



Useful Parenting Resources

Following are links to information and resources that parents may find useful followed by a short description of the topic/subject of each link (or group of links):

<https://childmind.org/article/coronavirus-parenting-managing-anger-and-frustration/>

How to manage your anger and frustration.

<https://www.childrenshospital.org/conditions-and-treatments/conditions/c/coronavirus/parenting-resources>

How to manage anxiety in kids, lockdowns, and the return to school, along with health resources.

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Parenting-in-a-Pandemic.aspx>

Parenting in a pandemic: tips to keep the calm at home.

<https://www.apa.org/topics/covid-19/children-unstructured-play>

The importance of unstructured play.

<https://wehavekids.com/education/Preschoolers-Learn-Best-Through-Play>

Why to choose a play-based preschool.

<https://www.naeyc.org/our-work/families/what-does-high-quality-program-for-preschool-look-like>

How to identify a quality preschool program.

<https://twoteachermamas.com/how-to-find-a-play-based-preschool/>

<https://heathershumaker.com/2013/09/05/how-to-find-a-true-play-based-preschool/>

<https://notjustcute.com/2011/01/14/how-to-spot-a-high-quality-play-based-preschool/>

How to find a quality preschool

<https://www.cnn.com/2021/10/15/health/life-skills-teaching-children-wellness/index.html>

Teaching children life skills

<https://www.cnn.com/2021/08/02/health/teaching-teens-tweens-feelings-wellness/index.html>

<https://greatergood.berkeley.edu/article/item/how-to-support-teens-mental-health-during-covid-and-beyond>



<https://www.seattlechildrens.org/health-safety/keeping-kids-healthy/development/mental-health-and-your-child-or-teen-what-to-watch-for-and-how-to-help/>

<https://www.cnn.com/2021/08/05/health/teen-tween-developing-brains-wellness/index.html>

Helping tweens and teens with emotional regulation.

<https://childmind.org/article/what-to-do-if-your-child-is-bullying/>

<https://www.pacer.org/parent/php/PHP-c109.pdf>

<https://www.stompoutbullying.org/what-do-if-your-child-bully>

<https://www.verywellfamily.com/ways-discipline-child-for-bullying-others-460520>

How to respond if your child is bullying

<https://www.cnn.com/2021/09/21/health/consent-conversations-kids-wellness/index.html>

<https://www.allprodad.com/5-tips-for-teaching-your-kids-about-boundaries/>

<https://childmind.org/article/teaching-kids-boundaries-empathy/>

<https://mommyevolution.com/set-respect-boundaries/>

Helping your child set healthy boundaries

<https://afsp.org/teens-and-suicide-what-parents-should-know>

<https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Ten-Things-Parents-Can-Do-to-Prevent-Suicide.aspx>

<https://www.apa.org/topics/suicide/prevention-teens>

What parents should know about teen suicide

<https://www.cnn.com/2021/08/17/health/college-freshman-boys-smoking-drinking-wellness/index.html>

How to help your freshman boys in college

<https://www.cnn.com/2021/08/23/health/school-refusal-psychology-wellness/index.html>

School refusal and how to handle it

<https://familydoctor.org/for-parents-eating-disorders-in-teens/>

<https://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/teen-eating-disorders/art-20044635>

<https://www.verywellmind.com/what-to-do-if-you-think-your-child-has-an-eating-disorder-4062806>

How to prevent, identify, and cope if you think your child has an eating disorder



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