Enhancing Perinatal Support and Services Webinar Series

Parenting Education

June 17, 2026

About Us

Mission:

To help our members, and the communities we serve, be healthy.

Vision:

To be the most highly regarded managed care plan in California.

Colleen Townsend, MD, Regional Medical Director

Regional Medical Director for Napa, Solano, and Yolo counties

Colleen Townsend is a family medicine physician with over 25 years of experience in community health. She has experience in supporting patients and families across all stages, ages, and in many clinical settings. She practiced as a primary care provider at CommuniCare+OLE and works with postpartum families providing newborn care in the hospital setting.

Dr. Townsend is a regional medical director at Partnership based in Fairfield and participates in the development and implementation of policies and services related to pregnancy and postpartum.

Mary Baracco, APRN,CNM,WHNP

Mary has spent her career supporting growing families. She's delivered many babies and spent over 20 years in early childhood education. She has worked in public health maternal, child, and adolescent divisions in both Napa and Trinity counties and has worked extensively with parents experiencing perinatal mood disorders.

Mary has also had the honor of teaching and mentoring the next generation of nurses by teaching in health occupations at Napa Valley College.

She led the Napa Valley breastfeeding coalition as president for eight years and has more than 35 years of experience helping and supporting families with breast/chestfeeding – including 10 years as a certified lactation specialist and 20 years as an international board-certified lactation consultant.

Parenting

- This is the last webinar before Summer 2026.
- We request that throughout the presentation you send in your questions through the “Chat” feature.
- You are also encouraged to send in comments and reactions.
- We will make sure that there is ample time to get all questions answered.
- The webinar is heavily resourced and referenced. You will get a copy of the slides. All the links have been verified to be active.
- Thank you to everyone who has attended. It is so nice to see there is the desire for this “Community”. We look forward to being back in September 2026.

Introduction

- Today's parents are often overwhelmed and bombarded with parenting information. The internet, social media, influencers, and news sources all offer a wide variety of information, sometimes inaccurate.
- Considering what is available today, it is worth our time to sort through information and use that which is well-researched and validated.
- Early childhood education came into "being" so to speak in the 1950-1960's. There are many wonderful professional and parenting organizations, offering evidence-based information.

Objectives

- To familiarize yourself with what is available in your community. Evaluate what kind of classes are offered.
- Provide information that is evidence-based so that families may build a strong foundation within the context of their beliefs.
- Our objectives will broadly navigate around what is available in our communities and what educational or philosophical content is promoted or represented.

Perspectives

As a doula, case manager, perinatal educator or another professional working with perinatal individuals and families there are at least three perspectives to consider.

- Becoming well versed yourself around 0-5 development and what parents want and need. (1)
- Becoming well versed in what is available in your community, or any community you serve, so that you give safe referrals with accurate information. (2)
- Knowing when; based on request or observed need, how to recommend or refer your clients to the information they want and need. (3)
- It is the goal to supply you with the information you need to be successful in these endeavors.

Information For Your Client vs. Information For You
The Doula, Perinatal Educator, or Case Manager

Throughout this presentation, some information will focus on information, resources, and referrals you may share with your clients and parents. Other content is intended to help you build your own knowledge and understanding.

Child Development (Simplified)

- Familiarize yourself with simple child development milestones. We will talk more about where to get this information.
- Start with specific age groups, either that interest you or that you are working with.
- Think about the family you are caring for – focus on the developmental ages of the infant and siblings.
- When presented correctly it is all easy to understand.
- Ages and stages – possible future training.

Perspective (1)

Training and Education

Community agencies may offer training on various topics. Take this opportunity to attend. They are often free. On-line and in person. **Some valuable opportunities presenting a variety of topics:**

- The local breastfeeding coalition may offer lunch and learns
- Some counties have non-profits that sponsor Baby Cafes
- Special trainings might include topics like ACEs
- Hospitals might offer childbirth education classes, or a new parent class that you can sit in on.
- Be sure to let your clients know about these opportunities too, as appropriate.

Perspective (1)(2)

Developmental and Early Education Theorists

It is an excellent idea to familiarize yourself with some of the well-known current and historical experts.

- Piaget
- Brazelton
- Emilio Reggio
- Montessori
- Waldorf

Find out if any of these theories are part of the framework of organizations and agencies in your community.

Perspective (1)(2)

Highlights of Parenting Topics

- Discipline**
- Pre-school
- School choices, public school, private school, faith-based schools, home schooling
- Parents as teachers
- Sleep training**
- Safe infant sleep**
- Self soothing (thumb & finger sucking) vs. pacifiers
- Toilet training
- Vaccines
- Infant feeding through the first year
- Single parenting
- Parenting styles
- LGBTQ+**

***Additional slides*

Information Parents May Benefit From

- Importance of the hearing test at birth
- Newborn screen
- Babies and children with individualized developmental needs
- Autism
- Down syndrome
- Specialized programs/Individualized education programs (IEP)
- Medical conditions

* Most of the above are topics for you to become familiar with so that you can adequately support the parents. This is specialized care provided by professionals with specific education.

LGBTQ+ Families

It is incredibly important from a young age to normalize every type of family.

This can be done for young children by using inclusive language, reading a wide variety of books, and answering their questions honestly.

Use inclusive language, broaden titles: Instead of saying "mom and dad," use inclusive terms like "parents," “grown-ups," or "the adults in their life".

Frame differences as positive: When talking about families, say phrases like, "Some families have two moms, some have a mom and a dad, and some have two dads. Some only have one parent. Some live with their grandparents. Every family is unique."

Shows and movies: Watch inclusive content like *Doc McStuffins* (which featured a two-mom family) or *Peppa Pig* (which includes Penny Polar Bear’s moms). [1, 2]

Keep it to the basics: "Families are built on love and taking care of each other.” What matters is that they love each other."[1]

LGBTQ+ Families (Continued)

- Young children learn through stories. Make sure your child is seeing all kinds of families in their reading and screen time.
- Picture books like *The Family Book* by Todd Parr, *Stella Brings the New* by Miriam B. Schiffer, or *Mommy, Mama, and Me* by Lesléa Newman are helpful for representation.
- To a young child, whatever is modeled is "normal." Avoid *assuming* standard family structures when discussing other children's lives.
- Surround your child with a community. Attend family-friendly events in your local area, such as a family pride event.
- Validate their curiosity by answering their questions.

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Safe Infant Sleep

- It is well recognized that James McKenna, PhD is the research and evidence-based expert on safe infant sleep.
- Research has clearly shown the optimal position for infant sleep in on their back.
- On a firm flat surface and nothing else in the bed.
- The infant's bed should be in the same room as the parents for the first year
- That “tummy time” is important but should always be supervised.

Sleep Training

- Sleep training is controversial.
- The training to become an “infant sleep consultant” is not standardized, nor does it require any type of professional or educational background.
- Infants do go through phases of increased fussiness as they develop and this should not be pathologized.
- In cases of increased fussiness (as defined by the parents) the pediatric care provider should be the first resource consulted.
- Please proceed (if at all) with caution.

Discipline

- Discipline is the continuous process of teaching, guiding, and modeling acceptable behavior. Teaches children how to behave.
- Punishment is the unpleasant consequence imposed when rules are broken. But it doesn't teach the child what to do.
- Core components of discipline
  - Instruction – set clear rules and expectations
  - Affirmation – building trust through affection and praise
  - Correction – guiding them as to how to fix their mistake
- Common strategies for small children: redirection, logical consequences and time-outs.
- Excellent resource
  - https://parentguide.first5california.com/en-US/chapter/guiding-toddlers

Knowing What You Don’t Know

- As a doula, case manager, perinatal educator or other professional there are time when you will be confronted with a topic that you just don’t know much or anything about.
- One of the most common times is when you are asked or become engaged in a conversation about a negative experience.
- You don’t have to know all about the topic: Of course, always tell them you will try to get more information or find out who to refer them to.
- In general, the most important thing is to **listen.** They need someone they can tell their story to…know that often times initially **listening** is enough.

