



Tips, Tools, Training and Grants for Parents and Professionals

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Tips and Tools for Parents

1. **Family Dinners** This article from Great Schools reviews the research about the benefits of family dinners. It also offers tips for making it a fun, learning time for all, including ideas for conversation starters. <http://www.greatschools.net/cgi-bin/showarticle/3637?cpn=20081222holiday>

2. **Developmental Checklists** These online interactive checklists from the Centers for Disease Control have developmental milestones for children up to age 5. They can also be printed so that parents can ask relatives and friends to share how they see the child's development. Find them at: <http://cdc.gov/ncbddd/autism/actearly/interactive/index.html>
3. **Bullying Prevention Tips** This article includes general tips for preventing bullying as well as signs that a child is being bullied, characteristics of children who bully, and how to help a child who is either bullying or being bullied. Find the tips at: http://member.preventchildabuse.org/site/News2?page=NewsArticle&id=5545&news_iv_ctrl=1163
4. **Developing Healthy Eating Habits** This webpage, sponsored by the United States Department of Agriculture, has a wide variety of tips for parents of preschoolers, including how to help young children try new foods, how to cope with a picky eater, how to make food fun, and how to help them know when they've had enough. <http://www.mypyramid.gov/preschoolers/HealthyHabits/index.html>
5. **Learning Spatial Concepts Online** Does your young child have a fascination for computers? The Chateau Meddybemps website has pictures for you to look at together, which teach spatial concepts such as "in", "on", "over", "big, bigger, biggest", etc. Find it at: <http://www.meddybemps.com/9.623.html> You can also go to the main learning activities page for more games to play together.

Tips and Tools for Professionals (including child care providers and home visitors)

6. **Zero to Three's Baby Brain Map** This free interactive tool allows you to choose an age range and then a topic related to development, such as cognition and learning, movement, language, or social-emotional development. Under each topic are frequently asked questions with answers and a list of what caregivers can do to facilitate development. http://www.zerotothree.org/site/PageServer?pagename=ter_util_babybrainflash1
7. **Books on Families** Families come in different sizes, shapes, and colors. Reading Rockets has some suggestions for books that celebrate all kinds of families. <http://www.readingrockets.org/articles/books/c742/>
8. **Talk to Me, Baby! Supporting Language Development in the First 3 Years** This article from the September 2008 Zero to Three Journal explains how early language develops and ways for caregivers to facilitate learning. Helpful tips for each age level are included, as well as possible signs of delay. http://www.zerotothree.org/site/DocServer/29-1_Bardige.pdf?docID=6641
9. **War Play: Balancing Children's Needs and Adults' Concerns** This article by Nancy Carlsson-Paige discusses the value of war play for children, how war play has changed as children's exposure to media violence has changed, and how teachers can find a balanced approach to war games. <http://www.nancycarlssonpaige.org/articles1.html>

