

Health & Well-Being Resources

There sure is a lot to learn about the health and well-being of children!

Luckily, you've got an incredible amount of information right at your "virtual" fingertips.

The following is a selected list of sites and sources we hope you'll find useful. Choose a big site like The American Academy of Pediatrics or The Centers for Disease Control and Prevention and explore. Or, go to a more specialized site if you have a particular area of concern, like Zero to Three if you have a question about infant or toddler development.

Guide to Credible Sites

Child & Family WebGuide

(<http://www.cfw.tufts.edu/>)

Describes trustworthy websites on topics of interest to parents and professionals. In the Health/Mental Health category, topics include depression, eating disorders, food allergies, health hazards, obesity, safety, and many others.

Maternal and Child Health Library at Georgetown University

(<http://www.mchlibrary.info/>)

Finding and Getting to a Health Provider

Florida Agency for Health Care Administration (<http://www.floridahealthfinder.gov/index.html>)

Find performance, health outcome and pricing information. Includes a facility/provider locator, a health "encyclopedia" with multimedia information on many topics. (<http://www.floridahealthfinder.gov/facilitylocator/facloc.aspx>)

Florida Commission for the Transportation Disadvantaged (<http://www.dot.state.fl.us/ctd/index.htm>)

For Children and Teens (including those with special needs)

Florida Children's Medical Services' Families page (<http://www.cms-kids.com/families/families.html>)

Check out the tab for kids and teens! Puzzles, fun facts, links to other sources, and more.

The CMS site also has tabs for Families and Providers.



www.dcf.state.fl.us
www.centerforchildwelfare.org

For Parents, Caregivers, Professionals, and Advocates

American Academy of Pediatrics (<http://www.aap.org/>)
Extremely wide range of topics.

American Academy of Pediatrics' "Healthy Children" site (<http://www.healthychildren.org/>)

Information on just about any topic, arranged by child development stages as well as by major topics such as safety, health conditions, and family health management.

Bright Futures (<http://www.brightfutures.org/>)

A national health promotion initiative dedicated to the principle that every child deserves to be healthy and that optimal health involves a trusting relationship between the health professional, the child, the family, and the community as partners in health practice. Find a constellation of projects and organizations from their main site.

Center for the Advancement of Child Welfare Practice's Mental Health/Substance Abuse Resources site (<http://centerforchildwelfare.fmhi.usf.edu/mhsa/default.aspx>)

Centers for Disease Control and Prevention (<http://www.cdc.gov/family/index.htm>)

Covers the entire range of health for children and families; examples include Prom Health and Safety Tips, Five Minutes for Health, and a mini-encyclopedia "ABCs of Raising Safe and Healthy Kids."

If you're really high-tech, check this out: "Text4baby is a free cell phone text messaging service for pregnant women and new moms. Text messages are sent three times a week with information on how to have a healthy pregnancy and care for an infant." (<http://www.cdc.gov/women/text4baby/index.htm>)

Florida Department of Health (<http://www.doh.state.fl.us/>)
Specifically, see the child and youth health page (<http://www.doh.state.fl.us/Family/childhealth/index.html>)

Florida State University Center for Early Intervention and Prevention (<http://www.cpeip.fsu.edu>)

Offers information and resources for advocates, attorneys, service providers, teen parents, and others involved with young children. The Center has a particular focus on infant mental health, but offers as well a curriculum for Healthy Babies Home Visiting, health and development of children in child welfare, and Quality Child Care links. A major new initiative involves support for replicating a Child Well-Being Court Team model that originated in Miami.

(more resources on the next page...)

Health & Well-Being Resources (cont'd)

For Foster Parents

Quality Parenting Initiative – Just in Time Training for Foster Parents
(<http://www.qpiflorida.com>)

The Just-in-Time web based learning project is designed to connect foster parents with trainers who can answer their questions and give them a framework for dealing with these challenges.

Infants and Toddlers

Zero To Three (<http://www.zerotothree.org/>)

Health and development for infants and toddlers. Fascinating and informative – among other things, see the Baby Brain Map! Answers to questions like “Does holding a newborn actually affect brain development?” and practical tips for “what you can do.”

Growing from Child to Adult

Florida Health and Transition Services (<http://www.floridahats.org/>)
A program to support a successful transition from pediatric to adult health care for all youth and young adults in Florida, including those with disabilities, chronic health conditions or other special health care needs. Provides a searchable health services directory for young adults, and links to other directories.

Healthy Smiles: Dental Information

American Academy of Pediatrics' Oral Health Initiative (<http://www.aap.org/commpeds/dochs/oralhealth/audience-families.cfm>)

“Children’s Dental Health: The Next Frontier in Well-Being” (http://centerforchildwelfare.fmhi.usf.edu/mhsa/MHSA_Phys_Dent_Resources/ChDentalHealth.pdf)

Florida Department of Health's Dental Health Resource Listing
(<http://www.doh.state.fl.us/Family/dental/resources/index.html>)

Maternal and Child Health Library at Georgetown University
(http://www.mchlibrary.info/KnowledgePaths/kp_oralhealth.html)
Has various “knowledge paths” with links to resources for oral health, among many other topics.

These resources are brought to you by:



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