Other Considerations

- Pediatric care
- Ages and stages
- ACEs
- Home visiting: as indicated or if they do not have a Doula.
- Is your client affected by the social determinants of health (SDOH)?
- Are you using a trauma-informed care approach?

The Social Determinants of Health

- Safe housing, transportation, and neighborhoods
- Education, job opportunities, and income
- Access to nutritious foods and physical activity opportunities
- Discrimination and violence
- Polluted air and water
- Language and literacy skills

U.S. Department of Health and Human Services
https://odphp.health.gov/healthypeople/priority-areas/social-determinants-health

Screening and Developmental Assessments

- Adverse Childhood Experiences (ACEs) – requires training to administer
- Ages and stages
  - Developmental assessment completed by the parents, it's offered in several different sections according to the age of the child. PHN or other trained individual will act as resource to the parents as needed and interpret the results to the parents. Requires training to administer.
- Edinburgh
  - Pregnancy and postpartum screening for perinatal mental health. Requires training to administer.

We've referred to these throughout so it might be helpful to familiarize yourself with these tools. Each has a website where there is plenty of accurate info. It is our hope that trainings or expanded information can be offered on these topics in 26/27

A Trauma Informed Care Approach

from the AAP American Academy of Pediatrics (edited for length)

- It shifts the narrative from “What is wrong with you” to “What happened to you”
- The Substance Abuse and Mental Health Services Administration (SAMHSA) outlines six guiding principles for integrating this framework:
- **Safety:** Ensuring a psychologically and physically safe environment for both patients and providers. [2]
- **Trustworthiness & Transparency:** Building trust through clarity in expectations, operations, and clinical decisions. [2]
- **Peer Support:** Utilizing shared experiences among peers to establish connections and foster hope. [1]
- **Collaboration & Mutuality:** Breaking down traditional provider-patient hierarchies to work in true partnership. [1]
- **Empowerment & Choice:** Focusing on individual strengths, validating experiences, and giving patients control over their treatment pathways. [1]
- **Cultural, Historical, & Gender Considerations:** Respecting individual backgrounds and actively addressing systemic biases or historical trauma. [1]

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Parenting – Common Styles & Characteristics

Authoritative

- High warmth, emotional support with consistent boundaries

Permissive / Indulgent

- Limited demands with little or no attempts to use discipline

Attachment

- Attentive, empathy, tries to understand behaviors instead of control

Free-range

- Limited supervision, lots of freedom

Helicopter

- Always present, highly focused on the child's moods, behavior, and experiences

Authoritarian

- Strict, high expectations, minimal feedback

- While often parents express or demo some of these characteristics, the list is only meant as an example of what you might observe.
- Being familiar might help you understand them better.
- It might also provide opportunities for observation or conversation.

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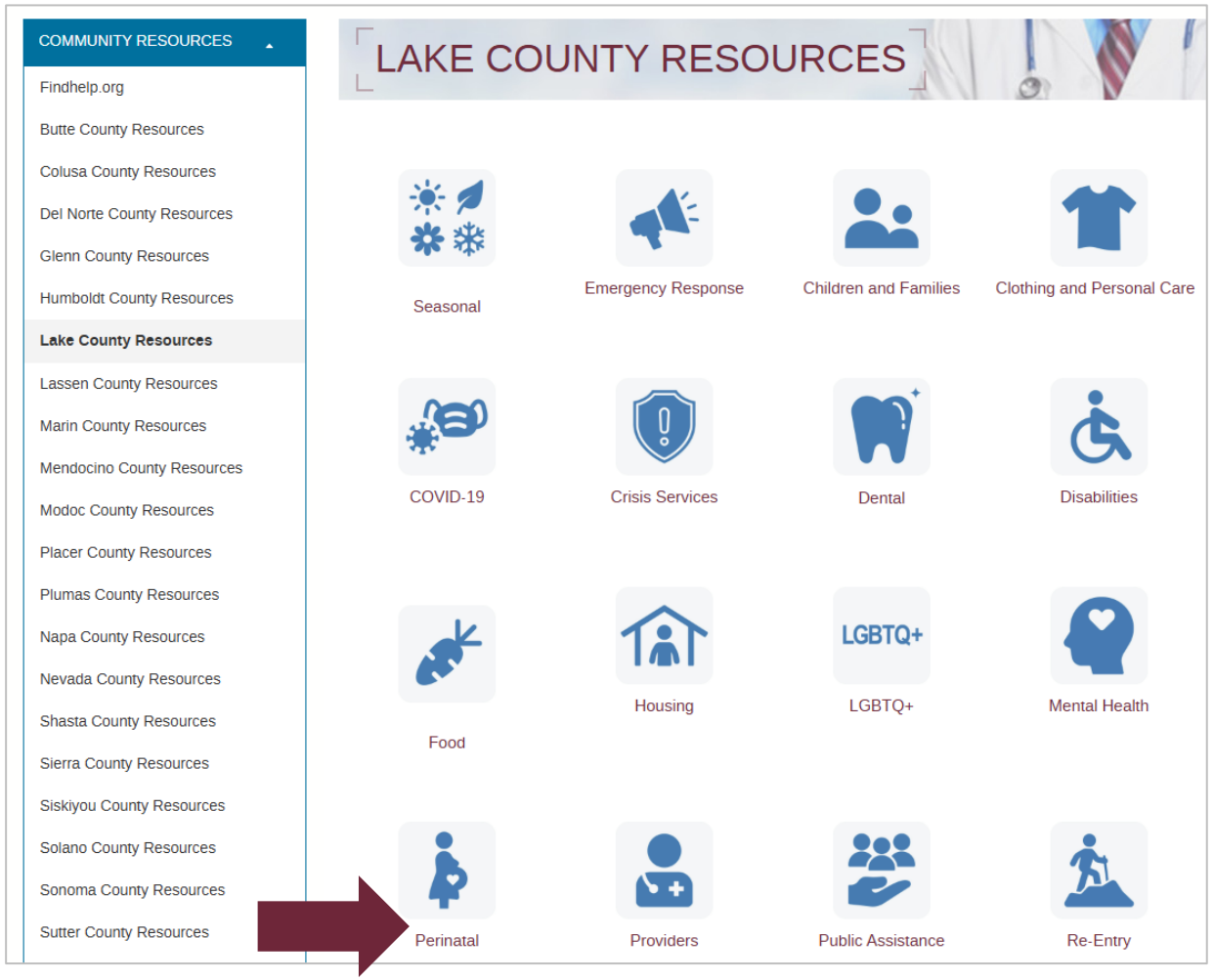
211 – California

