BLACK MOM ISH — MEMBER RESOURCE SHELF

Everything you need, all in one place.

A curated shelf of learning tools, child development guides, and support resources — handpicked for our community.

Inside This Guide

Click any category below to jump to that section. All resource links throughout this guide are clickable.

Websites for Children 13 resources

Learning Resources 5 resources

Child Development Resources 5 resources

Mental Health Resources for Parents and Families 2 resources

Parent Support 3 resources

★ A gold star marks our Staff Picks — the resources our team recommends starting with.

Websites for Children 13 RESOURCES

PBS Kids

★ STAFF PICK

Free educational games, videos, and shows featuring beloved PBS characters that build early literacy, math, and social skills.

Best for: Parents seeking screen-time activities that double as learning. **Ages:** Ages 2-8

Explore PBS Kids pbskids.org/

Khan Academy Kids (2-8)

★ STAFF PICK

A free, award-winning learning app with personalized activities in reading, writing, math, and social-emotional skills.

Best for: Parents wanting a structured, app-based learning tool for young children. **Ages:** Ages 2-8

Get the App www.khanacademy.org/kids

Starfall Education: Games for Kids

Interactive phonics-based games and activities designed to teach reading, math, and language skills.

Best for: Parents supporting early reading and phonics development. **Ages:** Ages 3-8

Play & Learn www.starfall.com/

Funbrain

Free online games, books, and videos that build skills in math, reading, and problem-solving.

Best for: Parents seeking fun, educational screen-time options. **Ages:** Ages 4-12

Play Now www.funbrain.com/

National Geographic Kids

Animal facts, games, and videos that spark curiosity about science, nature, and the world.

Best for: Kids who love animals, nature, and exploration. **Ages:** Ages 6-12

Explore & Play www.natgeokids.com/ie/

ABCya (K-6 Games)

Educational games organized by grade level covering math, reading, strategy, and more.

Best for: Parents seeking grade-aligned educational games. **Ages:** Grades K-6

Play Games www.abcya.com/

Storyline Online

★ STAFF PICK

Free videos of celebrated actors reading children's books aloud, paired with engaging illustrations.

Best for: Families building a love of reading and storytime routines. **Ages:** Ages 3-10

Watch a Story storylineonline.net/

Highlights Kids

Puzzles, games, jokes, and stories designed to entertain kids while building critical thinking skills.

Best for: Kids who enjoy puzzles, riddles, and creative activities. **Ages:** Ages 4-10

Explore Activities www.highlightskids.com/

Cool Math Games

A library of free online games that make practicing math skills fun and engaging.

Best for: Kids who need extra math practice in a fun format. **Ages:** Ages 6-13

Play Math Games www.coolmathgames.com/

NASA Kids Club

Space-themed games and activities from NASA that introduce kids to science, technology, and space exploration.

Best for: Kids curious about space, science, and technology. **Ages:** Ages 4-12

Explore NASA www.nasa.gov/learning-resources/nasa-kids-club/

Switch Zoo

Interactive games where kids create and learn about animals while exploring habitats and ecosystems.

Best for: Kids interested in animals and creative play. **Ages:** Ages 5-12

Play Now switchzoo.com/

Sesame Street

★ STAFF PICK

Videos, games, and printables featuring Sesame Street characters that teach early literacy, math, and social-emotional skills.

Best for: Parents of toddlers and preschoolers seeking trusted, gentle learning content. **Ages:** Ages 2-6

Explore Sesame Street www.sesamestreet.org/

CK-12

Free textbooks, flashcards, and practice tools to help students with math and science homework.

Best for: Older kids and teens needing homework support in math and science. **Ages:** Grades 6-12

Get Homework Help www.ck12.org/flexi/

Learning Resources 5 RESOURCES

Khan Academy for All

A free online platform offering courses and practice exercises in math, science, and humanities for learners of all ages.

