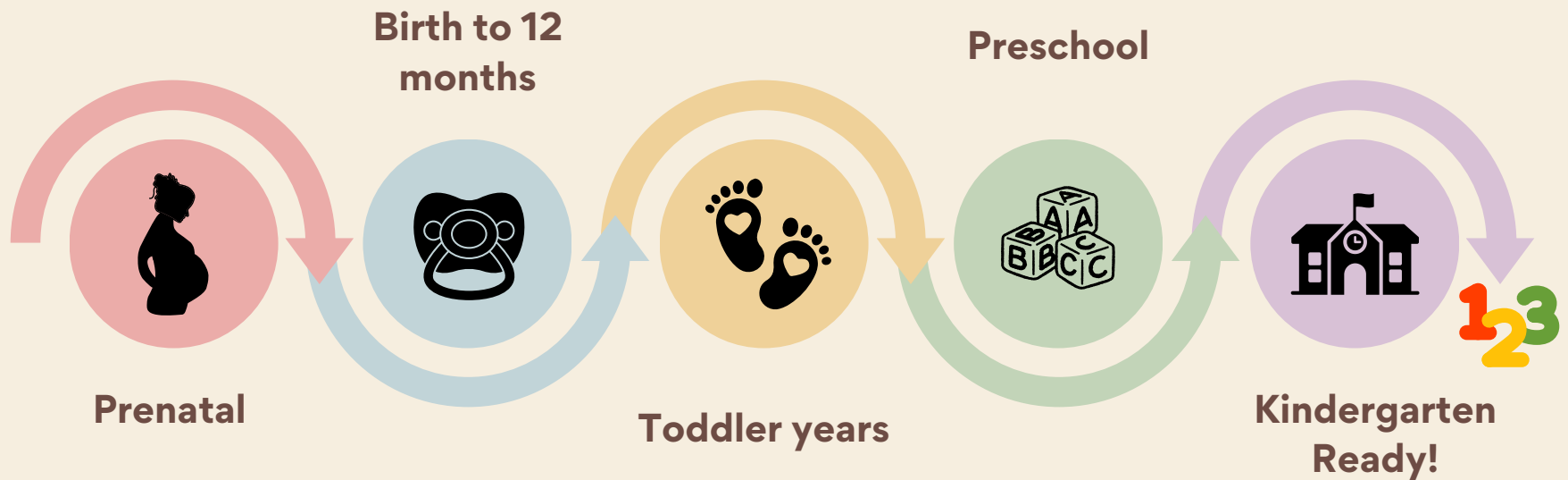


# PARENT ROAD MAP

## 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.



**COMMUNITY  
PARTNERSHIP**

*Working Together to Build Strong Communities*

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
- MO Family Resources
- Choose a primary care physician for your child

## 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
- Do you qualify for WIC?

## 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
- 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 Reading 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 year old 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 Reading to Read Storytime or other program at the Library

## 2-3 Years



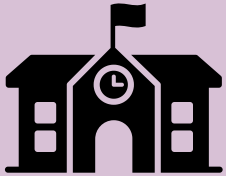
- Keep checking those milestones!
- Keep up with the well-child visits and immunizations!
- Potty Training tips
- Sexual Behaviors in young children – what's normal and what's not?
- Importance of PLAY!

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 Reading to Read Storytime or other program at the Library
- More Potty Training Tips

4-5 Years



- Get your little one ready for Kindergarten!!
- Make sure vaccines are up to date - will need these for Kindergarten!
- 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!