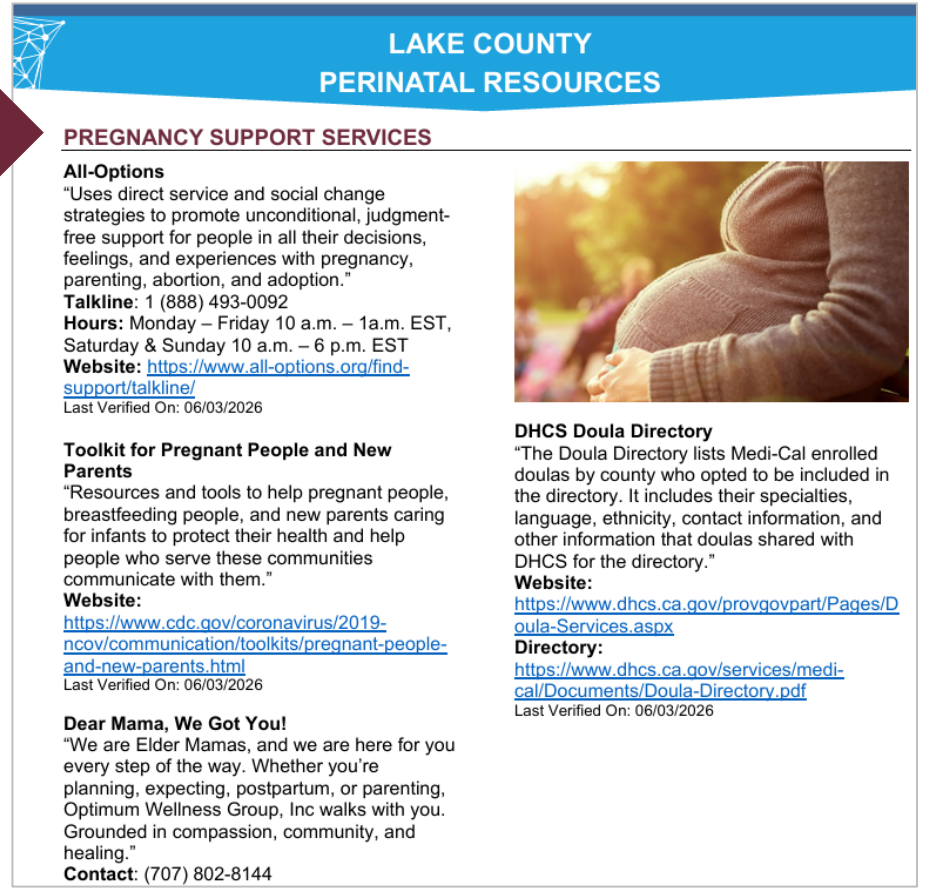
“No matter the situation, the specialists at 211 listen, identify underlying problems, and connect people in need with resources & services in their community that improve lives. In 2023, 2,500 211 Call Specialist across the U.S. responded to more than 15 million calls.”

Call **2-1-1** or **(866) 916-3566**

Website: https://211.org/

Partnerships Community Resource Pages





LAKE COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES

All-Options
"Uses direct service and social change strategies to promote unconditional, judgment-free support for people in all their decisions, feelings, and experiences with pregnancy, parenting, abortion, and adoption."
Talkline: 1 (888) 493-0092
Hours: Monday – Friday 10 a.m. – 1a.m. EST, Saturday & Sunday 10 a.m. – 6 p.m. EST
Website: https://www.all-options.org/find-support/talkline/
Last Verified On: 06/03/2026

Toolkit for Pregnant People and New Parents
"Resources and tools to help pregnant people, breastfeeding people, and new parents caring for infants to protect their health and help people who serve these communities communicate with them."
Website:
https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/pregnant-people-and-new-parents.html
Last Verified On: 06/03/2026

Dear Mama, We Got You!
"We are Elder Mamas, and we are here for you every step of the way. Whether you're planning, expecting, postpartum, or parenting, Optimum Wellness Group, Inc walks with you. Grounded in compassion, community, and healing."
Contact: (707) 802-8144

DHCS Doula Directory
"The Doula Directory lists Medi-Cal enrolled doulas by county who opted to be included in the directory. It includes their specialties, language, ethnicity, contact information, and other information that doulas shared with DHCS for the directory."
Website:
https://www.dhcs.ca.gov/provgovpart/Pages/Doula-Services.aspx
Directory:
https://www.dhcs.ca.gov/services/medi-cal/Documents/Doula-Directory.pdf
Last Verified On: 06/03/2026

https://www.partnershiphp.org/Community/Pages/Community-Resources.aspx

Resources

1. https://www.childhealthassociatespc.com/ages-and-stages/
2. https://www.cde.ca.gov/sp/cd/ Then click Ages and Stages in R side-bar
3. CA First 5 Cmmission https://www.first5California.com Excellent information
4. https://www.first5california.com/en-us/articles/kit-for-new-parents-newborn/
5. parentkit@first5.ca.gov Order the Kit for New Parents. Free. Anyone can order.

   Partnership HealthPlan of California – A Guide of what is available county by county
6. https://www.partnershiphp.org/Community/Pages/Community-Resources.aspx
7. Additional resources for all regions/counties served by Partnership in the slides below in alphabetical order. Compatible information.
8. Your County's Public Heath Department
9. https://parentguide.first5california.com/en-US/ California Parents Guide, fantastic information.

Note: there is an absolute plethora of information online. Sorting through it all is extremely time-consuming and it's important to be aware of fads and philosophical trends.

Regional Structure

Eureka Office Region

Del Norte, Humboldt, Lake, and Mendocino counties.

Vicky Klakken, Regional Director
vklakken@partnershiphp.org

Chico Office Region

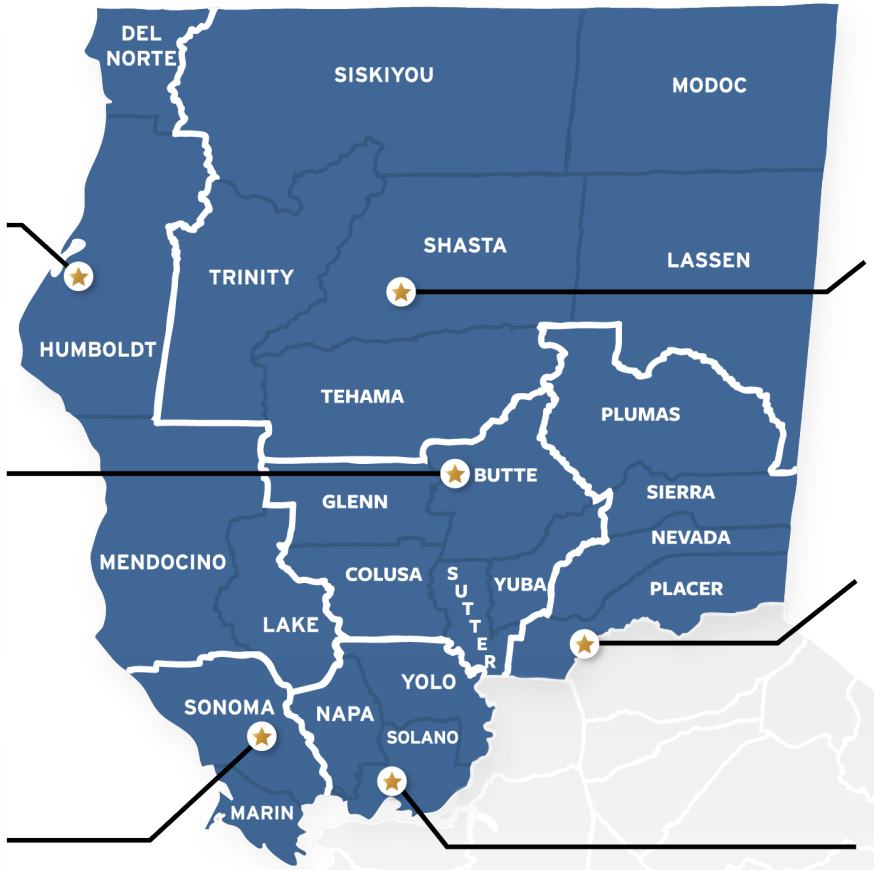
Butte, Colusa, Glenn, Sutter, and Yuba counties.

Rebecca Stark, Regional Director
rstark@partnershiphp.org

Santa Rosa Office Region

Marin and Sonoma counties.

Leigha Andrews, Regional Director
landrews@partnershiphp.org



Redding Office Region

Lassen, Modoc, Shasta, Siskiyou, Tehama, and Trinity counties.

Jayme Bottke, Regional Director
jbottke@partnershiphp.org

Auburn Office Region

Nevada, Placer, Plumas, and Sierra counties.

Jill Blake, Regional Director
jblake@partnershiphp.org

Fairfield Office Region

Napa, Solano, and Yolo counties.

Kathryn Power,
Director of Regional Operations
kpower@partnershiphp.org

Last updated on June 2026

Wrap-up, Takeaways, Survey, and questions

Please scan the QR code below for the post survey feedback.

