

Noteworthy

A Child and Family Quarterly Update - June 2021

Seven Essential Life Skills for Children!

Zero to Three explains how parenting and child development intersect in [this parenting resource](#). Our parenting can nurture the skills like focus and self control, effective communication, and critical thinking, that children need in the short-term and across their entire lives.

CDC's Children's Books

Baby's Busy Day (Un día ocupado del bebé, en Español), is fun for children and shows you what to look for as your child grows. Baby is a one-year-old puppy who is having a very busy day! Follow along as Mom, Dad, and Sis engage Baby throughout his day while encouraging his development along the way! As you read this fun story with your little one, keep an eye out for the paw prints to learn what one-year-old milestones to look for in your baby's development, and the hearts for tips on how you can help! Order the book for free (limit 5) or download it as a PDF in English or Spanish [here](#). For additional copies, please e-mail deepas@spanadvocacy.org.



Taking Care of Yourself

Mental Health America recently released their [Tools 2 Thrive](#) mental health toolkit. It provides practical tools that can be used to improve mental health and increase resiliency. The toolkit includes helpful tips for everyone on adapting after trauma and stress, dealing with anger and frustration, processing big change, and taking time for yourself. This information is also available as printable handouts and materials for communications and social media.

Protecting Your Health

The Department of Human Services, in collaboration with Boggs Center on Developmental Disabilities at Rutgers University, has developed a [video guide](#) to help ensure vaccines are accessible to all New Jerseyans, including individuals with disabilities.



Reading Corner

Books are mirrors and windows for children. We know that books help shape how children think about themselves, their peers, and the world around them. What children see – and do not see – in books can have a lasting impression on their values, attitudes and actions.

I Love Us: A Book About Family is a celebration of all types of families and all the ways that families can be described. This beautiful board book exposes little ones to the beauty of all our differences and includes a mirror so the reader's unique family will be reflected in the story.

Learn the Signs.
Act Early.



Centers for Disease
Control and Prevention

www.cdc.gov/actearly
1-800-CDC-INFO

