

No matter what your child's age or stage of development, you can increase your knowledge, skills and confidence in parenting!

For regional resources in Hampton Roads including housing, food, individual and family support, health care, education and more go to [Resources757](#)



[AAP](#) - The Official Parenting Website of the American Academy of Pediatrics

[Child Care Aware of Virginia](#)- Search for childcare in your city or request childcare referrals

[CHKD Parenting Resources](#) - for parent handouts, a pediatric health library, parenting podcasts, practical parenting tips and a Birth and Beyond Blog written by experts and parents

Children's Hospital of the King's Daughters – [Practical parenting tips](#)

[Department of Social Services](#) - Resources for early intervention, finding child care, health and safety, financial assistance and much more

[Infant & Toddler Connection of Virginia](#) - Learn about access to supports and services for your baby

[My Active Child](#) - For all the family happenings in Hampton Roads every day (programs playgroups, MOPS [Moms of Preschoolers], support groups and more

[National Parent Helpline](#)- Asking for help is a sign of strength. Find resources in your state and downloadable materials in English and Spanish

Visit [Parent Education Providers for Circuit Courts](#) if you are currently in a child custody dispute and are required to take a 4-hour seminar that meets State of Virginia standards

[PBS Kids](#) - Great games and other resources on child development and school readiness

Helpful Websites

[Positive Parenting Tips for each stage of your child's life](#) - Center for Disease Control and Prevention

[Parent Organizer with Educational Resources \(POWER\)](#) - For parents with children with special needs; find out what is available in your community

[Sesame Street in Communities](#) - An online community for sharing free educational resources with the adults in children's lives

[Tidewater Family](#)- A monthly magazine for parents, with feature stories about local families who are facing 21st-century challenges

[Zero To Three Parent Resources](#) - Designed to help you tune in to what makes your child tick, and to guide you in to thinking about the best way to meet your child's individual needs