Enhancing Perinatal Support and Services Webinar Survey

PARTNERSHIP HEALTHPLAN of CALIFORNIA
A Public Agency

Enhancing Perinatal Support and Services Webinar Series Sessions

The recordings to all sessions can be found online at:
https://www.partnershiphp.org/Providers/Medi-Cal/Pages/ProviderEducationTrainingMaterials.aspx

PROVIDER LEARNING PORTAL

Enhancing Perinatal Support and Services Webinar Series

Session 1 - Basics of Prenatal Support
Survey | PowerPoint Presentation

(86 Minutes)

Session 2 - Basics of Postpartum Support
Survey | PowerPoint Presentation

(90 Minutes)

Session 3 - Early Lactation Challenges
Survey | PowerPoint Presentation

(87 minutes)

Doula Pathway Webinar and Training

Doula Credentialing

Covered Benefits

Doula Contracting

Claims

Date: Tuesday, September 15, 2026
Time: Noon to 1 p.m.

To register, please scan the QR code below:

Questions? Email:
DoulaServices@partnershiphp.org

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Thank you for joining!

Butte County Resources

- Butte County offers a wide array of free parenting educational resources, including **evidence-based Triple P (Positive Parenting Program) classes, the Strengthening Families Program, and First 5 Family Centers**. These services provide playgroups, child-development education, and family support tailored for caregivers of children from birth through their teens. [1, 2, 3, 4]
- **First 5 Family Centers First 5 Butte County operates Family Centers across the region that provide free parenting classes, playgroups, and school readiness activities.**
- **Oroville:** Foundations
- **Chico:** Fam Center for Learning & Resilience
- **Gridley:** Esperanza House
- **Magalia:** Upper Ridge
- **Strengthening Families Program:** Butte Youth Now provides the Strengthening Families Program, an evidence-based family skills training. This program involves weekly family dinners alongside separate, targeted classes for parents and children to build better household communication, bonding, and life skills. [3]
- **Foster & Kinship Care: Education** The Butte College Foster/Kinship Care Education Program offers free workshops and enrichment classes available to any adult in the community. Course topics include attachment parenting, active parenting of teens, therapeutic parenting, and childhood development.
- **Help Me Grow Butte:** For parents looking for answers regarding a child's specific behavior, learning, or overall development, Help Me Grow Butte serves as a no-cost local resource to evaluate children aged 0-5 and directly connect caregivers to the necessary support services.

- **Triple P (Positive Parenting Program)** First 5 Butte County offers the Triple P-Positive Parenting Program, which provides free, localized workshops and coaching to help caregivers manage everyday behavior, emotional difficulties, and developmental challenges in children and teens. [2, 5]
- **In-Home Parenting (Youth For Change)** Youth for Change offers an In-Home Parenting program where specially trained educators assist families by teaching tailored parenting skills to improve overall family functioning. [6]

[1] https://first5butte.org/family-center

[2] https://first5butte.org/family-center/positive-parenting-program

[3] https://butteyouthnow.org/strengthening-families/

[4] https://first5butte.org/for-partners/program-resources

[5] https://childrenswi.org/who-we-are/community-programs/child-abuse-and-neglect-prevention

[6] https://www.youth4change.org/in-home-parenting

Colusa County Resources

Colusa County offers a variety of parenting education resources, including home-based visitations, early childhood literacy programs, family support workshops, and specialized classes. Key resources include:

- **Colusa Home Visiting Program (CHVP):** Uses the Parents As Teachers (PAT) model to offer free, one-on-one visits in your home or virtually. Trained educators teach early childhood development and positive parenting practices.
- **Colusa County Child Abuse Prevention Council (CAPC):** Provides flexible virtual and in-person parenting classes (ranging from single workshops to 16-lesson programs) in both English and Spanish.
- **Colusa County Office of Education (CCOE):** Offers Early Head Start/Head Start, state preschools, and a Home Visiting Program that includes monthly playgroups.
- **First 5 Colusa:** Focuses on resources, education, and community support for children from prenatal through age 5.
- **Child Safety Seat Program:** Monthly classes are available in English and Spanish where technicians check for proper car seat installation. Free car seats are also available to qualifying families.

[1] https://www.colusacapc.net/parent-education

[2] https://www.countyofcolusaca.gov/1120/21700

[3] https://www.ccoe.net/about-our-programs

Del Norte County Resources

Del Norte County offers a wide array of parenting educational resources, including **free family support programs, teen parenting education, developmental milestone tools, and court-accepted classes**. These services are provided by local commissions, family resource centers, and county health organizations. [1, 2, 3, 4, 5]

Early Childhood & Family Support

- **First 5 Del Norte:** Offers the statewide *Kit for New Parents*, early development tips, and access to local activities for children 0 to 5. Resources can be found via the First 5 Del Norte Parent Resources page.
- **Healthy Families Del Norte:** A free, voluntary partnership between Del Norte County Public Health and First 5 that pairs specialists with parents starting during pregnancy or the first few months of a baby's life. [1, 3, 6, 7]

Teen Parent Education

- **Cal-Learn:** A statewide intensive case management and educational program for pregnant and parenting teens participating in CalWORKs, which provides supportive services like child care and bonuses for good grades.
- **Baby Steps Program:** A weekly educational and peer support program for pregnant and parenting teens (under 21) covering child development, newborn care, contraception, and college preparation. [2, 8, 9, 10, 11]

Community & Child Care Resources

- **Del Norte Child Care Council (DNCCC):** Located at 212 K Street in Crescent City, they provide child care referrals, financial assistance, car seat safety programs, and a toy lending library. Check their
- **Del Norte Child Care Council:** Hub for updates on scheduled parenting courses.
- **Family Resource Center of the Redwoods (FRC):** Located at 494 Pacific Avenue in Crescent City, the FRC serves as a primary hub for distributing new parent kits and connecting families to local community resources.
- **Special Education Preschool Programs:** The Del Norte Unified School District (DNUSD) provides parent education alongside early intensive behavior intervention and therapies for children with special needs. Review their offerings via the DNUSD Special Education Preschool Programs. [12]

Co-Parenting & Court-Accepted Classes

- **Putting Kids First:** Offers self-paced, online co-parenting and divorce classes accepted by the Del Norte County Superior Court. Details are available on the Putting Kids First Crescent City Classes portal. [4]

[1] http://www.delnortekids.org/parent-resources.html

[2] https://www.co.del-norte.ca.us/BabyStepsProgram

[3] https://www.co.del-norte.ca.us/HealthyFamiliesDelNorte

[4] https://puttingkidsfirst.org/online-divorce-co-parenting-classes/california/del-norte-county/crescent-city.html

[5] https://connectdelnorte.org/advancedsearch/

[6] http://www.delnortekids.org/programs-and-partners.html

[7] https://www.cde.ca.gov/sp/cd/re/parentresources.asp

[8] https://www.co.del-norte.ca.us/DHHS-PA-CalLearn

[9] https://www.cdss.ca.gov/cal-learn

[10] https://www.santapaulausd.org/departments1/english-language-services-and-community-engagement/pregnantparenting-teen-support

[11] https://reg.summaries.guide/2024/12/changes-to-the-cal-learn-program/

[12] https://ncsheadstart.org/wp-content/uploads/2023/06/Del-Norte-Family-Resource-Guide-ENGLISH-.pdf

Glen County Resources

Glenn County offers a wide range of parenting resources, including structured classes, childcare resource programs, and family support networks tailored for families with young children.

- **Nurturing Parenting Program:** Educational classes offered by the Glenn County Office of Education designed to help families develop positive parenting skills, manage stress, and build strong family bonds.
- **Child and Family Services (CaFS):** Located in Orland, this Glenn County Office of Education department provides Early Head Start and Head Start programs, home visits for expecting mothers and children up to age three, and a Toy Lending Library.
- **Child Care Resource & Referral:** Helps parents explore, find, and pay for quality child care options. They operate out of 676 E. Walker Street in Orland.
- **First 5 Glenn County:** Through the Little Learners and Beyond initiative, this program offers school readiness support, playgroups, and parent training focused on healthy social and emotional child development.
- **Butte/Glenn Foster/Kinship Care Education:** Free training classes open to all community members and foster parents to help navigate the challenging and changing needs of youth.
- **Parent Support Groups:** Weekly gatherings held on Wednesdays at the Harmony House in Orland to provide peer support and shared experiences for parents.

