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# PARENT RESOURCES

FOR FAMILIES OF CHILDREN WITH  
DEVELOPMENTAL DELAYS

# Parent Education & Support

## **HOT DOCS Program – USF** Programs

Free, evidence-based parent training for children with behavioral or developmental challenges.

<https://health.usf.edu/publichealth/chiles/fphtc/hot-docs>

## **Center for Autism & Related Disabilities (CARD-USF)**

Free coaching, IEP support, behavioral strategies, and community events.

<https://card-usf.fmhi.usf.edu/>

## What to Expect From Us

## **Family Network on Disabilities (FND Florida)**

Parent coaching, IEP support, statewide support groups, and workshops.

<https://fndusa.org/>

## **FDLRS – Florida Diagnostic & Learning Resources System**

Developmental screenings, parent workshops, family resources, and education guidance.

<https://www.fdlrs.org/>



# Emergency Registries & Safety Programs

## **Tampa Police Department – Special Needs Registry**

<https://www.tampa.gov/police/crime-prevention/special-needs>

## **Hillsborough County Sheriff's Office – Special Needs Information Form**

<https://www.teamhcsso.com/Portals/0/Informational/Special%20Needs%20Information%20Form.pdf>

## **Pasco County Sheriff's Office – Autism/Disability Registry**

<https://pascosheriff.com/autism/>

## **Pinellas County Sheriff's Office – Disabilities & Autism Registry**

<https://pcsoweb.com/autism-registration>

## **Project Lifesaver (Multiple Tampa Bay Agencies)**

National RF tracking program for children who wander or elope.

# Safety Tools, ID Options & Emergency Alert Devices

## **If I Need Help – QR Code IDs**

QR-code patches, ID cards, and emergency-profile tools for children who may wander or cannot communicate.

<https://www.ifineedhelp.org/>

## **Road iD – Medical ID Wearables**

Durable bracelets, shoe tags, and accessories with emergency info.

<https://www.roadid.com/>

## **Universal Medical ID**

Custom medical ID jewelry options for children.

<https://www.universalmedicalid.com/>

## **Apple Medical ID – Free Safety Feature**

Stores emergency information accessible from a locked iPhone.

<https://support.apple.com/en-us/HT207021>

## **ICE (In Case of Emergency) Apps**

Apps for storing emergency contacts and child information.

## School, Education & IEP Resources

Hillsborough County ESE

<https://www.hillsboroughschools.org/ease>

Pasco County ESE

<https://www.pasco.k12.fl.us/ease>

Pinellas County ESE

<https://www.pcsb.org/ease>

Wrightslaw – Special Education Law & Advocacy

Provides guidance on IEPs, 504 plans, and parent rights.

<https://wrightslaw.com/>

## Parent Support Groups & Community Connections

8 Local Facebook Groups (Highly Active):

- Tampa Bay Special Needs Parents
- Tampa Autism Support Group
- Hillsborough Parents of Exceptional Students
- Pasco County Moms of Children with Disabilities
- (I can provide direct links upon request.)

Family Care Councils – Region 7 (Hillsborough, Pasco, Pinellas)

Supports families navigating disability services and community inclusion.

<https://www.fccflorida.org/>

Parent-to-Parent of Hillsborough County

Peer support, guidance, advocacy, and connection for parents.

<https://www.parentto-parent.org/>



# Sensory-Friendly Recreation & Environments

**AMC Sensory-Friendly Films (Tampa)**

<https://www.amctheatres.com/programs/sensory-friendly-films>

**Glazer Children's Museum – Sensory-Friendly Events**

<https://glazermuseum.org/accessibility/>

**MOSI – Sensory Saturdays**

<https://mosi.org/accessibility/>

**Florida Aquarium – Sensory Inclusion Program**

<https://www.flaquarium.org/visit/accessibility/>

**Clearwater Marine Aquarium – Sensory Resources**

<https://www.cmaquarium.org/visit/accessibility/>

**Sensory-Friendly Bowling**

Check local centers such as Pin Chasers and HeadPinz.

**Raymond James Stadium – Sensory Room (Buccaneers Games)**



# Adaptive & Inclusive Recreation Programs

## **Buddy Ball (Hillsborough & Pasco)**

**Adaptive sports for children with disabilities.**

**<https://buddyballfoundation.com/>**

## **Miracle League of Tampa Bay**

**Adaptive baseball for children with special needs.**

**<https://www.miracleleaguectb.org/>**

**Quest Kids Adaptive Recreation (Central Florida – Tampa families welcome)**

**Adaptive activities and recreational programming.**

**<https://www.questinc.org/>**

## **YMCA Adaptive Programs (Tampa Bay)**

**Adaptive sports and inclusive recreation opportunities.**

**<https://www.tampaymca.org/programs/specialty/adaptive-programs>**

## **We Rock the Spectrum Kid's Gym – Clearwater**

**Inclusive sensory gym designed for children with diverse needs.**

