

Parenting Education and Support

Center for Divorce Education

Through an online interactive format, parents learn effective skills that will immediately change the way they interact. In the Online version the topics that are discussed are: •

Money Problems

- Children Carrying Messages between Parents
- Long Distance Parenting
- Quizzing Children about the Other Parent
- Putting Down the Other Parent

<http://www.divorce-education.com/>

CEO's Babies in Waiting Program

This program is a home visiting program for pregnant women providing pre and postnatal education, opportunities to meet other expectant families. Families will have access to supportive services throughout the community.

(518) 272-6012, ext. 421

<https://www.ceoempowers.org/services/babies-in-waiting/>

Community Maternity Services

(518) 482-8836

27 North Main Ave., Albany, NY 12208

<https://www.cccms.org/>

Kinship Care in New York State

Kinship care refers to grandparents, other relatives, and even family friends who are caring for children. Most kinship caregivers are not foster parents and privately provide full time care for children.

1-877-454-6463

www.nysnavigator.org

Parent Network of the Capital Region (PNCR)

Provides parents with the knowledge, skills, resources and support to effectively advocate for their children and to facilitate productive relationships between parents and school districts for the benefit of students with disabilities. Services are free-of-charge to parents, service providers, disability organizations and schools.

(518) 640-3320

1190 Troy-Schenectady Rd., Latham, NY 12110

New York State Parent Portal: Resources for Parents and Caregivers of Young Children

<https://www.nysparenting.org/>

The Council on Children and Families (the Council) coordinates New York's health, education and human services systems to provide more effective systems of care for children and families. This NYS Parenting website is funded by the Preschool Development Grant Birth through Five Initiative, ***Grant Number 90TP0019-01-01, from the Department of Health and Human Services***, as as a one-stop, digital parent portal for information on parenting, child care options, concerns about child development and how to talk and work together with your child's teachers.

The Council worked closely with its member agencies to develop each of these main resources:

[Every Student Present](#)

[Multiple Systems Navigator](#)

[NYS Parent Guide](#)

[NYS Child Care and After School Care Locator](#)

An 8-minute video [Your Child Care Options](#) describes different settings for child care in New York State. This video is from the NYS Office of Children and Family Services.

The Family Guide to NYS Early Childhood Services Parental through Age 5 is [available online in multiple languages](#). This is a resource guide for families to connect and link children to early childhood services in New York State.

Please subscribe to the NYSB5 newsletter, text **NYSB5** to **22828**, OR email us at **NYSB5@ccf.ny.gov**

TALKING **IS** TEACHING

<https://talkingisteaching.org/>

"Talking is Teaching: Talk, Read, Sing" is a public awareness and action campaign that helps parents recognize their power to boost their children's early brain and vocabulary development through simple, everyday actions - like describing things while walking outside, or singing songs together during bath time. Using books, parent videos, text messaging, social media, and information from expert partners, Talking is Teaching empowers parents and caregivers with fun and easy ways to improve their babies' learning.

Talking is Teaching is a campaign of *Too Small to Fail*, an initiative of the Clinton Foundation. Learn more about *Too Small to Fail* [here](#).

First 5 California also developed a 'Talk.Read.Sing.' campaign in 2013. The First 5 California campaign has a similar goal with a focus on raising awareness specifically in California about early brain development and encouraging parents and caregivers to talk, read and sing to their children from birth. You can learn more about First 5 California and their campaign at first5california.com/parents.

Parenting isn't easy— but you don't have to do it alone.

Bright Start Connect is offering FREE one-on-one virtual sessions with child development experts.



Sign Up

Fill out a brief form



Scan
Here



Get Matched

Our team will match you
with a child development
expert tailored to your
unique needs



Show Up

We'll schedule a virtual
session, and you'll get
personalized tools and
strategies to try
immediately



info@brightstartconnect.org



WHAT CAN WE HELP WITH?



Following Directions
or Establishing
Routines



Addressing
Behavior
Challenges



Speech and
Language
Concerns



Managing
Sibling
Relationships



Bedtime
& Sleep
Challenges



Eating
& Nutrition
Concerns



Partnering with
Daycare or School



Tantrums
& Meltdowns



Anxiety
& Fear

AND MORE!

Check out our website for FREE and trusted parenting resources
brightstartconnect.org



This free resource is made possible by
Bright Start Connect by Forward Leading IPA and funded by SAMHSA.

Monday Parent and Caregiver Open Support Groups

Charlie Health Family Programming invites you to our free open Family Support Groups

Free and open to the public. Please use the QR code below to register for groups like:

- Parents & Caregivers of Adolescents
- Parents & Caregivers of Young Adults
- Parents & Caregivers of LGBTQIA+
- Families of Color
- El Grupo de Cuidadores en Español (Spanish-speaking only)
- Neurodivergence and Your Family
- Allies of Young Adults



RSVP using the QR code

Mondays

5:00pm PT • 6:00pm MT • 7:00pm CT • 8:00pm ET

Let's Play! A Comprehensive, Evidenced-Based Program for Parents of Infants and Toddlers Diagnosed With Autism Spectrum Disorder

An Early Start Denver Model-Based *Virtual* Group Program for Parents of Infants and Toddlers



Program Eligibility Requirements

Participants must:

- Be parent/caregiver of a 12-47 month old infant or toddler
- The infant or toddler must be:
 - a) Diagnosed with ASD
 - b) At genetic risk for ASD
- Be motivated to learn skills for promoting infant/toddler development
- Be able to participate in all training sessions
- Participate in 12 weeks of program provided once per week, Mondays beginning in September 2025 (time TBD)
- Be willing to complete pre/post assessments

The Center for Autism and Related Disabilities is now offering a group for parents of infants/toddlers diagnosed with ASD

An Early Start Denver Model-based *virtual* group program is being offered at no cost through the Center for Autism and Related Disabilities at the University at Albany. This group program provides parents with training and tools to promote their very young children's social and communicative development. The program includes small-group instruction to help parents learn real-world skills that will help them interact with their infants/toddlers in a way that has been shown to elicit social and communicative behaviors. Participants are asked to complete pre/post assessments in order for us to evaluate the effectiveness of this program.

If interested in being a part of this program, please complete this survey:

<https://www.surveymonkey.com/r/RX3ZLLP>

For more information

Contact: Erica Davis or Hanna Kent

Email: ejdavis@albany.edu or

hkent2@albany.edu

Phone: (518) 442-2574

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**CENTER FOR AUTISM
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