



Website Resources for Families with Young Children

- Wonderful easy-to-read informational sheets on many common childhood disorders, procedures, test, and drugs. www.kidshealth.org/parent
- Children's Physician Network has a space on their home page specifically for families and it helps to answer many medical concerns. www.clinics4kids.org
- Medline Plus is a great place to find medically based disease specific info. <http://www.medlineplus.gov/>
- A medical library with easy-to-use library searches. www.medem.com
- Up-to-date health information, tools for managing health, and support for those who seek information. www.my.webmd.com
- High-quality, carefully selected consumer health information in English and Spanish. www.noah-health.org
- Includes sections on understanding complementary and alternative medicine (CAM), alerts and advisories, treatment information, and links to additional resources. nccam.nih.gov/health/
- Complete, easy-to-read information on more than 800 drugs from the American Society of Health-System Pharmacists - including instructions on how to administer different types of medications and to how use medications safely and effectively. www.safemedication.com
- A secure, online personal health record that can be used to store and retrieve health information for all members of a family including health history, appointments, medication records, test results, insurance information, etc. www.childrenshc.org/cmo/
- Car seat information such as choosing and installing car seats, common errors, and much more. Information is also available in Spanish, Somali, and Hmong languages. www.carseatsmadesimple.org
- Pro-literacy program founded by singer/songwriter Dolly Parton. Children in Olmsted Co. have the opportunity to receive FREE books in the mail until age 5. www.dollysimaginationlibrary.com
- Rochester Children's Museum provides fun, educational, interactive activities and exhibits for the entire family! www.explore@mcm.org
- Listing of family resources in the Rochester Area. Becky Montpetit. www.rochestermnmomsblog.com