

Health and Safety Resources for Parents:

Coronavirus Disease 2019 (COVID-19) Frequently Asked Questions – Please review the most frequently asked questions about 2Coronavirus Disease (COVID-19) at https://www.cdc.gov/coronavirus/2019-ncov/faq.html#anchor_1584387482747

Poison Control - All of these changes make it a prime time for unintentional poisonings to happen right at home. No matter what the situation, reach out to Poison Control **FIRST** for suspected poisonings. Get guidance and treatment recommendations online with [webPOISONCONTROL](#) or by calling 1-800-222-1222. Poison Control reduces poisoning-related ER visits, a critical part of preserving valuable healthcare resources for coronavirus (COVID-19) care. Learn more about Poison Control services at www.poison.org

Safer at Home - With more children at home for longer amounts of time, we want to support families keeping their children free from injuries. Below are resources to maintain the health and safety of our children and families during this difficult and changing time:

- [Safety and Injury Prevention: Health Tips for Families](#) (English, Spanish, Amharic, Arabic, Armenian, Burmese, Chinese, Hmong, Marshallese, Polish, Somali, Vietnamese, Yiddish)
- [Injury Prevention Starts at Home](#) (English, Spanish)
- [Even Plants Can Be Poisonous](#) (English, Spanish)
- [National Fire Protection Association Safety Tip Sheets](#) (English, Spanish, French, German, Haitian Creole, Hmong, Somali)
- [Partnering with Parents to Create Physically and Emotionally Safe Learning Environments](#) (archived webinar)
- [Tips for Keeping Infants and Toddlers Safe: A Developmental Guide for Home Visitors](#) (English, Spanish)
- [A Guide to Safety Conversations with Families](#)
- [Consumer Product Safety Commission \(CPSC\) Safety Education pages](#) (English and Spanish)
- [Home and Recreational Safety](#)
- [Toy Injuries in U.S. Children: Know the Facts](#)
- Poison Control [webPOISONCONTROL](#) or by calling 1-800-222-1222
- [Opioid Medication: A Risk for Children and Teens](#)
- [Preventing Shaken Baby Syndrome/Abusive Head Trauma](#) (archived webinar)
- [National Center on Shaken Baby Syndrome](#)
- [Responding Positively to Your Child's Behavior](#) (English and Spanish)
- [Child Abuse & Neglect](#)

- [National Child Abuse Hotline](#) 1-800-4-A-CHILD
- [Child Abuse Prevention Guidelines](#)
- [Gun Safety and Children](#)
- [Gun Safety Tips](#)
- [Asking Saves Kids](#) (ASK Campaign for firearms safety)
- [Safe Kids Worldwide](#)
- [National Domestic Violence Hotline](#) (advocates are available 24/7 at **1-800-799-SAFE (7233)** in more than 200 languages. All calls are free and confidential. [Live chat](#) in English or Spanish also available 24/7.)
- [Safety and Injury Prevention Resource List](#)

KidsDoc Symptom Checker *Is your child sick?* Whether you're on the go or at home, this interactive tool will help you know what to do next. The care guides help parents make smart decisions on what level of care (if any) is needed and how to provide speedy symptom relief for minor illnesses or injuries you can manage on your own.

<https://www.healthychildren.org/english/tips-tools/symptom-checker/Pages/default.aspx>

Child Health Tracker gives parents the power of on-demand access to their child(ren)'s health information, needs, and providers; and AAP guidance on the vaccinations and milestones they should be expecting.

Child Health Information:

- Key contacts, such as caregivers and health care providers, stored in a searchable database
- Note conditions, concerns, and other issues
- Medication tracker

Well-Visit Guidance:

- Notifications based on AAP recommendations for upcoming visits, immunizations, and milestones
- Previsit Questionnaire and other tools to communicate visit priorities to providers
- Parent Handouts for visit recaps <https://apps.apple.com/us/app/id664576969>

Milestone Tracker App in English and Spanish: Milestones matter! Track your child's milestones from age 2 months to 5 years with CDC's easy-to-use illustrated checklists; get tips from CDC for encouraging your child's development; and find out what to do if you are ever concerned about how your child is developing. From birth to age 5, your child should reach milestones in how he or she plays, learns, speaks, acts, and moves. Photos and videos in this app illustrate each milestone and make tracking them for your child easy and fun! <https://www.cdc.gov/ncbddd/actearly/milestones-app.html>

Use the **Start Simple with MyPlate App** to pick simple daily food goals, see real-time progress, and earn badges along the way. This easy-to-use app can help you make positive changes. Healthy eating can help you achieve a healthier life overall. Get started with Start Simple with MyPlate! <https://www.choosemyplate.gov/startsimpleapp>

Health Moments: Preventing Illness: This app demonstrates that handwashing, covering your cough, and washing surfaces can reduce the spread of illness. Healthy behaviors are one way to help children stay healthy so they can focus on learning. Home visitors have a unique opportunity to help families learn more about healthy behaviors. The first step is finding a good time to bring up these topics and knowing what to say. <https://www.edc.org/health-moments-preventing-illness-app>

Healthy Growth: Tips on Healthy Active Living for Parents with Young Children can be used to create tailored patient information on healthy eating and active living for young children and their families. Other features include: content for parents and providers in English and Spanish, tips for parents with a focus on early feeding and nutrition, infographics and other multimedia assets, push notifications, and the ability for providers to customize their profile and email tips and infographics directly to parents. <https://apps.apple.com/us/app/aap-patient-ed-healthygrowth/id648888362>

ReadAskChat is an app that hosts a picture book library for children 6 months to 4 years old and includes stories, poems, songs and math activities. As families read through the stories, the app includes conversation starters at three developmental levels to help parents support reading with their children. <https://readaskchat.net>

Háblame Bebé, which means “talk to me baby” in Spanish, was developed by Melissa Baralt, associate professor of applied linguistics at Florida International University, to encourage Spanish-speaking mothers to talk to their babies in Spanish with the help of educational resources and conversational cues. Research shows that when parents use a non-native language to speak to their infants, they talk less and use less complex vocabulary. Many parents feel pressure to speak to their children only in English, researchers have found, which means children of Spanish-speaking parents may fall behind in language development. <https://calvium.com/projects/hablame-bebe/>