

RESOURCES

BOOKS

- Inoa Vazquez, C. (2004). *Parenting with pride latino style: How to help your child cherish your cultural values and succeed in today's world*. (1st edition). Rayo.
- Landy, S. (2002). *Pathways to competence: Encouraging healthy social and emotional development in young children*. Paul H. Brookes Publishing.
- Nelsen, J., Erwin, C., & Duffy, R. (2007). *Positive discipline: The first three years: from infant to toddler-laying the foundation for raising a capable, confident child*. Three Rivers Press.
- Shelov, S. P., & American Academy of Pediatrics. (1991). *Caring for your baby and young child: Birth to age 5*. Bantam Books.
- Siegel, D. J., & Payne-Bryson, T. (2012). *The whole-brain child*. Random House.
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WEBSITES

- <https://www.common sense media.org>
- <https://mommifaceted.com/>
- <https://pbskids.org/>
- <https://www.pbs.org/parents>
- <https://www.readingrockets.org>

RESOURCES AND TOOLS

- Bright Futures. *Resources for families*. American Academy of Pediatrics.
<https://brightfutures.aap.org/families/Pages/Resources-for-Families.aspx>
- Internet Matters. *Screen time resources*. <https://www.internetmatters.org/issues/screen-time/resources>
- Nemours Foundation & Healthy Kids Healthy Future. *Healthy childcare resources*.
<https://healthykidshealthyfuture.org/5-healthy-goals/resources>
- U.S. Department of Health and Human Services. *Current guidelines [for physical activity]*.
<https://health.gov/our-work/physical-activity/current-guidelines>
- Zero to Three. *Discipline and limit setting*.
<https://www.zerotothree.org/espanol/discipline-and-limit-setting>

TELEVISION

PBS Kids

ARTICLES

Stephens, K. (2007). *Strategies for parenting children with difficult temperament*. Parenting Exchange.
<https://www.easternflorida.edu/community-resources/child-development-centers/parent-resource-library/documents/parenting-the-difficult-temperament.pdf>

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<https://thegeniusofplay.org/genius/expert-advice/articles/top-20-indoor-activities-to-get-kids-up-and-moving.aspx#.YJwwmPIKjIU>

Triebwasser, H. (n.d.). *Kids and sleep*. CHOC Children's. <https://www.choc.org/health-topics/kids-sleep>

PODCASTS

Ask Lisa – The Psychology of Parenting
<https://www.dr-lisadamour.com/podcast>

Good Inside
<https://goodinside.com/podcast>

Latina Mom Legacy Podcast
<https://www.milegasi.com/pages/the-latina-mom-legacy-podcast>

Little Kids, Big Questions: A Parenting Podcast Series
<https://www.zerotothree.org/resources/series/little-kids-big-questions-a-parenting-podcast-series>

Zen Parenting Radio
<https://zenparentingradio.com/parenting-podcast>