



Parent Resources -- Recursos para Padre

Navigate Life Texas: <https://www.navigatelifetexas.org/en> resources for children and adults with special health care needs, created for parents by parents.

En español: Avancemos Juntos Texas: <https://www.navigatelifetexas.org/es>

Texas Parent to Parent TxP2P www.txp2p.org 866-896-6001 support and connections with other parents, workshops and conferences across the state. Also Family Voices Affiliate for Texas, **Family Voices** - a national, nonprofit, family-led organization promoting quality health care for all children and youth, particularly those with special health care needs.

UR Our Hope - <https://urourhope.org/>

United Mitochondrial Disease Foundation - <http://www.umdf.org/>

Cystic Fibrosis Foundation - <https://www.cff.org/>

Sickle Cell Disease Association of America - <https://www.sicklecelldisease.org/>

Disability Rights Texas: 800-252-9108 www.disabilityrightstx.org federally designated legal protection and advocacy agency for people with disabilities in Texas

En español: Pagina de enlaces en español de libretos, etc. <https://www.disabilityrightstx.org/resources/espanol>

The Arc of Texas- <https://www.thearcoftexas.org/>: 512-454-6694 promotes, protects, and advocates for the human rights and self-determination of Texans with intellectual and developmental disabilities.

Dental Care for Children with Special Needs—Cuidado Dental

American Academy of Pediatric Dentistry <http://www.aapd.org/> This website includes dental resources and publications, has list of pediatric dentists in your area.

En español: Avancemos Juntos Texas: Cuidado Dental <https://www.navigatelifetexas.org/es> (con la palabra clave "cuidado dental")

Sleep Resources -- Recursos para Dormir Bien

The American Academy of Sleep Medicine— <http://www.sleepeducation.com/> facts about sleep, sleep disorders, treatments and services.

The National Sleep Foundation— www.sleepfoundation.org dedicated to improving public health and safety by achieving understanding of sleep and sleep disorders

En español: <http://sleepfoundation.org/taxonomy/term/4> La página principal de esta organización se encuentra solo en inglés, pero si selecciona este enlace – encontrara una lista de libretos que puede ordenar en español.