

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

[My Active Child](#) - for all the family happenings in Hampton Roads each and every day

[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

[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.

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

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

[Practical Parenting Tips](#) - Children's Hospital of the King's Daughters

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

[Choosing child care for your child](#) - Child Care Aware of Virginia

Check out [Parent Organizer with Educational Resources \(POWER\)](#) - for every parent whose child has special needs and find out what is available in your community

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

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

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

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