GENERAL DEVELOPMENT ONLINE RESOURCES FOR PARENTS

- **Advocates for Youth**: Developmental guidelines for parents are provided on physical, cognitive, emotional, and sexual development in adolescents. [http://www.advocatesforyouth.org/publications/156-parents](http://www.advocatesforyouth.org/publications/156-parents)

- **Bright Futures**: Part of the American Academy of Pediatrics, Bright Futures provides parent handouts and resources on various stages of development and important information for well-visits. [https://brightfutures.aap.org/families/Pages/Resources-for-Families.aspx](https://brightfutures.aap.org/families/Pages/Resources-for-Families.aspx)

- **Child Development Institute**: This website offers a wealth of resources on adolescent development including stages of puberty, and intellectual and social-emotional development. [http://childdevelopmentinfo.com/ages-stages/teenager-adolescent-development-parenting/](http://childdevelopmentinfo.com/ages-stages/teenager-adolescent-development-parenting/)

- **Raising Children**: Using videos and articles, this website gives information for parents on physical development as well as social and emotional changes. [http://raisingchildren.net.au/development/pre-teens_development.html](http://raisingchildren.net.au/development/pre-teens_development.html)

- **Sutter Health**: This website provides useful information to help prepare parents and their child through puberty, and intellectual, social, and emotional development. [http://www.pamf.org/parenting-teens/health/growth-development/pre-growth.html](http://www.pamf.org/parenting-teens/health/growth-development/pre-growth.html)

- **University of Minnesota: What’s Normal for Teen Development**: Various fact sheets discuss biological, physical, social, and emotional changes, and teen brain development, as well as provide parent tips to help their teen through these changes. [http://www.extension.umn.edu/family/families-with-teens/resources-parents/whats-normal-for-teen-development/](http://www.extension.umn.edu/family/families-with-teens/resources-parents/whats-normal-for-teen-development/)

PUBERTY AND PHYSICAL DEVELOPMENT

- **HealthyChildren.Org**: Sponsored by the American Academy of Pediatrics, this website provides a wide-range of resources on puberty, including delayed puberty, precocious puberty, and normal physical development. [https://www.healthychildren.org/English/ages-stages/gradeschool/puberty/Pages/default.aspx](https://www.healthychildren.org/English/ages-stages/gradeschool/puberty/Pages/default.aspx)


- **Kids Health**: This website offers information for parents about what to expect as a child grows including menstrual problems, talking about puberty, and growth charts. [http://kidshealth.org/en/parents/growth](http://kidshealth.org/en/parents/growth)

- **Planned Parenthood**: Puberty 101 for Parents provides tools and information for parents about what to expect for girls and boys and how to talk to their child about puberty and changes to their body. [https://www.plannedparenthood.org/parents/puberty-101-for-parents](https://www.plannedparenthood.org/parents/puberty-101-for-parents)
BRAIN/COGNITIVE DEVELOPMENT

- **Partnership for Drug-Free Kids: The Teen Brain:** This video reveals the patterns of brain development during adolescence that play a significant role in shaping teen’s personality and actions. [http://www.drugfree.org/why-do-teens-act-this-way/](http://www.drugfree.org/why-do-teens-act-this-way/)

- **National Institute of Mental Health:** This brochure provides a wealth of information regarding the development of the teenage brain including the spectrum of change and how it affects teenage behavior. [http://www.nimh.nih.gov/health/publications/the-teen-brain-still-under-construction](http://www.nimh.nih.gov/health/publications/the-teen-brain-still-under-construction)

- **PBS Frontline:** This series of videos chronicles how scientists are exploring the recesses of the brain and finding some new explanations for why adolescents behave the way they do. [http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/](http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/)

- **TED Talks:** A cognitive neuroscientist compares the prefrontal cortex in adolescents to that of adults, to show us how typically “teenage” behavior is caused by the growing and developing brain. [http://www.ted.com/talks/sarah_jayne_blakemore_the_mysterious_workings_of_the_adolescent_brain](http://www.ted.com/talks/sarah_jayne_blakemore_the_mysterious_workings_of_the_adolescent_brain)

PSYCHOSOCIAL DEVELOPMENT AND ASSESSMENT

- **Parent Toolkit:** Offering toolkits, tips, and guides, this website has a wealth of information for parents to support their child’s social and emotional development. [http://www.parenttoolkit.com/](http://www.parenttoolkit.com/)

- **Royal College of Psychiatrists:** This factsheet reviews adolescent development including physical, psychological, and emotional changes, and how to communicate with your teenager during this time. [http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/adolescence.aspx](http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/adolescence.aspx)

RESOURCES FOR PARENTS OF TRANSGENDER YOUTH

- **HealthyChildren.Org:** Sponsored by the American Academy of Pediatrics, this website provides information on raising a gender non-conforming and transgender child including concerns about puberty. [www.healthychildren.org/English/ages-stages/gradeschool/Pages/Gender-Non-Conforming-Transgender-Children.aspx](http://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Gender-Non-Conforming-Transgender-Children.aspx)

- **Human Rights Campaign:** This organization and website provide resources for transgender children and families. [http://www.hrc.org/explore/topic/transgender-children-youth](http://www.hrc.org/explore/topic/transgender-children-youth)

- **NBC News:** Through interviews with children and their families, these videos provide information and resources on raising a transgender child. [http://www.nbcnews.com/storyline/transgender-kids](http://www.nbcnews.com/storyline/transgender-kids)

- **PBS Frontline:** This video interviews teenagers and families in an intimate and eye-opening journey inside the struggles and choices facing transgender kids and their families. [www.pbs.org/wgbh/frontline/film/growing-up-trans/](http://www.pbs.org/wgbh/frontline/film/growing-up-trans/)