Training

10. **Montana Child Abuse and Neglect (CAN) Conference** Save the Date: April 21-23, 2009 in Great Falls. More details will be coming soon.
11. **Understanding Traumatized and Maltreated Children**, April 24-25, Great Falls, \$100 before March 24th for first day and \$50 for second day. This workshop with Bruce Perry, MD, PhD will focus on extreme stress and its effects on brain development and what can be done to mitigate the pain and help the child grow into a healthy adult. A variety of break-out sessions will be offered the second day. For more information and to find a registration form, go to: http://pluk.mt.typepad.com/files/perry_registration.pdf
12. **Preparing your Organization for Youth-Adult Partnership in Leadership and Governance**, Wednesday, February 25th, 8:30 AM – 5 PM, Inn on Broadway Conference Center in Missoula. \$50 per person or \$125 for 3-4 people from the same organization. Scholarships are available if cost is prohibitive. This workshop will help lay the foundation for taking youth involvement in your organization to the next level. Many youth-serving organizations struggle to successfully engage young people as meaningful contributors and advisors to their programs. Participants will learn effective principles and practices to bring young people to the table, explore ways to overcome obstacles, and walk away with an action plan. In order to fully benefit from the workshop, program managers and directors should attend with key front-line staff who will be engaged in the implementation of the action plan. Find a registration form at www.missoulaforum.org or by contacting Inelson@co.missoula.mt.us.
13. **Understanding Developmental Disabilities, March 21st, Billings, \$25** “In child care settings, teachers and teaching assistants may be the first to notice that a child is not developing normally. Because teachers are able to observe children as they interact with peers, they may be more aware when a child shows signs of lagging behind in important developmental areas such as speech/language, cognition, motor abilities, behavior, or social-emotional skills. This workshop will provide participants with the tools to recognize developmental disabilities and distinguish them from the normal variations in children. This workshop will use activities and case studies to demonstrate how day care providers can assist children with developmental lags to improve their skills and meet the expectations for participating in a group setting.” View a flyer at: http://www.msubillings.edu/cspd/Understanding_DD.pdf or register online at: <http://www.msubillings.edu/mcdregister/>
14. **Developing Relationships with Professionals and Parents and Stress Management**, April 18, 2009, Billings “On a daily basis, day care providers interact with parents and a wide variety of professionals who service children. This workshop will provide participants with opportunities to learn about various professional roles and to develop effective communication techniques for sharing information with professionals. In addition, the workshop will explore the tricky relationships between parents and day care providers. Parents are consumers of day care services. They are also very involved emotionally in the welfare of their children. What are the key factors in successful relationships with parents? What skills are needed to address areas of conflict? How can day care providers support parents and build strong collaborative relationships with them? All of these questions will be addressed in an interactive manner, using activities and case studies to deal with real life situations and problems. For more information, contact Michele Roselli-Hust at 247-4729 or mroselli@hrdc7.org.
15. **Collaborations to Promote Early Childhood Education and Child Care** This is an archived webinar from September 2008 from Chapin Hall at the University of Chicago. Here is their

description of the event: “With solid evidence that children who are healthy and ready to learn when they enter kindergarten have a better chance for school and life success, state and local policymakers are working to build comprehensive, coordinated early childhood systems. As policymakers and program administrators secure funding and engage public and private partners, they face challenges at all levels... Speakers... address challenges providers face in offering a seamless delivery of services and the efforts of state-level Early Childhood Advisory Councils to coordinate services for children up to age five.” Access the webinar at: <http://www.about.chapinhall.org/conferences/governing/sep2008/conference.html> and click on the “Presentations” tab.

Funding and Marketing Possibilities

16. **MetLife Foundation** “The goal of the MetLife Foundation is to empower people to lead healthy, productive lives and strengthen communities. Underlying the Foundation’s programs is a focus on education at all ages and a commitment to increasing access and opportunity. The Foundation makes grants in health, education, civic affairs and culture. Access their website at: http://www.metlife.com/about/corporate-profile/citizenship/metlife-foundation/index.html?WT.ac=MetLife%20Foundation_5-10757_T4290-AB-about&oc_id=MetLife%20Foundation_5-10757_T4290-AB-about
17. **NorthWestern Energy Charitable Giving** Northwestern Energy gives small grants to a variety of causes in an effort to make the communities it serves better places to live. Local committees review applications year-round and determine the amount of funding. Read more at: http://www.northwesternenergy.com/display.aspx?Page=Charitable_Giving_Application
18. **YouTube Nonprofit Program** “Video is a powerful way to show your organizations impact and needs, and with a designated ‘Nonprofit’ channel on YouTube, you can deliver your message to the world’s largest video community.” Find out more at: <http://www.youtube.com/nonprofits>
19. **Six Ways to Survive the Economic Storm** “This is a scary time for fundraising – perhaps the most terrifying that most of us have ever experienced. The economy is tanking. Everyone is fearful about their financial future... Here are some thoughts on what you should do...” Read these tips from the Network for Good at: <https://app.e2ma.net/app/view:CampaignPublic/id:23141.1412900407/rid:fb1784395cc42573e9b7796273e53bfa#Story>