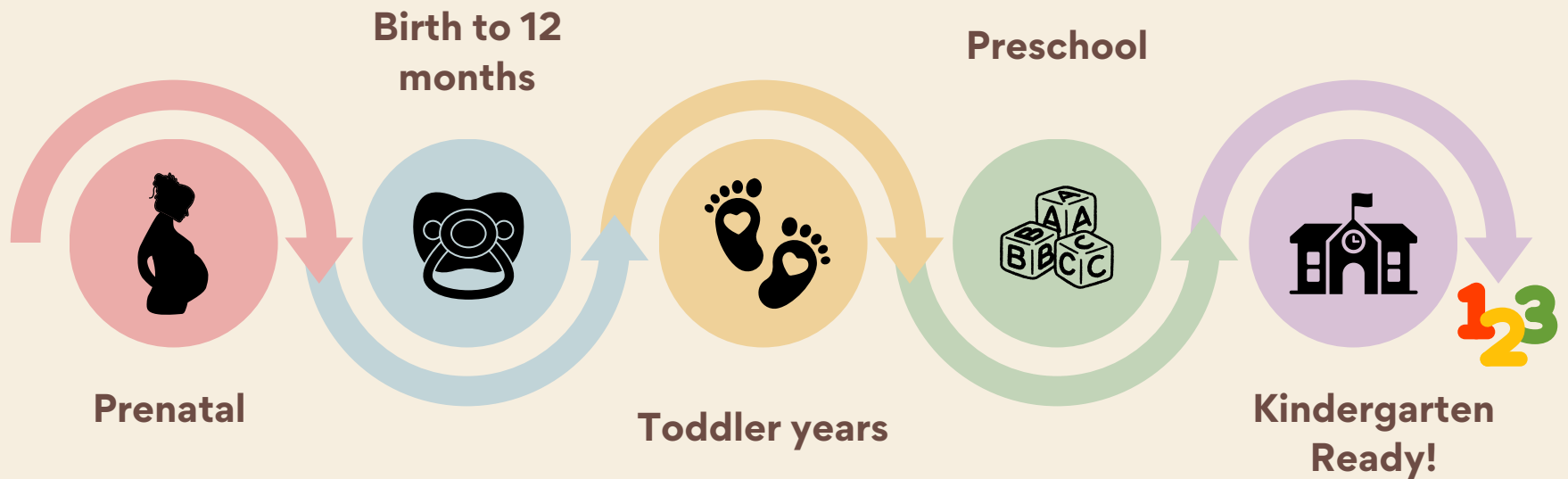


# PARENT ROAD MAP

## Prenatal to Kindergarten Ready

The information below offers local resources, expert advice, and practical tips to help parents and caregivers establish a strong foundation for their child's lifelong learning.



Brought to you by CPO's Early Care Collaborative Parent Education Committee

## General Resources

- [American Academy of Pediatrics – Healthy Children](#)
- [CDC – Vaccine schedules](#)
- [CDC Developmental Milestones](#)
- [Discipline Tips](#)
- [Springfield Public Schools Parents As Teachers](#)
- [Springfield-Greene County Library District](#)
- [Car Seat Safety](#)
- [First Steps](#)

## Prenatal



- [Make a childcare plan – search for childcare \*\*HERE\*\*](#)
- [Looking for quality childcare](#)
- [Learn CPR – Get training at the hospital before discharge or find training in your area!](#)
- [Sign Up for Parents As Teachers](#)
- [Doula Foundation](#)

## Birth - 3 Months



- [Family Connects – Nurse visits are offered to all newborns in Greene County.](#)
- [Car Seat Safety](#)
- [Period of Purple Crying – Normal newborn crying patterns](#)
- [Safe Sleep](#)
- [Social Security Card will be mailed 1-6 weeks after birth](#)
- [Birth Certificate – pick up at any MO Local Public Health Department after receiving the SS card in the mail. There will be a fee.](#)
- [MO Medicaid questions? – \[mydss.mo.gov\]\(http://mydss.mo.gov\)](#)
- [Newborn Care](#)
- [What to expect at Well Child Visits](#)

## 3-6 Months



- [Social-emotional health](#)
- [SOCO Growth Charts](#)
- [Literacy and Language:](#)
  - [First Words Project](#)
  - [Read Aloud 15 minutes](#)
- [Safety \(Baby Proofing Your Home\)](#)

## 6-9 Months



- Safety-Childproofing Your Home
- Introducing Solid foods

## 9-12 Months



- Keep up with your well-child visits and Immunizations!
- Separation/ Stranger Anxiety
- Refer to CDC milestones
- Choking Hazards and Prevention Remember – get trained in CPR!
- Sign up for Parents As Teachers!
- Don't forget to take care of yourself, join a parenting or support group!
- Schedule 1st Dental Visit
- Come to a Racing to Read Storytime or other program at the Library

## 12-18 Months



- Keep checking on those milestones!
- Safety for the Curious Toddler
- Social Communication Growth Charts
- Remember to get your child's lead levels tested at their 1-2-3 well-child checks!

## 18-24 Months



- Keep up with the well-child visits and immunizations!
- Make sure your child is getting quality childcare
- Feeding and Nutrition tips
- Refer to General Resources above for positive discipline tips!
- Come to a Racing to Read Storytime or other program at the Library

## 2-3 Years



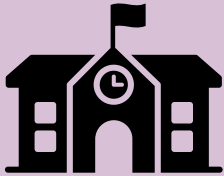
- Keep checking those milestones!
- Keep up with the well-child visits and immunizations!
- Potty Training tips
- Sexual Behaviors in young children – what's normal and what's not?
- Importance of PLAY!

3-4 Years



- Stay connected to local social activities!
- Don't forget about Parents As Teachers!
- See if your school district has a Pre-K program!
- Keep checking those milestones and going to those well-child visits with your pediatrician!
- Keep your child in their appropriate car seat!
- Healthy Discipline
- Come to a Racing to Read Storytime or other program at the Library
- More Potty Training Tips

4-5 Years



- **Get your little one ready for Kindergarten!!**
- Keep up with their well-child visits and immunizations – will need these to enter Kindergarten, so plan ahead!
- **Verify what school district your child will be attending – Register for Kindergarten!**
- **Attend Kindergarten Readiness activities!**
- **Parents As Teacher Educators can assist with Kindergarten screenings and readiness.**



# Kindergarten Ready!