Humboldt County Resources

Key options in Humboldt County include **Triple P (Positive Parenting) classes, specialized support for teens and strong-willed children, early childhood development programs, and regional family resource centers**.

Early Childhood & General Parenting

- **First 5 Humboldt:** Offers the *Help Me Grow Humboldt* helpline for child development screenings and ongoing family referrals (Call/Text: 707-407-8790). They regularly host free Triple P (Positive Parenting Program) courses in both English and Spanish. Explore their First 5 Humboldt Classes and Trainings for the latest schedules.
- **Changing Tides Family Services:** Provides behavioral health, respite care, and specialized parent-caregiver education series (such as courses teaching the Community Resiliency Model). Call 707-444-8293 or view the Changing Tides Parenting Classes for current online and in-person offerings. [1, 2]

Support for Teens & Strong-Willed Children

- **The Parent Project:** An intensive, multi-week course specifically designed for parents managing strong-willed or at-risk teenagers dealing with truancy, behavioral issues, and negative peer groups. Contact the Humboldt County Office of Education at 707-445-7098 or visit
- **Loving Solutions:** A similar 10-week curriculum offered in conjunction with local school districts geared toward parents of strong-willed children under age 10. [3]

Specialized & Culturally Focused Support

- **Paso a Paso:** A Providence-run program offering free health and parenting education in Spanish. They offer evidence-informed classes like *Attachment Vitamins* to help parents of young children (ages 0-5) navigate early emotional development and stress.
- **SafeCare:** A structured, in-home parenting program focusing on child health, safety, and parent-child interaction for families with children ages 0 to 5.

Community Navigators

- **Family Resource Centers (FRCs):** Located throughout the county, these community hubs offer family support, educational playgroups, and direct links to basic needs. **North Coast Resource Hub**

[1] https://www.first5humboldt.org/for-families/welcome-baby-pathways-to-resilience/

[2] https://www.humboldt.edu/sites/default/files/child-development/2025-05/resources20in20humboldt20county20programs20for20children20and20families.pdf

[3] https://www.partnershiphp.org/Community/Documents/Humboldt/Humboldt_ChildrenandFamily.pdf

Lake County Resources

Lake County offers a robust variety of parenting and educational resources, including **free developmental screenings, early literacy initiatives, peer support groups, and specialized centers**. [1, 2, 3]

- **First 5 Lake County:** Provides online and in-person workshops, as well as the **Dolly Parton's Imagination Library**, which mails a free, age-appropriate book to your child every month from birth until age five. You can check their First 5 Lake County workshop calendar and register for child development courses.
- **Lake Family Resource Center:** Offers **Early Head Start** programs, family support services, and operates a **Family Empowerment Center** (with locations like the one in Lower Lake) that provides advocacy, caregiver training, and specialized support for families of children with disabilities. Learn more at Lake Family Resource Center.
- **Lake County Office of Education (LCOE):** Hosts continuous parenting support groups, early childhood classes, and developmental check-ins like the **Child Find** program. Visit Lake County Office Of Education to view their latest event schedules.
- **Family Support Center:** Run by Lake County Behavioral Health, this center offers peer-to-peer support, non-clinical guidance for navigating service systems, and resources for families.
- **Special Education Local Plan Area (SELPA):** Provides support for children with disabilities, transition planning, and liaison services with the state. Resources are accessible via the Lake County Office Of Education portal.

[1] https://www.lakecountyca.gov/796/First-5-Lake-County

[2] https://www.lakecoe.org/

[3] https://lakeconews.com/news/79930-new-family-empowerment-center-opens-in-lower-lake

Lassen County Resources

Lassen County offers local parenting and family education resources, home visiting programs, court-mandated classes, and maternal health support:

Home Visiting Programs:

- The **PATHWAYS** program offers the evidence-based *Parents As Teachers* curriculum and Healthy Families America home visits to help pregnant women and parents with children up to age 5 cultivate nurturing relationships.
- **General Parenting Classes: Lassen Intervention** in Susanville offers general Parenting Solutions classes, which cover social-emotional learning, anger/emotion management, and communication skills.
- **Maternal & Child Health:** The county's **Maternal, Child Adolescent Health (MCAH)** program provides prenatal guidance, safe-sleep education, and developmental screenings.

- **Resource and Referral: Lassen Child & Family Resources** acts as the local Child Care Resource and Referral agency, helping parents connect with early childhood education and state preschool programs.
- For more details or to schedule an appointment, you can contact the Lassen Child & Family Resources referral desk at **(530) 257-9781** or Lassen Intervention at **(530) 931-8810**.

[1] https://www.lassenintervention.com/

[2] https://co.lassen.ca.us/dept/public-health/public-health-programs-and-services/maternal-child-adolescent-health-mcah

[3] https://www.lassenlinks.org/maternal-child-health/pathways-to-child-and-family-excellence

Marin County Resources

- **Positive Parenting Program (TripleP):** Offered in both English and Spanish at locations like Marin Community Clinics, this evidence-based framework helps parents build skills to confidently navigate child and adolescent behaviors.
- **FamilyWorks:** Run by Marin County Health and Human Services, this program in San Rafael hosts a variety of classes and groups focused on nurturing healthy child development.
- **Let's Talk:** A specialized toolkit and community workshop series designed by Marin HHS to help families of middle and high school students navigate difficult conversations about adolescent development and substance use.
- **Young Moms Marin:** Provides dedicated parenting education, life skills training, and support for young parents.
- **Help Me Grow Marin:** Backed by First 5 Marin, this service connects caregivers with resources, confidential referrals, and educational information regarding early childhood development.

For a broader look at early childhood education resources, check out the Marin County Office of Education or visit the First 5 Marin commission

- **Matrix Parent Network & Resource Center:** Located in Marin, this is a vital hub offering training, workshops, and support for parents raising children with special needs and disabilities.

[1] https://www.marinschools.org/programs-services/programs/special-education/early-intervention-ages-3-5

[2] https://www.marincounty.gov/news-releases/county-supports-new-plan-child-care-and-early-learning

[3] https://www.fsacc.org/fsacc-testimonials

Mendocino County Resources

Mendocino County offers a variety of free to low-cost parenting resources, including **structured positive parenting classes, in-home family support, and community networks** to help caregivers navigate child development. [1, 2, 3)

- **Positive Parenting Program (Triple P):** Coordinated by First 5 Mendocino, this evidence-based program offers 1-on-1 and group sessions (both in-person and online) to help parents manage behavioral issues, build resilience, and strengthen parent-child relationships.
- **Home Visiting Programs:** Healthy Families Mendocino County offers free, voluntary, one-on-one visits with nurses or family support specialists for caregivers from pregnancy through age five to assist with child development and personal goal setting.

Family Resource Centers (FRCs): Community hubs like

- Raise & Shine and the FRC Network of Mendocino act as physical drop-in spaces, connecting parents with developmental resources, emergency resources, and family empowerment groups.
- **Specialized & Co-Parenting Classes:** Organizations like Putting Kids First offer local Mendocino Superior Court-accepted co-parenting and divorce classes.
- **Caregiver-Child Classes:** The Mendocino Waldorf School runs hands-on caregiver-child classes for ages one to three, focusing on child development techniques and imaginative play.

- **Early Childhood Health & Literacy:** First 5 Mendocino provides new parent kits, child safety guidance, and operates **Dolly Parton's Imagination Library** to deliver free monthly books to children.
- **Caregiver-Child Classes:** The Mendocino Waldorf School runs hands-on caregiver-child classes for ages one to three, focusing on child development techniques and imaginative play.

