

## Early Learning GPS Toddler Resources

The following resources can be found at the Early Learning GPS at [www.earlylearninggps.com](http://www.earlylearninggps.com).

Your Child's Brain		
Resource	Description	Website
<b>Website: Kids eat right (Academy of Nutrition and Dietetics)</b>	Includes articles, tips, recipes and videos to provide healthy nutrition for your child.	<a href="https://www.eatright.org/for-kids">https://www.eatright.org/for-kids</a>
<b>Video: How Parent's Mental Health Can Affect A Baby (PA's Promise for Children)</b>	There are many factors that can influence the development of a baby during pregnancy and after birth. Until recently researchers knew little about the relationship between a pregnant mom's mental health and how her baby's brain would develop after it was born.	<a href="https://papromiseforchildren.com/featured-articles/how-parents-mental-health-can-affect-a-baby/">https://papromiseforchildren.com/featured-articles/how-parents-mental-health-can-affect-a-baby/</a>
<b>Document: Pennsylvania Learning Standards for Infants and Toddlers (PA Office of Child Development and Early Learning)</b>	The Early Learning Standards provide information about what children usually know or can do within specific age ranges. There are also examples of specific ways a child may show adults what he/she knows or is able to do. Also provided are ways families can encourage and support their child in learning.	<a href="https://www.pakeys.org/pa-early-learning-initiatives/early-learning-standards/">https://www.pakeys.org/pa-early-learning-initiatives/early-learning-standards/</a>

Your Child's Development		
Resource	Description	Website
<b>Brochure: Watch Me Grow (Pennsylvania Early Intervention Supports and Services)</b>	This Early Intervention child find, and family information brochure is a statewide public awareness document utilized by all Infant/Toddler and Preschool Early Intervention Programs. The brochure includes common language to describe Early Intervention, so parents know that their child receives Early Intervention services regardless of where they live throughout the state. The brochure can be used for families, early care and education agencies providers, physicians, child find activities, etc.	<a href="https://www.pattan.net/Publications/Watch-Me-Grow-Brochure">https://www.pattan.net/Publications/Watch-Me-Grow-Brochure</a>
<b>Document: Learning is Everywhere Calendar (PA's Promise for Children)</b>	Help your child learn with everyday activities to do with your child using everyday items. Check out different themed early learning activities. There's even a list of books that match the theme.	<a href="https://papromiseforchildren.com/learning-is-everywhere/">https://papromiseforchildren.com/learning-is-everywhere/</a>
<b>Article: Challenging Behaviors and Your Child (PA's Promise for Children)</b>	Research has shown that striking a child, yelling at or shaming them can elevate stress hormones and lead to changes to a child's brain. Harsh verbal abuse is also linked to mental health problems as children get older. Find suggestions for other methods to teach children right from wrong that are safer and more effective.	<a href="https://papromiseforchildren.com/featured-articles/challenging-behaviors-and-your-child/">https://papromiseforchildren.com/featured-articles/challenging-behaviors-and-your-child/</a>
<b>Checklist: Learn the Signs of Autism (Autism Speaks)</b>	One of the most important things you can do as a parent or caregiver is to learn the early signs of autism and become familiar with the typical developmental milestones that your child should be reaching.	<a href="https://www.autismspeaks.org/learn-signs">https://www.autismspeaks.org/learn-signs</a>

