

Tools for Serving Families

Here you will find practical tools to facilitate your work supporting mothers, infants, toddlers families. Send comments and suggestions for additions to this collection to sandras@beginningsguides.com

2-1-1 Information and Referral Search Get Connected-Get Answers

<http://www.211.org/>

The 10 Questions You Should Know-A simple question can help you feel better, let you take better care of yourself, or save your life. Follow the link to discover the questions to get you started.

<http://www.ahrq.gov/questions/>

Understand Medical Words

This tutorial from National Library of Medicine will be useful for non-clinicians, patients caregivers who need to understand and use the language of medicine.

<http://www.nlm.nih.gov/medlineplus/medicalwords/>

Evaluating Internet Health Information: A Tutorial from the National Library of Medicine

This brief tutorial offers quick steps to check out the quality of a website.

<http://www.nlm.nih.gov/medlineplus/webeval/webeval.html>

Get connected

Every household needs an internet connection to support family health and learning. Enter a zip code to find internet connections, equipment training.

www.everyoneon.org

Body Mass Index Calculator

<http://www.cdc.gov/healthyweight>

Kilograms to Pounds Conversion Calculator

<http://www.metric-conversions.org/weight/kilograms-to-pounds.htm>

"Contraction Master" App

<http://contractionmaster.com/iphoneapp/>

Nursing Master App

<http://nursing-master.com/>

iBirth App

<http://www.ibirthapp.com/>

BMI Calculator App

<http://apps.usa.gov/bmi-app/>

LactMed App Need to know more about drugs and breastfeeding? LactMed can help. Find information about maternal and infant drug levels, possible effects on lactation and on breastfed infants, and alternative drugs to consider.

<http://toxnet.nlm.nih.gov/help/lactmedapp.htm>

R3-an app that helps providers recognize and respond to victims of domestic abuse and refer them to help. Only 10 percent of physicians regularly screen for domestic violence, in part because they lack an evidence-based screening tool and knowledge of what to do if they identify someone in need. The R3 app gives providers a set of four questions that have been shown to effectively identify victims of abuse. An automatic scoring function links to recommendations on what to do based on a patient's score, and a resource locator identifies local providers of domestic abuse services using the device's geolocation feature. The app also links to additional references and information, including videos and referral protocols.

Domestic Violence Hotline for teens and young adults

1-866-331-9474

www.loveisrespect.org

Text "love is" to 22522

Edinburgh Postnatal Depression Scale (EPDS)

<http://www.fresno.ucsf.edu/pediatrics/downloads/edinburghscale.pdf>

Healthline Health and Wellness Videos:

[Stages of Labor](#)

[Normal Labor](#)

[Cesarean Birth](#)

Healthline Reproductive System-Female 3D Body Map

<http://www.healthline.com/vpbody/reproductive-female>

Instant Childhood Immunization Schedule

You can use this tool to create a personalized immunization schedule for a child in your

[http://www2a.cdc.gov/nip/kidstuff/newscheduler le/](http://www2a.cdc.gov/nip/kidstuff/newscheduler_le/)

Text4Baby

Text4baby is a free mobile information service designed to promote maternal and child health. An educational program of the National Healthy Mothers, Healthy Babies Coalition, text4baby provides pregnant women and new moms with information to help them care for their health and give their babies the best possible start in life. Women who sign up for the service by texting BABY to 511411 (or BEBE in Spanish) will receive free SMS text messages each week, timed to their due date or baby's date of birth.

<http://www.text4baby.org/>

Pregnancy Weight Gain Advisor from US Department and pre-pregnancy weight; get a recommended number of pounds to gain during pregnancy.

<http://www.choosemyplate.gov/pregnancy-breastfeeding.html>

Find your Adverse Childhood Experience Score. *These events are important. How have they affected you?* You also can use the questions to generate a reflective conversation with a mother about her childhood experiences and their impacts.

Testing has shown the questions do not spur trauma or need for professional help. [Click here](#) to download the document.

www.acestudy.org/

FAST Stroke Test:

Smile, Wave, Speak The F.A.S.T. test helps spot symptoms of stroke.

HANDS UP for Health and Physical Literacy is video series that will teach children and youth about the importance of physical and health literacy in a fun and engaging way.

<http://youtu.be/cDudzvfZdBs>

Su Familia: The National Hispanic Family Health Helpline

Call for a referral to a health professional in your community or for information in Spanish and English on a wide range of health topics. Telephone: (866) SU-FAMILIA (783-2645) (English or Spanish).

National Hispanic Prenatal Helpline

Call for a referral to local prenatal care services that provide care in English and Spanish. Call for culturally appropriate prenatal care information in English and Spanish. Telephone: (800) 504-7081 (English or Spanish).