

Prenatal Through Age Three Resources

The Roots & Wings Foundation has learned from our health partners and collaborations about various prenatal-through-age-three (PN-3) resources which we've summarized below. Our purpose in sharing this information is to support our partners in finding PN-3 resources and to promote cross-learning. The proprietary resources listed here aren't formally endorsed by Roots & Wings, and the list is not exhaustive; the resources have simply been helpful to our partner community. We welcome your feedback or additions through your Program Manager.

Resources, by Phase and Service	Resource Descriptions
Prenatal	
General prenatal and obstetric care	
Center for the Transition to Parenthood (Columbia University)	Research-to-practice center to support those transitioning to parenthood and those serving their needs; directory of programs searchable by geography and perinatal topic.
Group prenatal care	
CenteringPregnancy®/CenteringParenting®	Group-based prenatal care and parenting program, builds relationships and improves outcomes
Prenatal education classes for birth, breastfeeding, and / or infant care	
Birthly	Online birthing classes; organization can partner to provide to patients, or patients can purchase individual classes
Bump2Baby360™ (formerly Yomingo)	Pregnancy app and educational platform that provides information, tools, and resources
Postpartum	
Postpartum parent / caregiver health and well-being	
Postpartum Systems of Care Repository	Centralized hub of resources to promote effective postpartum interventions and policy
Pediatric	
Early childhood development / early relational health resources for caregivers	
Bright Futures™ (American Academy of Pediatrics)	Handouts for each pediatric visit, in 14 languages; also provider guidance on pediatric primary care
First Approach Skills Training (Seattle Children's Hospital)	Resource (handouts, videos, workbooks) on various parenting and mental health topics
Healthy Steps® (Zero to Three)	Handouts by topic or age, in seven languages
Little Moments Count	Collaborative to build understanding of the importance of talking, playing, reading, singing with children. Resources for families and professionals
PlayReadVIP	Parent education program in which parents learn by reviewing videos of their interactions with their child, supported by a coach
Prescription for Play™	Supplies pediatric providers with free DUPLO brick kits and educational materials to deliver to 18-36 month-old patients during well-child visits
Sesame Workshop: Sesame for Families	Resources for families, to help children grow smarter, stronger, kinder

Sparks videos (Mount Sinai Parenting Center)	Videos for each well-child visit in English and Spanish; also training curriculum / tips for providers on promoting development
Talk with Me Baby (National Association of Community Health Centers)	Handouts for each pediatric visit, to help families provide language nutrition to young children
The Basics®	Brain-boosting tips and videos for vibrant learning and brain development; toolkit with resources in 11 languages
Vroom™	Brain-building tips (and app) by age for parents; resources for communities / orgs to incorporate brain-building tips
Early literacy resources	
Dolly Parton's Imagination Library®	Book gifting program that mails books to children every month from birth to age five
Reach Out & Read®	Program that gives books to assess interactions, engage families, and promote literacy in pediatric primary care
Routine pediatric primary care services	
America's ToothFairy (National Children's Oral Health Foundation)	Provides grants, products, equipment, educational materials, and approaches for community engagement. Handouts in 15+ languages
Change Package for Community Health Centers: Early Childhood Development Continuum of Care (ECDHS / ZTT)	Actionable ideas to help health centers integrate the ECD Continuum of Care, focusing on strengthening promotion and prevention, surveillance and screening, care coordination and linkage, and early intervention services
Facilitating Attuned Interactions (Erikson Institute)	Relationship-building model developed by Fussy Baby Network, strengthening provider-parent relationship and helping parents attune to their infants
Pediatrics Supporting Parents	Innovations to transform pediatric primary care to better support parents and promote children's social and emotional well-being during critical early years, with a focus on clinical practice, family partnership, and governance
Promoting First Relationships® (University of Washington)	Training for pediatrics, child care and home visitors to promote children's social-emotional development through responsive, nurturing caregiver-child relationships
Specialist support for early relational health and connection to resources	
Developmental Understanding and Legal Collaboration for Everyone (CSSP)	Family specialist in pediatric primary care team for the first six months after birth
Healthy Steps® (Zero to Three)	Dedicated child development / behavioral health specialist on pediatric primary care team for zero- to three-year-olds; handouts by topic or age, in seven languages
Across PN-3 continuum of care	
Home visiting (Note: Home visiting programs are often determined by state or county health departments)	
Changent (formerly Nurse Family Partnership)	Pairs first-time birthing parents with nurses from early pregnancy through second birthday
Early Head Start Home Based Option	Early Head Start via weekly home visiting plus monthly group meetings

Family Connects	Nurse home visiting for newborns to strengthen family bonds and connect to community resources
Family Spirit®	Designed for and with indigenous communities for prenatal to child's third birthday
Healthy Families America®	National home visiting program focused on early relational health, typically for at least 3 years
Parent Child +	Visitors meet with parents and children 16-48 months of age twice per week
Parents as Teachers®	Services offered for at least two years between prenatal and kindergarten
Maternal mental / behavioral health screening and care	
Postpartum Support International	Resources and support for perinatal mental health disorders, including a helpline in Spanish and English
Maternity resources through state Medicaid	
First Steps	Washington state specific: Helps low-income pregnant individuals get the health and social services they may need
Programs for Pregnant People	Wisconsin state specific: Includes info on BadgerCare Plus Prenatal Plan and Prenatal Care Coordination
Respectful maternity care	
Respectful Maternity Care Toolkit (NICHQ)	Toolkit to support clinicians, clinical teams and leadership in promoting and practicing respectful maternity care
Screening and support for basic needs and other health-related social needs	
211 Get Connected. Get Help.™ (United Way)	Helpline and website offering services for health-related social needs, searchable by zip code
FindHelp	Platform and website offering services for health-related social needs, searchable by zip code
Help Me Grow®	Program for connecting families to services
UniteUs	Technology platform for connecting families to services