

## New Resource for CT Caregivers on Children's Health and Development

Farmington – Today the [Child Health and Development Institute of Connecticut](http://www.chdi.org) (CHDI) released a two-volume series of [Caring for Connecticut's Children](http://www.chdi.org) - handbooks for parents and caregivers of young children. This is the second edition of the handbooks, which were originally printed in 2004 and 2005. The free handbooks have been updated to reflect the latest research and information on health, safety and development issues for children from birth to age 5. They also include current links to Connecticut resources.

"Over the past ten years, significant advances have been made in what we know about children's health, safety and development," said Judith Meyers, President and CEO of CHDI and the Children's Fund of Connecticut. "In addition, there has been tremendous growth in the availability of resources for parents of young children in Connecticut. We wanted the handbooks to reflect this new information and these new resources."



**Volume One** provides information and resources on how to keep young children healthy and safe. It has information and tips about:

- Sleeping
- Healthy eating
- Mental health
- Safety



**Volume Two** provides information and resources on the growth and development of young children.

It has information and tips about:

- How the brain develops
- Child development
- Dealing with behavior issues
- Knowing the signs of development problems

The *Caring for Connecticut's Children* handbooks divide content into easy to read sections by age, with colorful photos, and helpful hints. The handbooks were updated with the assistance of a team of child development experts at UCONN Health Center's Nurturing Families Program (led by Karen Steinberg Gallucci, Ph.D. and Jennifer Vendetti, M.S.W.) to include:

- New sections on child trauma, attachment development and infant/early child mental health
- *The Healthy Eating Plate* nutrition model from Harvard
- Updated car seat safety regulations
- *Learn the Signs Act Early* activities to support early childhood development (Centers for Disease Control)
- Hearing and communication milestones from the American Speech-Language-Hearing Association
- A way of understanding children's normal crying from the *Period of Purple Crying* program (National Center on Shaken Baby Syndrome)
- Dr. Stanley Greenspan's *Floortime* model as an important strategy for using play as a developmental and parent child interaction tool
- Connecticut resources: Child Development Infoline, Help Me Grow and [www.kidsmentalhealthinfo.com](http://www.kidsmentalhealthinfo.com).

Production of the handbooks was made possible through substantial support from the following funders: Children's Fund of Connecticut, [Connecticut Office of Early Childhood](http://www.earlychildhood.org) and the William Caspar Graustein Memorial Fund. The Office of Early Childhood is distributing the handbooks to libraries and licensed childcare providers in Connecticut. The handbooks will also be distributed through the Nurturing Families Network, Help Me Grow, pediatric offices, Discovery Communities, and Head Start programs.

**Parents and caregivers can download free copies of these handbooks, at [www.chdi.org](http://www.chdi.org) or order printed copies through the Connecticut Clearinghouse at 1-800-232-4424.**

Media can contact Julie Tacinelli at 860-679-1534 or [Tacinelli@uchc.edu](mailto:Tacinelli@uchc.edu) for additional information or to request an interview with child development experts involved in revising the handbooks.