

## Additional Resources

Here are some additional resources for building resilience as an active and supportive caregiver or parent of young children.

<b>Resource</b>	<b>Location</b>
Learn the Signs Act Early	<a href="https://www.cdc.gov/ncbddd/actearly/">https://www.cdc.gov/ncbddd/actearly/</a>
HDI Learning (FIT Training coming soon)	<a href="https://www.hdilearning.org/">https://www.hdilearning.org/</a>
Stay Calm for Caregivers	<a href="https://www.cdc.gov/cpr/prepareyourhealth/staycalm.htm">https://www.cdc.gov/cpr/prepareyourhealth/staycalm.htm</a>
Mental Health & Wellness (COVID19)	<a href="https://www.acf.hhs.gov/occ/resource/mental-health-and-wellness-resources">https://www.acf.hhs.gov/occ/resource/mental-health-and-wellness-resources</a>