**Resources for Infant Parents**

• **PEPS Program for Early Parent Support**: (206) 547-8570

www.pepsgroup.org

PEPS’ mission is to provide community-based programs that enable parents of infants and

young children to meet the challenges of parenting through mutual support and shared

information.

PEPS believes that all parents stand to benefit from getting and giving support. We are

committed to promoting the art of parenthood through our programs and through

partnerships with other organizations that also want families to thrive.

• **American Academy of Pediatrics**

www.aap.org/parents.html

The official Web site of the American Academy of Pediatrics — an organization of 60,000

pediatricians committed to the attainment of optimal physical, mental, and social health and

well-being for all infants, children, adolescents, and young adults.

**• Zero to Three**

www.zerotothree.org

Zero to Three’s approach to parent education is based on the belief that parents are the true

experts on their children, and that there is no “one-size-fits-all” approach to raising children.

**• Birth and Beyond** (206) 324-8431

www.birthandbeyond.com

Classes on breastfeeding, cloth diapering, sleep, childcare and more! Plus First Weeks

mom’s groups.

**Becoming Parents Program**: (206) 686-1880

www.becomingparents.com

Learn skills to strengthen your marriage and get support as you parent.

**Parent Map**

www.parentmap.com

Pathways: a lecture series for parents

Birthways: lectures for new and future parents

**• Family Law CASA** (206) 748-9700

www.familylawcasa.org

Family Law CASA offers a link to various Parenting Classes through-out King County.

**• Puget Sound Adlerian Society**

www.psadler.org

A nonprofit educational organization founded in 1975, the Puget Sound Adlerian Society

offers information, referrals, workshops, courses, and other resources and support to

parents, parent educators, teachers, counselors, school counselors, therapists,

psychologists, workplace managers, and other people who are interested in mutually

respectful, cooperative relationships--**community-building**--in families, classrooms,

workplaces, and every-where else.

**• Child Care Resources**: (206) 329-5544

www.childcare.org

We help families access and choose high quality child care, school age care and access a

Play & Learn groups.

**• Parent Help 123**: (866) 585-1123

www.parenthelp123.org

ParentHelp123.org, **program of WithinReach**, helps Washington State families apply for

health and food programs online, and locate resources in their local communities. The

website has health information for pregnant women, parents of new babies, and families

with children.

**• Thrive by Five Washington**: (206) 621-5555

www.thrivebyfivewa.org

Thrive by Five Washington supports parents and caregivers by providing information and

resources to help you build strong relationships and make the most of the time you spend

with your children.