You and Your Child		
Resource	Description	Website
<b>Website: Parenting Counts Timeline (Parenting Counts)</b>	The Parenting Counts Timeline offers access to research-based information about your child's development from birth to five.	<a href="http://www.parentingcounts.org/information/timeline/">http://www.parentingcounts.org/information/timeline/</a>
<b>Podcast Audio: Shhh! It's okay – coping with crying with babies and toddlers (Zero to Three)</b>	In this podcast, Dr. Pam High offers insight into one of the most distressing challenges experienced by many new parents—coping with their babies' fussiness and crying.	<a href="https://www.zerotothree.org/resources/272-coping-with-crying-in-babies-and-toddlers">https://www.zerotothree.org/resources/272-coping-with-crying-in-babies-and-toddlers</a>
<b>Website: Parenting Counts Timeline (Parenting Counts)</b> <b>Website: Everyday Learning Tips (PNC Grow Up Great)</b>	Turn everyday moments into learning opportunities for your child. Get tips for morning, outdoor, any time, meal time, story time, and bed time.	<a href="https://www.pnc.com/en/about-pnc/corporate-responsibility/grow-up-great/everyday-learning-tips.html?lnksrc=topnav">https://www.pnc.com/en/about-pnc/corporate-responsibility/grow-up-great/everyday-learning-tips.html?lnksrc=topnav</a>
<b>Video: Rough Day: How children learn about stress (Parenting Counts)</b>	This research-based video will help you to better understand your 16 to 60-month-old child.	<a href="http://www.parentingcounts.org/information/timeline/rough-day-how-children-learn-about-stress/">http://www.parentingcounts.org/information/timeline/rough-day-how-children-learn-about-stress/</a>
<b>Activity Guide: When I Play, I Learn (PA's Promise for Children)</b>	Did you know that when children are playing, they are learning? It's true! <i>When I Play, I Learn</i> has fun activities using everyday items, like a towel, measuring cups, a box, or a blanket. See what activities your child can do and what skills they are learning. Then see how you can help!	<a href="https://papromiseforchildren.com/when-i-play-i-learn/">https://papromiseforchildren.com/when-i-play-i-learn/</a>
<b>Article: Fred Rogers talks about Everyday Rules and Limits (The Fred Rogers Company)</b>	Tips on setting rules and discipline for young children narrated by Fred Rogers.	<a href="https://www.fredrogers.org/parents/everyday-experiences/everyday-limits.php">https://www.fredrogers.org/parents/everyday-experiences/everyday-limits.php</a>
<b>Article: Tips for Reading with Children with Low Vision (Reading Rockets)</b>	Reading together is a great way to bond and get your child excited about learning. This article has simple tips to help children with low vision enjoy reading with you.	<a href="https://www.readingrockets.org/article/reading-together-tips-parents-children-low-vision-or-blindness">https://www.readingrockets.org/article/reading-together-tips-parents-children-low-vision-or-blindness</a>

When Your Child is Not with You		
Resource	Description	Website
<b>Article: Screen Time Guidelines for Babies and Toddlers (KidsHealth)</b>	Let's face it: Screens are everywhere. Your little one is probably going to spend some time looking at one, so make sure his or her screen time is as productive as possible.	<a href="https://kidshealth.org/en/parents/screentime-baby-todd.html">https://kidshealth.org/en/parents/screentime-baby-todd.html</a>
<b>Article: How Early Learning Programs are Regulated in Pennsylvania (PA's Promise for Children)</b>	You want your child to be safe and secure when you enroll them in a daycare, child care or early learning program. Checking on who inspects the program is a good start. Learn more.	<a href="https://papromiseforchildren.com/how-early-learning-programs-are-regulated-in-pennsylvania/">https://papromiseforchildren.com/how-early-learning-programs-are-regulated-in-pennsylvania/</a>
<b>Article: A Guide to Choosing Quality Child Care in Pennsylvania (PA's Promise for Children)</b>	Trying to find child care can be hard. You want your child in a quality child care or early learning program. What do you look for so your child will be safe, happy and learning?	<a href="https://papromiseforchildren.com/featured-articles/a-guide-to-choosing-quality-child-care-in-pennsylvania/">https://papromiseforchildren.com/featured-articles/a-guide-to-choosing-quality-child-care-in-pennsylvania/</a>
<b>Website: Keep Kids Safe</b>	Hub for information related to child protection and child abuse, including a link for mandated reporters to make reports of suspected child abuse.	<a href="http://keepkidssafe.pa.gov/">http://keepkidssafe.pa.gov/</a>
<b>Website: Megan's Law (Commonwealth of Pennsylvania)</b>	Searchable directory of offenders of certain criminal acts in Pennsylvania.	<a href="https://www.pameganslaw.state.pa.us/">https://www.pameganslaw.state.pa.us/</a>