



# PeaceHealth NICU Graduate Assessment Program Resources for Caregivers

## Support resources while you care for your baby

[support4nicuparents.org/for-parents/post-discharge-support](https://support4nicuparents.org/for-parents/post-discharge-support) Comprehensive NICU Family support post-discharge; support for your mental health; how to talk to your friends and family about your preemie; peer support and more.

[www.zerotothree.org](https://www.zerotothree.org) Early development and well-being; early learning; parenting, policy and more.

[resources.parenthelp123.org/resource\\_finder](https://resources.parenthelp123.org/resource_finder) Helps families in Washington connect to community resources, low cost health insurance, food, activities and referrals. Free service up to age 5.

## Resources to learn more about development

[www.cdc.gov/ncbddd/actearly/index.html](https://www.cdc.gov/ncbddd/actearly/index.html) CDC's "Learn the Signs and Act Early" page. Gives information about milestones, birth to 5 healthy child development, early intervention contacts and more.

[pathways.org](https://pathways.org) Excellent resource for baby development by age; free resources including brochures, videos, activities and more.

## Apps you can download to help your baby grow

[www.cdc.gov/ncbddd/actearly/milestones-app.html](https://www.cdc.gov/ncbddd/actearly/milestones-app.html) CDC's free milestone tracker app.

[www.vroom.org](https://www.vroom.org) Free science-based tips and tools to help parents give kids a great start in life.

