



Helpful Websites for Families

Many organizations work on behalf of those with disabilities and their families and provide extensive information through their websites. This is a short list to help families find information, tips, resources and tools.

DISABILITY ORGANIZATIONS

Autism Speaks: www.autismspeaks.org

Autism Speaks is the largest autism science and advocacy organization, dedicated to funding research into the causes, prevention, treatments and a cure for autism; increasing awareness of autism spectrum disorders; and advocating for the needs of individuals with autism and their families. Their website includes toolkits and other resources for families.

Down Syndrome International www.ds-int.org/about

Down Syndrome International (DSi) is a UK based international charity that provides a listing of Down Syndrome organizations around the world. Members include people with Down syndrome, parents, family members and friends, caregivers, professionals, practitioners, researchers, organizations and others.

Inclusion International www.inclusion-international.org/

Inclusion International is a global federation of family-based organizations advocating for the human rights of people with intellectual disabilities worldwide.

National Down Syndrome

Congress www.ndscenter.org/

The NDSC aims to provide information, advocacy and support concerning all aspects of life for individuals with Down syndrome. Read *Down Syndrome News* on the site.

National Down Syndrome

Society www.ndss.org

The National Down Syndrome Society advocates for the value, acceptance and inclusion of people with Down syndrome. Resources on education, development, community life, healthcare and research are online.

HEALTH AND FITNESS INITIATIVES

Facts for Life www.factsforlifeglobal.org/

The Facts for Life Handbook from UNICEF provides important information for mothers, fathers, other family members and caregivers and communities to use in changing behaviors and practices that can save and protect the lives of children and help them grow and develop to their full potential.

Head Start Body

Start www.aahperd.org/headstartbodystart/

Head Start Body Start National Center for Physical Development and Outdoor Play (HSBS) promotes physical activity, outdoor play and healthy lifestyles for young children and their families. Parents will find activities and tools to inspire creative, movement-based play and healthy food choices at home.



Let's Move www.letsmove.gov/

Let's Move! is a comprehensive initiative, launched by Michelle Obama, dedicated to solving the challenge of childhood obesity within a generation by giving parents helpful information and fostering environments that support healthy choices; providing healthier foods in our schools; ensuring that every family has access to healthy, affordable food; and helping kids become more physically active.

Sport and Development: international platform on sport and development <http://www.sportanddev.org>

This website highlights how sport can play a part in reaching development and humanitarian objectives. A section on sports and disability provides basic information and links to research and successful initiatives around the world.

FAMILY SUPPORT

My Child Without Limits www.mychildwithoutlimits.org/

A comprehensive early intervention resource for families of young children ages 0-5 with developmental delays or disabilities, and professionals from the United Cerebral Palsy Association. The association educates, advocates and provides support services to ensure a life without limits for people with a spectrum of disabilities.

Parent to Parent USA www.p2pusa.org

Parent to Parent programs offer parent to parent support as a core resource for families with children who have a special health care need,

disability, or mental health issue. Through a one to one "match" experienced support parents provide emotional support to families and assist them in finding information and resources. Pay an annual membership fee for access to the Parent-to-Parent Network.

INFORMATION AND RESEARCH CENTERS

Eunice Kennedy Shriver National (USA) Institute of Child Health and Human Development (NICHD) www.nichd.nih.gov/

The NICHD—initially established to investigate the broad aspects of human development as a means of understanding developmental disabilities, including intellectual and developmental disabilities, and the events that occur during pregnancy—conducts and supports research on all stages of human development, from preconception to adulthood, to better understand the health of children, adults, families, and communities.

National (USA) Information Center for Children & Youth w/ Disabilities (NICHCY) www.nichcy.org

NICHCY provides information on disabilities in children and youth; programs and services for infants, children, and youth with disabilities; IDEA, the nation's special education law; and research-based information on effective practices for children with disabilities.

For more information on community resources and Special Olympics programming visit us at: www.specialolympics.org