Best for: Older children, teens, and parents pursuing self-paced learning. **Ages:** All ages

Start Learning www.khanacademy.org/

Vroom

★ STAFF PICK

Science-based tips and activities that turn everyday moments into brain-building opportunities for young children.

Best for: Busy parents looking for quick, easy brain-building activities. **Ages:** Birth-5

Get Daily Tips www.vroom.org/

Reading Rockets for Young Readers

Research-based strategies, activities, and tips to help children become confident readers.

Best for: Parents supporting children who are learning to read. **Ages:** Ages 3-10

Explore Reading Tips www.readingrockets.org/literacy-home

Scholastic

Books, learning activities, and parenting articles to support reading and academic growth at home.

Best for: Parents looking for books and home-learning activities. **Ages:** All ages

Explore Resources www.scholastic.com/parents/home.html

Summer Learning Parent Toolkit

A toolkit of activities and tips to help prevent learning loss and keep kids engaged over the summer.

Best for: Parents wanting to keep children learning during school breaks. **Ages:** Ages 5-12

Get the Toolkit www.summerlearning.org/parent-toolkit/

Child Development Resources 5 RESOURCES

Illinois Department of Early Childhood

State resources connecting Illinois families to early childhood programs, services, and developmental support.

Best for: Illinois parents seeking local early childhood programs and services. **Ages:** Birth-5

View Resources idec.illinois.gov/forparents.html

Illinois Learning Project

A toolkit covering child development milestones and guidance to help parents understand their child's growth.

Best for: Parents wanting to understand developmental milestones. **Ages:** Birth-5

Explore Toolkit illinoisearlylearning.org/toolkits/child-development/

HealthyChildren.org

Pediatrician-reviewed information on child health, development, safety, and parenting from the American Academy of Pediatrics.

Best for: Parents seeking trustworthy medical and developmental guidance. **Ages:** Birth-18

Browse Topics www.healthychildren.org/English/Pages/default.aspx

Zero to Three - Resources for Families

Research-based resources to support healthy development during a child's first three years.

Best for: Parents of infants and toddlers seeking developmental guidance. **Ages:** Birth-3

View Resources www.zerotothree.org/resources/for-families/

NAEYC - Resources for Families

Trusted early childhood education resources and family guides from the National Association for the Education of Young Children.

Best for: Parents seeking high-quality early education guidance. **Ages:** Birth-8

Explore Resources www.naeyc.org/our-work/for-families

Mental Health Resources for Parents and Families 2 RESOURCES

Child Mind Institute

★ STAFF PICK

Expert guides and articles on children's mental health, behavior, and learning challenges.

Best for: Parents navigating mental health, behavioral, or learning concerns. **Ages:** All ages

Find Support childmind.org/resources/

Parents Anonymous

A confidential support network offering peer groups and resources to help parents reduce stress and build strong families.

Best for: Parents seeking peer support and stress management resources. **Ages:** All ages

Find a Group parentsanonymous.org/

Parent Support 3 RESOURCES

PBS Kids for Parents

Articles, expert tips, and tools from PBS to help parents support their child's learning and development at home.

Best for: Parents wanting trusted guidance on child development and education. **Ages:** Parents of children ages 2-8

Visit Parent Resources www.pbs.org/parents/

Illinois Action for Children

Connects Illinois families with childcare assistance, family support programs, and community resources.

Best for: Illinois parents needing childcare assistance and family support services. **Ages:** All ages

Get Support www.actforchildren.org/program-supports/parents-and-families/

National Geographic for Parents

Articles and activity ideas from National Geographic to help parents foster curiosity and learning at home.

Best for: Parents looking for nature and science-based family activities. **Ages:** Parents of children ages 4-12

View Articles www.natgeokids.com/ie/parents/

With love, Black Mom Ish

Resources are curated for our community and reviewed periodically. Have a suggestion for this list? Let us know — we're always looking to add more tools that support Black mothers and families.