

## Parenting Resources

Call 211 to find services near you.

Reliable online information sources related to the content of Beginnings Parents Guide are listed here by page number and topic.

To add a resource or let us know about a problem with any of these resources, contact [simones@beginningguides.com](mailto:simones@beginningguides.com).

### *Beginnings Parents Guide*

#### **Page 15 Support Groups**

National Parent Helpline?

A resource for parents and caregivers of children all ages. When you reach out and call the National Parent Helpline®, a trained Helpline Advocate will provide you with emotional support and link you to services if necessary.

<http://www.nationalparenthelpline.org/find-support> (Español)

Military OneSource

A Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, Guard reserve service members, and their families. Information includes, but is not limited to, deployment, reunion, relationship, grief, spouse employment and education, parenting and child care, and much more.

<http://www.militaryonesource.mil/>

(No Español)

Zero to Three Parenting Resources

<http://www.zerotothree.org>

#### **Page 19 Breastfeeding**

Le Leche League

Ask a question, find local support, participate in online support groups.

<http://www.llli.org/>

(Español)

International Lactation Consultation Association

Find a lactation (breastfeeding) consultant in your area.

<http://www.ilca.org>

(No Español)

#### **Page 42 Family Therapy**

American Association for Marriage and Family Therapy

Find a family therapist near you. Frequently asked Questions about marriage and family counselors.

<http://www.aamft.org/>

(Español, other languages)

**Page 57 Learn Infant CPR**

Find an Infant CPR class course

the American Heart Association offers a variety of options for you to learn lifesaving skills.

Locate a local training center

[http://www.heart.org/HEARTORG/CPRAndECC/FindaCourse/Find-a-Course\\_UCM\\_303220\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/CPRAndECC/FindaCourse/Find-a-Course_UCM_303220_SubHomePage.jsp)