Young Children: Content Analysis of Parental Descriptions. *Journal of Happiness Studies*, 7, 323-341.
- Lottman, T.J., Zawaly, S., & Niemiec (2015 in press). Well-being and well-doing: Bringing character science to early childhood. In C. Proctor (Ed.) *Interventions in Positive Psychology*. London:Springer.
- Niemiec, Ryan (2014). *Mindfulness and Character Strengths: A Practical Guide to Flourishing*. Hogrefe Publishing.

