



PARENT RESOURCES AND SUPPORT

We are pleased to share the following resources with you:

Read to Them | readtothem.org/family-resources/
Free resources and tips to raise a reader!

Food Hero | foodhero.org
Free recipes, gardening, healthy activities and other tips

Center On The Social & Emotional Foundations of Early Learning | readtothem.org/family-resources/
Free training modules for teaching about emotions, cooperation, communication, and more!

CDC's Developmental Milestones | cdc.gov/ncbddd/actearly/milestones/index.html
Free resources and a Tracker App you can download to track your child's milestones.

How to Be Safe Around Dogs | youtube.com/watch?v=tiDdDxjsHCg
A fun, informative video to help children learn how to be safe around dogs

USDA's My Plate | myplate.gov/myplate-tip-sheets
Tips on nutrition and healthy eating for children of all ages



ADDITIONAL RESOURCES:

WASHINGTON	OREGON
Working Connections in Childcare dcyf.wa.gov/services/earlylearning-childcare/getting-help/wccc Helps eligible families apply for childcare fee support	Employment-Related Day Care oregon.gov/delc/programs/pages/erdc.aspx Provider fee support for eligible families
Family Medical Center yfwc.com/locations/family-medical-center/ Low cost medical services, free health fairs	Oregon Parenting Education Collaborative umchs.org/o/opec Free seminars about parenting
Walla Walla Early Learning Center earlylearningwallawalla.org/resources/caregivers-families Parenting, healthcare, and provider information	Care Oregon https://www.careoregon.org/am-i-eligible Provides physical, dental and mental health care and substance use treatment through the Oregon Health Plan (OHP) as part of Health Share of Oregon, one of two coordinated care organizations (CCOs) serving the tri-county area.
HAVE A RESOURCE YOU'D LIKE US TO SHARE WITH OTHER PARENTS? PLEASE LET US KNOW!	Blue Mountain Early Learning Hub bluemountainearlylearninghub.org/ Parenting classes and resources for parents in the area.