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Tips and Tools for Parents

1. **Just in Time Parenting E-Newsletters** Extension Service sends out helpful parenting newsletters by e-mail every month. Subscribe at:
http://www.extension.org/pages/Subscribe_and_Receive_Parenting_Newsletters_by_Email
2. **Tummy Time Tools** The good news is that putting babies on their back to sleep has reduced the rates of sudden infant death syndrome by 40 percent. The bad news is that a recent survey of occupational and physical therapists found that babies are experiencing early motor delays because they are not getting enough play time on their stomachs. Such “tummy time” helps to strengthen muscles that help them learn to roll over and crawl. The American

Physical Therapy Association offers tips for parents to help their babies get more tummy time: <http://www.apta.org/AM/Template.cfm?Section=Consumers1&Template=/CM/ContentDisplay.cfm&ContentID=50825>

3. **“But I did everything right!”** Children’s genetic make-up plays a huge role in whether parenting techniques work. This “Newsweek” article reviews some of the recent research about genetics and early development, and explains why what works for one child may not work for another. <http://www.newsweek.com/id/151758/output/print>
4. **Handling Stress: Tips for New Moms and Dads** Ideas for ways to survive the first few weeks with a new baby can be found at http://www.preventchildabuse.org/publications/parents/downloads/advice_for_new_parents.pdf

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

5. **Building Language Throughout the Year** Brookes Publishing offers these free activity ideas to help children learn how to focus, listen, get along with others and problem solve. Find them at: <http://www.brookespublishing.com/newsletters/ec-article-0907.htm>
6. **Pre-K Science Lessons** The Space Foundation can help you make science lesson plans at: <http://www.sciencestandardslessons.org/>
7. **“Biting Among Toddlers and Twos: Responses to Try”** Find helpful strategies from Child Care Exchange at: http://www.childcareexchange.com/resources/view_article.php?article_id=5018201&keyword_id=124
8. **Getting School Ready!** You can order 25 of these simple booklets for parents of young children free from The Foundation for Early Learning and Boeving: <http://www.earlylearning.org/resources/publications/getting-school-ready>

Training

9. **Understanding Traumatized and Maltreated Children** Save the Date: April 24, 2009 in Great Falls. This one-day 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. For more information, contact the Montana Mental Health Association at 406-587-7774 or programs@montanamentalhealth.org. More information about Dr. Perry can be accessed at <http://www.childtrauma.org/>.
10. **Broken Bonds: Understanding and Addressing the Needs of Children with Incarcerated Mothers** Thursday’s Child presented this mini-conference in February 2008. Listen to the audio recording at: <http://www.about.chapinhall.org/conferences/urban/feb2008/conference.html>
11. **Promotion, Prevention and Treatment: Reducing the Risk and Impact of Maltreatment on Very Young Children** Zero to Three is presenting this webinar on Wednesday, November 19th, 11 AM-1 PM (Montana time). “Recognizing that babies are more likely than older children to be impacted by child maltreatment, ZERO TO THREE offers policy and professional development initiatives aimed at promoting healthy parent-child relationships, preventing adverse outcomes for young maltreated children, and improving the experiences of infants and

toddlers involved in the child welfare system.” Space is limited; go to <https://www2.gotomeeting.com/register/186088704> to register.

Funding Possibilities

12. **Network for Good Learning Center** Here’s all the Network’s free services and articles for nonprofit staff and volunteers: <http://www.fundraising123.org/>
13. **The Secret Ingredient of the Best Fundraising Appeals—Tell a Story** Find out how at: <https://app.e2ma.net/app/view:CampaignPublic/id:23141.1296771698/rid:43927acc4f04ef55c06fb3b82ff26e2>
14. **GE Healthcare Foundation** Applications to this foundation are reviewed quarterly; the next deadline for submission is February 1st. Priority funding areas are youth education (including early childhood development programs), healthy lives (including childhood obesity), and diversity and service (including local community issues). Grants range from \$100-\$25,000. Read more at: http://www.gehealthcare.com/usen/about/gehealthcare_americas_charitable_giving_guidelines_02_08.pdf
15. **Dreyer’s Foundation** Ice cream products or gift certificates are donated to nonprofits for events. Grants are reviewed monthly; applications are due on the 7th day of the month. http://www.dreyersinc.com/dreyersfoundation/small_grants.asp
16. **Qwest Foundation—Qwest for Education** This foundation believes that “educating children is the cornerstone for building strong and enlightened communities.” Grants are given to support pre-K through 12 educational programs. Their priorities are programs that effectively use technology to improve pre-K through 12 public school instruction, promote innovative models to strengthen pre-K through 12 public school education, improve the skills and leadership of educators and parents, and promote innovative early childhood education programs. Grants usually start at \$500. Qwest’s priority funding area includes Montana. <http://www.qwest.com/about/company/community/foundation/index.html>
17. **JP Morgan Chase** There are no deadlines for submission; the first step in applying is to complete a simple on-line questionnaire. The company has three priority areas: community development, education, and arts and culture. Read more at <http://www.jpmorganchase.com/cm/cs?pagename=Chase/Href&urlname=jpmc/community/grants>