



ParentingMontana.org a Source of Support for Montana Families

Wouldn't it be great if kids came with instructions? Being a family doctor, you're often asked about parenting, how to handle certain behaviors, and available resources. The Department of Public Health and Human Services collaborated with Montana State University to develop

ParentingMontana.org; a website focused on parenting. ParentingMontana.org provides evidence-based tools for family doctors, parents, foster parents and other adults raising children (such as grandparents) to support a child's success from birth through the teen years. You'll find easy-to-use tools and practical guidance for issues like establishing routines, getting homework completed, growing confidence, handling bullying, and even preventing the misuse of substances. The site is designed to work well on desktop computers, mobile devices, and tablets. You can search by age and issue to easily find guidance quickly. "Our family medicine doctors receive training on developmental milestones but not on how to solve the wide range of behavior dilemmas parents bring to us regularly," explained Nanette Lacuesta, MD, a family medicine residency program director. Family doctors often face a host of issues for which they could use guidance. Family doctors have available through ParentingMontana.org media such as posters and handouts that can be downloaded and printed to give to patients or provided in waiting rooms. The guidance can be viewed online or printed. Summary documents of the guidance can also be printed.

Check out the website at www.ParentingMontana.org. As you use the website, if you have suggestions or questions contact ParentingMontana@gmail.com; to connect with a Montana Prevention Specialist in your region see <https://dphhs.mt.gov/Portals/85/amdd/documents/SubstanceAbuse/PSCountyRegionList.pdf>.

Reference:

Board on Children, Youth, and Families. (2019). *Consensus Study Report, Fostering Healthy Mental, Emotional, and Behavioral Development in Children and Youth: A National Agenda*, Washington DC: The National Academies of Sciences, Engineering, and Medicine. Available online at: <http://www.nas.edu/MEB-Health>.



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