- **Early Childhood Health & Literacy:** First 5 Mendocino provides new parent kits, child safety guidance, and operates **Dolly Parton's Imagination Library** to deliver free monthly books to children.

[1] https://www.mendocinocounty.gov/departments/public-health/nursing/healthy-families-mendocino-county

[2] https://www.mendocinowaldorf.org/parent-child-classes

[3] https://www.saferxmendocino.com/for-parents

Modoc County Resources

- **Modoc County offers early childhood playgroups and evidence-based home visiting programs to special education support and court-approved co-parenting courses. Local organizations and county offices offer:**
- **First 5 Modoc Parent Resource HUB:** Located in Alturas, this hub provides a family playroom for early learning, referrals to local support services, and direct connections to the evidence-based Nurturing Parenting program model.
- **Modoc County Office of Education (MCOE) - Early Intervention:** Hosts the Alturas Community Playgroup, offering a safe gathering where adults can build supportive networks and practice new parenting skills alongside their young children.
- **Early Head Start & Home Visiting:** MCOE offers Early Head Start for pregnant mothers and children up to three. Additionally, the **California Home Visiting Program** utilizes the evidence-based "Parents as Teachers" curriculum, offering individualized family education and early childhood development insights.
- **Special Education Resources:** The **Modoc County SELPA** provides tailored procedural safeguards and transition checklists to assist parents of children with special needs.
- **Co-Parenting Courses:** For legal and divorce requirements, parents can access state-accepted options like **Children in Between Online** to fulfill court-mandated parenting class requirements.
- **General Support:** T.E.A.C.H., Inc. acts as a multi-purpose non-profit in the region, connecting families to a wide array of early childhood and nutritional servic

[1] https://www.siskiyoucounty.gov/child-support/page/parent-and-family-resources

Napa County Resources

Parenting Classes & Workshops

- **Triple P (Positive Parenting Program):** Offered through Cope Family Center and ParentsCAN, this evidence-based program provides tools to manage challenging behaviors, reduce family stress, and promote positive child development.
- **Parent University:** Hosted at local elementary schools within the county, this program provides parents with tools to get more actively involved in their children's education.
- **General & Court-Mandated Education:** Alternatives for Better Living and organizations like Putting Kids First offer state-accepted parenting and co-parenting courses.
- **Community Resources for Children (CRC):** Provides "Learn & Grow Playgroups," child development screenings, and a toy library to help parents build foundational skills for their children.
- **Footsteps2Brilliance:** The Napa County Office of Education provides free, bilingual early literacy apps and games for parents of preschool to 3rd-grade children.
- **First 5 Napa County:** Offers resources such as free car seats, the Imagination Library (free books for kids under 5), and programs like "Belonging Through Books".
- **ParentsCAN:** Serves as a vital hub for parents of children with disabilities. They provide educational support, early childhood developmental support, and assistance navigating the Individualized Education Program (IEP) process.

- **Support Groups:** The county facilitates multiple specialized groups for kinship caregivers (KinCare), foster/resource parents, and adoptive families.
- **Expressions of Hope:** Offers training, mentorship, and emergency resources (like diapers and clothes) for resource and foster families.
- **Family Support Hub:** Cope Family Center operates a drop-in center providing crisis support, resources, and mental health navigation for caregivers during difficult times.
- **Home Visiting Programs:** The county offers voluntary, evidence-based home coaching and nursing visits for new parents and families in need of structured guidance.
- **Support Groups:** The county facilitates multiple specialized groups for kinship caregivers (KinCare), foster/resource parents, and adoptive families.

[1] https://www.napacounty.gov/239/Resources-for-Resource-Families

[2] http://www.theneighborhoodinitiative.org/

[3] http://www.prisonerswithchildren.org/pubs/gpmanual/resnocal.htm

Nevada County Resources

- **PARTNERS Family Resource Centers:** Located in Grass Valley, Penn Valley, and the San Juan Ridge, these centers offer free parenting classes, child development information, and drop-in playgroups for children ages 0 to 5.
- **Maternal, Child & Adolescent Health (MCAH):** Provides free nurse home visits and educational classes for expectant and new parents. The county's program schedule features courses like *"Becoming Us"* (preparing for parenthood), *"Baby Basics"*, Infant CPR, and prenatal breastfeeding.
- **Nevada County Child Advocates:** Runs the *Welcome Baby* and *Foothill Healthy Babies* programs aimed at improving parenting skills and providing a safe, nurturing environment for families.
- **Young Parents Program (YPP):** A free, voluntary program that supports pregnant and parenting teens (19 or younger) with counseling, life skills, educational support, and parenting guidance.

- **First 5 Nevada County:** Focuses on children ages 0 to 5, offering developmental support, early literacy programs (like *Read Me a Story* where pediatricians give out books at checkups), and mental health resource guides.
- For a complete directory of additional services like food pantries, family counseling, and playgroups, you can dial **2-1-1** from any phone in Nevada County to reach their community resource helpline.

[1] https://nevco.org/family-resource-centers/

[2] https://www.first5nevco.com/for-parents

[3] https://www.nevadacountyca.gov/DocumentCenter/View/43827/Parent-Resources-In-Western-NevCo-Flyer-

Placer County Resources

- Placer County offers a robust network of free and low-cost parenting education [1]
- **Family Resource Centers (FRCs)**
  KidsFirst Counseling & Family Resource Centers: Offers free parenting classes, health programs, and support groups in both English and Spanish, with physical locations in Roseville and Auburn.
- **Lighthouse Counseling & Family Resource Center:** Serves the Lincoln area with parent education, caregiver coaching, and family support workshops.
- **Latino Leadership Council:** Provides culturally responsive support groups, advocacy, and educational resources for Latino families in the county. [2]
- **Early Childhood & School Readiness**
  Placer County Office of Education (PCOE): Provides free Early Childhood Education (ECE) workshops for parents. Topics include behavior management, child abuse prevention, and school readiness. They also house the **Resource and Referral program** to help families find childcare and financial assistance.
- **First 5 Placer:** Partners with local agencies to fund and promote early childhood development programs, literacy resources, and family strengthening classes.
- **Co-Parenting & Court-Ordered Services Approved Co-Parenting Classes:** The Placer County Superior Court provides a directory of accepted local and online co-parenting and divorce education courses. Providers include local facilitators, OnlineParentingPrograms.com, and Putting Kids First.

Special Needs & Specialized Support

- **Alta California Regional Network:** Provides support for families with children who have developmental disabilities. They partner with the
- Matrix Parent Network to offer free training on IEPs (Individualized Education Programs), effective advocacy, and navigating the school system.
- **Postpartum Support International (PSI):** Placer County has dedicated local contacts to provide free support, resources, and educational groups for postpartum women and families. [3]

[1] https://www.first5placer.org/resources

[2] https://aedn.assembly.ca.gov/sites/aedn.assembly.ca.gov/files/Placer%20County%20Childrens%20System%20of%20Care.pdf

[3] https://www.placer.ca.gov/9122/Parents

Plumas County Resources

- **Mindful Nurturing Parenting Classes:** Offered by Plumas Rural Services, this program provides education on positive discipline, child development, emotional regulation, and trauma recovery. It is available as a flexible online video series or through localized, in-person courses.
- **Nurturing Parenting Critical Support:** 1-on-1 sessions with family educators offering targeted coaching for effective communication, establishing family structure, and coping with stress.
- **First 5 Plumas Playgroups:** Local, weekly playgroups where caregivers and children (ages 0-5) can socialize, learn, and engage in play-based activities. Locations include Quincy, Portola, and Greenville.
- **Early Start Family Resource Center:** Offers specialized parent-to-parent support, education, and advocacy for families raising children with special needs or disabilities.
- **Family Empowerment Center:** A program at Plumas Rural Services that provides training and advocacy for parents of children with any type of disability.

