

# Learn more about Parenting

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## Websites

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[aap.org](http://aap.org) **American Academy of Pediatrics** is an organization of pediatricians whose website offers information on parenting, children's health topics, professional and educational resources, and links to other health-based resources.

[kellymom.com](http://kellymom.com) **KellyMom** was developed with evidence-based information on breastfeeding, sleep and parenting. The site provides articles, handouts, an interactive message board, search function and more.

[parenting.uwex.edu](http://parenting.uwex.edu) **University of Wisconsin-Extension Parenting Newsletters** website offers information for parents, as well as parent educators. Content includes newsletters, research-based findings for parental advice, links to other resources and content available in English and Spanish

[theparentingnetwork.org](http://theparentingnetwork.org) **The Parenting Network** is an online resource for parents, grandparents, foster parents and adoptive parents. The Parenting Network has parenting tips and advice, educational classes, a free parent helpline, a program designed specifically for dads, and regularly hosts events in the Milwaukee area.

## Local resources

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**Aurora Family Service** provides help with many facets of family life, including parenting education. Services include the First-time Parents Initiative, a home-based support service for new parents, the Nurture Program, an education and support system for families to experience together, and other educational, counseling and support-based services. Aurora Family Service is located at 3200 W. Highland Boulevard in Milwaukee. For more information, call 414-342-4560 or go to: [Aurora.org/Services/FamilySocial/index.asp](http://Aurora.org/Services/FamilySocial/index.asp)

**Aurora Health Care Classes and Events** Aurora Health Care regularly schedules community-based classes on a wide variety of topics. To look for parenting classes and events held in your area, go to [Aurora.org/Events/index.asp](http://Aurora.org/Events/index.asp) and enter words like "parent," "child" or other relevant terms in the keyword search box.

## Books

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**The Experts' Guide to the Baby Years: 100 Things Every Parent Should Know** by Samantha Ettus, New York, Clarkson Potter Publishers, 2006, ISBN 0307342085, 340 pages, \$19.95. This book contains concise, easy-to-read chapters, giving practical advice from experts. It covers how to care for your baby and yourself, choosing a name, vacationing with a child and more.

**1-2-3 Magic: Effective Discipline for Children 2-12** by Thomas W. Phelan, Illinois, ParentMagic Inc., 2003, ISBN 1889140163, 212 pages, \$14.95. Addressing the task of disciplining children ages 2 through 12 without arguing, yelling or spanking, this program offers easy-to-follow steps to immediately manage troublesome behavior with reason, patience and compassion. This book is the basis for the 1-2-3 Parenting community class offered by Aurora Health Care.

**The Everything Parent's Guide to Raising Your Adopted Child: A complete handbook to welcoming your adopted child in to your heart and home** by Corrie Lynne Player, Massachusetts, Adams Media, 2008, ISBN 159869068, 290 pages, \$14.95. Aimed at potential or newly-adoptive parents, this book discusses raising and integrating an adopted child into your life. Also discussed are bonding techniques, blended families, single-parenting and other topics to help create a wonderful family with your adopted child.

*Books on this topic are available for checkout from Aurora Libraries and may be available at your public library.*