



# 1-800-CHILDREN

## Supporting Parents

Powered by Kansas Children's Service League

Why is there spit-up everywhere?

What's this thing called balance I hear other dads talking about?

How do I help my kid deal with the world's meanest third grader?

How much tummy time is too much tummy time?

Where can I find more parent friends?

Is screen time bad for my kid? How about for me?

Should he be potty trained by now?

**HOW THE HECK DO YOU GET YOUR BABY TO SLEEP THROUGH THE NIGHT?!**

What is cradle cap and what makes it go away?

Will my teenager ever think I'm cool again?

Is green poop normal? OK, what about yellow poop?



**When it comes to raising your child, no question is off limits.**

Get judgment-free parenting support 24/7 in English and Spanish as well as multiple other languages.



Call 1-800-CHILDREN.  
(1-800-332-6378)



Text or email  
1800CHILDREN@kcsll.org.



Download the mobile app by searching  
1800CHILDRENKS in your app store.



Visit 1800CHILDRENKS.org  
to find resources near you.