- Plumas County offers **home visiting programs, early childhood developmental screenings, and targeted training courses**. Most services are free [1, 2, 3]
- **Ages and Stages Questionnaires (ASQ):** Free, online developmental screenings provided through First 5 Plumas to help parents track their child's social-emotional and overall development. [4, 5]

[1] https://www.first5plumas.org/plumasfamilies

[2] https://www.first5plumas.org/

[3] https://divorce-education.com/ca/plumas/

[4] https://www.partnershiphp.org/Community/Documents/Plumas/Plumas_ChildrenandFamily.pdf

[5] https://felton.org/social-services/cyftay/supporting-early-education-development-and-socialization-seeds/

Shasta County Resources

- Shasta County offers a variety of free and low-cost parenting resources, including **evidence-based classes, developmental screening programs, and specialized family support**. Key programs like the Positive Parenting Program (Triple P) and Help Me Grow help parents address common behavioral challenges and track early childhood development. [1, 2, 3, 4, 5] **Top parenting resources include:**
- **Triple P (Positive Parenting Program):** A free, evidence-based program that provides simple strategies for managing temper tantrums, disobedience, and homework issues. It is offered in group and individual settings by local groups like the Shasta County Office of Education, Raising Shasta, and Northern Valley Catholic Social Services.
- **Help Me Grow Shasta:** A free resource for parents of children ages birth to 8 that helps you understand developmental milestones. They provide access to the Ages & Stages Questionnaire and connect families to local services. You can reach them by texting "HMGshasta" to 898211 or by calling (530) 605-2645.
- **Raising Shasta:** This local non-profit offers community support groups, Parent Cafes, and a **Parent Partner Program** designed to link families with individualized education, advocacy, and counseling services.
- **Shasta County Family Resources:** The county offers a dedicated Maternal, Child, and Adolescent Health team that connects families with free home visiting programs and provides the comprehensive *Healthy Families Handbook*. You can call them at (530) 225-5850.
- **Cal-Learn Services:** A specialized educational and case management program for pregnant and parenting teens under the age of 19 receiving CalWORKs, designed to help them stay in school and earn their diploma or GED.
- **North State Parent:** A regional family magazine and online hub that provides an extensive directory of local events, family resources, and educational camps.

[1] https://www.helpmegrowshasta.com/what-we-do/services-providers/

[2] https://www.shastacountycaresforkids.com/resources/triple-p-positive-parenting-program/

[3] https://raisingshasta.org/parent-partners-programs/

[4] https://womensconnectshasta.com/finding-help-in-our-community/parenting-classes-support-childcare-opportunities/

[5] https://www.helpmegrowshasta.com/what-we-do/families-caregivers/

Sierra County Resources

- **High Sierra Family Resource Center**: Located in Loyalton, this center provides practical parenting programs, classes, material assistance, and support for families navigating special education systems.
- **First 5 Sierra**: Offers free early learning and preschool enrichment programs (music, yoga), developmental resources, and professional training for childcare providers. They also partner with
- Dolly Parton's Imagination Library to provide free books to children under age five.
- **Healthy Babies Home Visiting Program**: A voluntary, county-partnered program for pregnant mothers and parents of children ages 0 to 5. It provides weekly educational visits, developmental screenings, and guidance on becoming your child's first teacher.

- **Sierra Nevada Children's Services**: Facilitates weekly playgroups, "Play & Learn" mornings, and the "Play Patch" environment in Loyalton and Downieville, providing direct guidance to parents and caregivers on interactive learning and child development.
- **Public Health Services**: The Sierra County Maternal, Child & Adolescent Health (MCAH) Program offers education for healthy pregnancies, safe sleep, breastfeeding resources, and referrals to local social services.

[1] https://www.first5sierra.org/programs

[2] https://www.first5sierra.org/parent-support

Siskiyou County Resources

- **Free voluntary home visiting programs, court-approved co-parenting courses, and childhood developmental support**. These localized programs are designed to help families with prenatal care, early childhood development, and family stability. [1]
- **Public Health Home Visiting:** Siskiyou County Public Health offers voluntary, no-cost Healthy Families America (HFA) programs, including the CalWORKs Home Visiting Program. Trained nurses or professionals visit families to provide tools on infant/toddler care, child development screenings, and family goal planning.
- **Siskiyou Early Head Start:** Based in Yreka, this program provides weekly home visits for pregnant women and families with children from birth to age three, as well as center-based class options focusing on early childhood education and prenatal health.
- **Family Resource Centers:** Multiple centers across the county offer parent-child activities, family advocacy, and general community resource navigation. [2]
- **First 5 Siskiyou:** A central hub for parent-oriented programs and school readiness. They lead the Help Me Grow Siskiyou framework, which provides developmental screenings to help parents promote their child's milestones.
- **SCOE State Preschools:** The Siskiyou County Office of Education operates state preschools focused on early literacy and kindergarten readiness skills, actively encouraging parent participation and volunteering in the classroom.
- **Shasta Head Start:** Provides early education, developmental activities, and family social services to income-eligible pre-school children with locations in Yreka, Weed, and Dunsmuir. [3]
- **Court-Mandated & Co-Parenting Education - Parenting Without Conflict:** For parents navigating separation, divorce, or child support, the Siskiyou County Superior Court mandates co-parenting education prior to mediation. Providers like
- OnlineParentingPrograms.com offer approved 12-hour courses (with financial assistance available).
- **Putting Kids First:** Offers Siskiyou County Superior Court-accepted, self-paced co-parenting and divorce classes.
- **Youth Development & Safety - Helping Youth Succeed (HYS):** Facilitated by the Siskiyou County Office of Education, this initiative gives parents and caregivers tools and guidance to build developmental assets in children and encourage safe, healthy choices.

[1] https://www.siskiyoucounty.gov/publichealth/page/maternal-child-health-programs

[2] https://www.siskiyoucounty.gov/child-support/page/parent-and-family-resources

[3] https://communityconnectionssjc.org/services/details/child_care

Solano County Resources

- Solano County offers a variety of free and low-cost parenting educational resources, including evidence-based courses, system navigation, and community-based support programs:
- **Positive Parenting Program (Triple P):** A free, research-based framework providing customized tools and strategies to help parents manage child behavior, offered in group or one-on-one sessions.
- **Help Me Grow Solano:** A centralized access point connecting parents to developmental screenings, healthcare, and specific family support programs. Call **1-844-501-5437** to speak with a Family Navigator.
- **Solano Parent and Child Education (SPACE):** Offered through the Fairfield-Suisun Adult School, this program provides interactive parenting classes, positive discipline workshops, and state-mandated Co-parenting/P.E.A.C.E. classes.
- **Healthy Families Solano (HFS):** A free, voluntary home-visiting program matching parents with specialists who provide education on child development, parenting skills, and community resources.

- **Family Resource Centers (FRCs):** Located in cities like Vallejo, Dixon, and Fairfield, FRCs host Parent Cafés, provide lending libraries, and offer peer-to-peer mentoring.
- **Specialized Training Courses:** Programs like the **Nurturing Fathers Program** and the **Parent Leadership Training Institute (PLTI)** offer targeted education to empower fathers and community advocates.

