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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.teamhcso.com/Portals/0/Informational/Special%20Needs%20Information%20Form.pdf>

Pasco County Sheriff's Office – Autism/Disability Registry

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

What to Expect From Us

Pinellas County Sheriff's Office – Disabilities & Autism Registry

<https://pcswoweb.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/ese>

Pasco County ESE

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

Pinellas County ESE

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

Wrightslaw – Special Education Law & Advocacy

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

<https://wrightslaw.com/>

Parent Support Groups & Community Connections

8Local 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.miracleleaguegctb.org/>

What to Expect From Us

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.

