



Setting Your Brain Up for Success: Brain Care from Childhood Through Early Adulthood for Lifelong Cognitive Health

Resources

General Resources for Families:

- [American Academy of Pediatrics website for families](#)
- [Following pediatricians on social media for trusted content \(with links to Healthy Children on Social Media\)](#)
- [Help Finding Local Resources for Parents of Young Children through Help Me Grow \(HMG\) Affiliates](#)
- [About Adverse Childhood Experiences \(Centers for Disease Control and Prevention\)](#)
- [Information on Brain Health \(National Institute on Aging\)](#)
- [Improve Your Brain Health with a New Brain Care Score](#)

Resources to Promote Safe, Stable Nurturing Relationships in Children:

- [Tips on Promoting Reading](#)
- [Center of Excellence Social Media and Youth Mental Health to answer all your questions about managing Screen Time](#)
- [Help Finding High Quality Child Care with Child Care Resource and Referral](#)