[1] https://www.childnet.org/parenting-classes-list

[2] https://solano.courts.ca.gov/divisions/family-law/family-law-programs

[3] https://www.helpmegrowsolano.org/what-is-help-me-grow/

[4] https://family.networkofcare.org/solano/Services/SubCategory?tax=PH-6100&k=Parenting+Education

Sonoma County Resources

Top Parenting Resources in Sonoma County (1, 2, 3, 4, 5)

- **Child Parent Institute (CPI)**: Located in Santa Rosa, CPI offers a variety of in-person and online parenting classes (including father-friendly formats like *instructions not included*), co-parenting classes, a parent support line, child and family counseling, and foster parent training.
- **Early Learning Institute (ELI)**: Based in Rohnert Park, ELI specializes in services for families with young children (birth to 5 years). They offer developmental screenings, in-home parent education, and the PEAS (one-to-one) program for parents navigating developmental therapies.
- **4Cs of Sonoma County**: The Community Child Care Council not only helps families find quality childcare but also provides parent engagement programs and educational resources to support child development at home.
- **First 5 Sonoma County**: This organization provides access to the **Triple P - Positive Parenting Program**, which offers tips and strategies for dealing with common behavioral and developmental issues.
- **Teen Parent Connections**: A trauma-informed county program providing long-term comprehensive case management, educational advocacy, and parenting support for pregnant or parenting teens aged 19 and under.
- **La Luz Center** (Serving the Sonoma Valley): They offer early childhood education hubs and parenting education to support kindergarten readiness and strengthen families. [1, 2, 6, 7, 8]

Resource links

[1] https://first5sonomacounty.org/resources-for-parents/parents-resource-guide/parent-education-and-support/

[2] https://sonomacounty.gov/health-and-human-services/human-services/children-families/quality-parenting-initiative-(qpi)

[3] https://childrens-school.sonoma.edu/families/family-support

[4] https://211sonoma.org/results/parenting-skills-classes/

[5] https://first5sonomacounty.org/neighborhood-based-services/

[6] https://sonomacounty.gov/health-and-human-services/health-services/divisions/public-health/maternal-child-and-adolescent-health/infant-and-childrens-health

[7] https://www.sonomafamilylife.com/guides/130-business-resources

To find additional Family Resource Centers (such as those in Petaluma or the coastal areas) and services specific to your neighborhood, you can dial **2-1-1** to speak directly with a trained specialist or search the 2-1-1 Sonoma County Directory.
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Sutter County Resources

- **Healthy Families Sutter County:** A free home-visiting program offering parenting education, child development guidance, and school readiness support for parents of children from prenatal up to 36 months old.
- **Parent Project Classes:** Free 10-week classes offered by the Juvenile Probation Department during the Spring and Fall. These courses teach caregivers how to effectively manage challenging behaviors, prevent alcohol/drug use, and improve academic performance.
- **Sutter County SELPA:** Provides resources, procedural information, and support groups for parents navigating the special education system and the Infant Program for children with developmental delays.
- **Children's Home Society of California:** Located on Sierra Avenue in Yuba City, this agency provides childcare referrals, assistance with childcare payments, and parent workshops.
- **Sutter County Children & Families Commission:** Promotes early childhood development through initiatives like free book programs and directories for local health and family services. [2, 3, 4]

- **Family SOUP:** A local family resource center that provides support, education, and facilitated referrals specifically tailored to families and caregivers of children with special needs.
- https://www.sutter.gov/government/county-departments/health-and-human-services/public-health-branch/maternal-child-adolescent-health/serving-families-with-children-with-special-health-care-needs
- https://www.sutter.gov/government/county-departments/health-and-human-services/public-health-branch/maternal-child-adolescent-health/healthy-families-sutter-county
- https://www.sutter.gov/government/county-departments/probation/parent-project
- https://sutterselpa.org/Resources/Parent-Resources/index.html

Trinity County Resources

Resources in Trinity County are primarily available through regional health programs, and state-certified online platforms. Localized options cover everything from early childhood development and foster care to court-mandated co-parenting courses.

- **Co-Parenting and Divorce Education:** Trinity County courts accept **state-certified online education** programs (such as Online Parenting Programs or Putting Kids First) designed for divorcing or separated parents. These courses focus on mitigating conflict, understanding age-specific needs, and improving co-parenting communication.
- **Foster and Relative Caregiver Training:** For kinship and foster families, local child welfare agencies and foster care associations offer ongoing, specialized training and kinship support programs to help caregivers effectively support traumatized or high-needs children.
- **Early Childhood and Family Supportive Services:** Through the Trinity County Department of Health and Human Services, families can access supportive services and resources focused on child abuse prevention and family stability. Additionally, Partnership HealthPlan of California provides directories of resources to ensure children are prepared for kindergarten.
- **Perinatal and Infant Resources:** The county offers organized Perinatal Resources, including guides on Medi-Cal enrolled doulas, breastfeeding education, lactation support, and early childhood brain development.
- HRN – Human Resources Network. A non-profit providing information and a variety of supportive services to the people of Trinity County. See the web link for available services

https://www.hrntrinity.org/communityservices#:~:text=HRN%20provides%20help%20to%20people,resources%20and%20providing%20emergency%20shelter.

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Yolo County Resources

- **The CHILD Project: Road to Resilience (R2R):** Coordinated by First 5 Yolo, this program provides family resource professionals, home visitors, and postpartum nurse visits for maternal caregivers from pregnancy through early childhood.
- **Healthy Families Yolo County:** Offered by the Yolo County Children's Alliance (YCCA), this home visitation program supports caregivers of children from pregnancy through age 3, offering education on soothing techniques, baby care, and nutrition.
- **Yolo County Children's Alliance (YCCA) Parenting Classes:** YCCA provides the Nurturing Parenting Program (NPP), which offers multi-week series aimed at boosting parenting skills, supporting healthy child growth, and fostering self-awareness.
- **Yolo County Superior Court Co-Parenting Education:** The county court system offers an 8-week Cooperative Parenting and Divorce class, as well as longer Nurturing Parenting courses for families undergoing transitions.
- **Help Me Grow Yolo:** Provides free developmental screenings for children under five, activity ideas for home, and direct referrals to community resources like occupational therapy and early intervention agencies.
- **Head Start Family Engagement:** Yolo County Office of Education (YCOE) Head Start utilizes resources like Footsteps2Brilliance to help parents engage with bilingual digital curricula to accelerate vocabulary and early literacy.

- **Yolo County Library Children's Resources:** Local library branches offer early learning kits to check out, which include informational books, games, and puppets, as well as access to Tumblebooks.
- **Cal-Learn Program:** Run by the county, this intensive case management and educational program is tailored specifically for pregnant and parenting teens to help them finish high school and build self-sufficiency.
- **Yolo Family Strengthening Network (YFSN):** Organized through YCOE, this network provides localized resource lists broken down by age group (0-5, 6-12, and 13-18 years) to help parents strengthen parent-child interactions.
- **ABC Home Visiting:** An evidence-based intervention program for caregivers of infants and toddlers who have experienced early adversity.

[1] https://www.ycoe.org/Divisions/Educational-Services/Student-Services/Children-and-Family-Resources/index.html

[2] https://www.yolokids.org/parent-education/

[3] https://helpmegrowyolo.org/parenting-tools

[4] https://hr.ucdavis.edu/departments/worklife-wellness/family-care/children/resources

[5] https://www.yolokids.org/parent-education/parenting-classes/

[6] https://growingheartschildcarecenter.com/tuition-support/

Yuba County Resources

- **Yuba County Office of Education (YCOE) Family Resource Center:** Located at 1104 E Street in Marysville, it offers Early Learning Support Services including parent-to-parent support, Early Start resources, and a toy lending library for families with children up to age five.
- **Teen Parenting Programs:** YCOE hosts a 10-week Best Parenting Workshop designed specifically for teen and young adult parents (ages 12-24) to learn about child development and family resources.
- **Foster & Kinship Care Education:**
- **Yuba College:** offers training and education classes for foster parents, relative caregivers, and those looking to adopt.
- **Court & Custody Co-Parenting:** For legal and custody requirements, online courses like Putting Kids First provide Yuba County Superior Court-accepted parenting and co-parenting classes. [1, 2, 3, 4]

- **First 5 Yuba County:** Provides multi-week Triple P (Positive Parenting Program) sessions, developmental milestone education, and perinatal mental health support. They also co-sponsor the ABC Sprout at YES Charter, a nature-based educational program where caregivers and children ages 0-5 learn together.

1] https://www.first5yuba.org/copy-of-family-friend-or-neighbor

[2] https://puttingkidsfirst.org/online-divorce-co-parenting-classes/california/yuba-county/marysville.html

[3] https://www.first5yuba.org/parenting-programs

[4] https://www.first5yuba.org/school-readiness