Parent Resource List

From Baby to Teen - frombabytoteen.com/resources - November 2026

Free printables from From Baby to Teen

Babysitter & Emergency Sheet

frombabytoteen.com

Fill in contacts, allergies, medicines and routines, then print a one-page fridge sheet. Free, no sign-up needed.
https://frombabytoteen.com/tools/babysitter-emergency-sheet

Well-Child Visit Prep

frombabytoteen.com

Pick the checkup age, tick your questions and print a list to bring to the appointment.
https://frombabytoteen.com/tools/pediatrician-visit-prep

Pediatric practices

Goodlettsville Pediatrics

Goodlettsville, TN

Pediatric care from birth to 21. Their Helpful Links page points families to trusted sources such as the CDC, Nemours and HealthyChildren.org, and welcomes suggestions for useful online resources.
https://www.goodlettsvillepediatrics.com/links

Weiss Pediatric Care

Sarasota & Bradenton (Lakewood Ranch), FL

Well-child check-ups and expectant-parent classes. Their Helpful Links page highlights practical, independent parenting sites and community resources that are free or sliding-scale.
https://www.weisspediatriccare.com/helpful-links/

Doula & birth support

Community Doula Services (IMHC)

Northern Indiana

A free pregnancy assistance program offering support throughout pregnancy to baby's first birthday, including safe-sleep education and general parenting resources.
https://communitydoulaservices.org/resources

Trusted health references

HealthyChildren.org (AAP)

American Academy of Pediatrics

Pediatrician-written guidance on development, behavior, safety and health from birth through the teen years.
https://www.healthychildren.org

CDC Child Development

Centers for Disease Control and Prevention

Developmental milestone checklists, growth charts and 'Learn the Signs. Act Early.' materials for parents.
https://www.cdc.gov/child-development/

Zero to Three

National nonprofit

Research-based resources on early development, sleep, feeding and behavior for babies and toddlers.

https://www.zerotothree.org

Poison Control

United States, 24/7

Free, confidential expert help for poison emergencies: 1-800-222-1222, or get help online.
https://www.poison.org

Safe Kids Worldwide

Global nonprofit

Car-seat, home-safety and injury-prevention guides, including car-seat check events across the US.
https://www.safekids.org

From Baby to Teen is not affiliated with the organizations listed above. Inclusion is based on publicly available information and does not constitute a medical recommendation. Always consult your own pediatrician for medical advice.