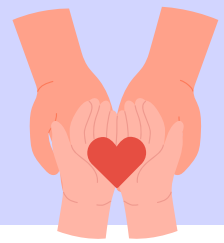


PARENTING RESOURCES LIST



A large part of parenting is understanding our children's emotional and developmental growth and managing our expectations. It also brings in awareness of how we speak to our children. These are some resources to help navigate the changes and growth of our children.

Websites

- The Mom Psychologist
<https://themompsychologist.com>
- Pathways: Helping children reach their potential
<https://pathways.org/>
- Zero to Three: Early Connections last a lifetime
<https://www.zerotothree.org/resources/for-families/>
- Resources for infant/toddler learning environments
<https://eclkc.ohs.acf.hhs.gov/learning-environments/article/resources-infanttoddler-learning-environments>

Blogs & Social Media

- [@wellforculture](#)- Indigenous views
- [@Generationmindful](#)- downloadables
- [@the.dad.vibes](#)
- [@psychedmommy](#)- Dr. Ashurina Ream
- [@themompsychologist](#)- Dr. Jazmine
- [@Stages.mentalhealth](#)
- [@thriving.toddler](#)
- [@Biglifejournal](#)
- [@BigLittlefeelings](#)
<https://biglittlefeelings.komi.io>
- [@feedinglittles](#)
- [@parentingmindsetcoach](#) (child/tween/teens)
- [@nedratawwab](#)- boundaries expert

Podcasts

- [Well for Culture](#)- Episode 9: Conscious Indigenous Parenting, Episodes on movement, connection to food, and Indigenous Fatherhood
- [The Dad Vibes: Parenting Truths Podcast](#), Tom Piccirilli
- [The Mom Psychologist Show](#) with Dr. Jazmine
- [You Need to Hear This](#) with Nedra Glover Tawwab

Additional Resources

- AAP Developmental Milestones-
[healthychildren.org](https://www.healthychildren.org)
- CDC Developmental Milestones-
<https://www.cdc.gov/ncbddd/actearl/y/milestones/index.html>