



# Helpful Websites

TIP SHEET

## Early Learning

- [CDC: Positive Parenting Tips](#)
- [VrOOM: Hello Brain Builder-Boost your child's learning with fast and fun tips](#)
- [Born Learning](#)
- [First Words Project](#)
- [Zero to 3](#)
- [Epic – digital library](#)
- [PBS Parent](#)
- [Morristown-Hamblen Library](#)
- [Raising Readers](#)
- [KidCentral TN Development](#)

## Financial Stability

### Free Tax Filing:

- [My Free Taxes](#)
- [IRS Free Tax Return Preparation](#)

### Savings Matching Program:

- [Earn](#)

### Money Smart Financial Courses:

- [FDIC Money Smart](#)
- [New Parent Financial Checklist](#)
- [Financial Conflicts](#)
- [What Couples with Children Argue About Most](#)

## Health

- [TN.gov](#)
- [Womens Health Breast Feeding](#)
- [CDC Breast Feeding](#)
- [KidCentral TN](#)
- [CDC Infants](#)
- [Mouth Healthy Kids](#)
- [USDA](#)
- [Academy of Nutrition/Dietetics](#)
- [Diapers Buying Guide](#)
- [Just in Time Parenting](#)

### Post-Partum Depression:

- [MedlinePlus \(National Library of Medicine\)](#)
- [U.S. Department of Health and Human Services Office of Women's Health](#)



## Housing

- [TN Childcare Resource and Referral Upper East Region](#)
- [Researching Your Daycare](#)
- [Baby-proofing Checklist](#)
- [National Center for Homeless Education](#)
- [Central Services](#)
- [Douglas-Cherokee Econ. Authority](#)
- [East Tennessee Human Resources Agency](#)
- [Habitat for Humanity](#)
- [Morristown Housing Authority](#)

## Homelessness Services

- [MATS](#)
- [Samaritan House](#)
- [TN Valley Coalition for Homeless](#)

## Coupon Websites for New Babies and Parents

- [31 Baby Freebies for New Moms](#)
- [Baby Freebies](#)
- [40 Baby Freebies for New Parents](#)
- [Noobie Box - Pregnancy Edition](#)
- [Big List of Freebies and Coupons for Baby](#)
- [Free Baby Stuff](#)
- [Ways New Parents Can Save on Baby Gear](#)
- [Baby Deals](#)
- [Southern Savers](#)

