

*Resources
for
Parents*



2021-2022

Dear Parents/Guardians,

My name is Cindy Gittens, and I am the Regional Mental Health Specialist. I am thrilled to work alongside the amazing staff at your child's school this year. Your child's mental well-being and social-emotional growth is of utmost importance. In hopes of supporting your family in these areas, resources have been compiled and will be regularly updated.

We would love to hear from you! We encourage you to complete the Google form to let us know what topics you would be interested in learning more about and to provide us with feedback. Thank you for all that you do and for your continued support throughout the school year.

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Mental Health

- [ADDitude](#)
Provides information on ADHD and its related conditions
- [CHADD \(Children and Adults with Attention-Deficit/Hyperactivity Disorder\)](#)
CHADD provides education, advocacy, and support for those affected by ADHD, including resources for parents and caregivers.
- [Child Mind Institute](#)
Find information to help you support children who are struggling with mental health, behavior or learning challenges.
- [HealthyChildren.Org](#)
Sponsored by the American Academy of Pediatrics, this website provides a wide range of resources for parents of teens and young adults.
- [Kidshealth](#)
The KidsHealth Child Page is an interactive website for children that focuses on healthy physical and emotional development and explains different illnesses, injuries, and treatments in a child-friendly manner. Supplemental games, quizzes, Q&A section, and medical dictionary make the site easy to navigate and engaging. Content is also available in Spanish.
- [MentalHealth.gov](#)
MentalHealth.gov provides one-stop access to U.S. government mental health and mental health problems information.
- [Mental Health America of Central Carolinas \(Charlotte\)](#)
Provides help, offers hope and promotes mental wellness through advocacy, education and prevention.
- [NAMI](#)
NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
- [On Our Sleeves \(K-12\)](#)
On Our Sleeves is the national movement to break stigmas around children's mental health.

- [Society for Adolescent Health and Medicine](#)
The Mental Health Resources for Parents are online resources aimed specifically at parents of adolescents and young adults. Additionally, [print the PDF](#) reference sheet for additional information, including online resources, support groups, peer networks, helplines, treatment locators, and advocacy opportunities.

Social-Emotional

- [CASEL](#) (K-12)
The Collaborative for Academic, Social, and Emotional Learning (CASEL) is a trusted source for knowledge about high-quality, evidence-based social and emotional learning (SEL). SEL resources are provided for parents/guardians.
- [Center on the Social and Emotional Foundations for Early Learning \(CSEFEL\): Family Tools](#) (Birth-5 years old)
This collaborative project based at Vanderbilt University offers a series of guides for parents of young children on how to help their child identify his or her emotions, build relationships, communicate effectively, and much more.
- [NBC](#)
Parent Toolkit is a one-stop resource developed with parents in mind. It's produced by NBC News Learn and supported by Pearson and includes information about almost every aspect of your child's development, because they're all connected. Resources available in English and Spanish.
- [Parenteen Connect](#) (6-8)
ParentTeen Connect is designed by social-emotional learning experts as an at-home, family-engagement resource. This online experience is loaded with videos, resources, and useful advice to help teens and the adults in their lives address hot-button topics.
- [PBS for Kids](#) (Ages 2-8 years old)
This site provides parents/families with an array of activities for children ages 2-8 supporting social-emotional and academic growth.

Apps for Children & Families

- [Breathe, Think, Do with Sesame](#) (PK-K)
Intended for parents and caregivers to use with their young children (aged 2 - 5) to help teach skills such as problem-solving, self-control, planning and task persistence.
 - [IOS Link](#)
 - [Android Link](#)
- [Insight Timer](#) (K-12)
Free app for sleep, anxiety and stress.
Master the Basics of Mindfulness for Teens: A course in the Insight Timer app that helps teach teens about mindfulness to help them deal with the challenges of being a teenager.
- [Mandala Coloring Pages](#) (K-12)
Help kids relax and unwind with coloring pages. Available on Google Play and IOS.
- [Mind Yeti](#) (K-12)
Provides free guided meditation sessions.
- [Peekapak](#) (PK-5)
Social-emotional learning curriculum uses an online gaming platform. Kids create their own avatar and receive points for identifying feelings, showing empathy and helping others.
- [Rethink Ed](#) (PK-12)
Offering free access to their Social-Emotional learning content and utilizing video modules.
- [Stop, Breathe & Think Kids](#) (K-5)
Offers children a fun and easy way to identify and process their emotions. From counting breaths to frog jumps, each activity brings fun rewards and keeps them engaged.

Podcasts

Best for Bedtime



[Be Calm on Ahway Island](#) (PK-12)

These 10- to 15-minute stories are a perfect way to lull your little one to sleep. The podcast is updated every other week, and each episode contains a kid-friendly story, read by a soothing narrator.



[Stories Podcast](#) (4-5)

Kid-friendly renditions of classic stories, fairy tales, and original works. These longer stories with a vivid vocabulary are great for bigger kids past the age for picture books but who still love a good bedtime story.



[Story Time](#) (PK-5)

These 10- to 15-minute stories are a perfect way to lull your little one to sleep. The podcast is updated every other week, and each episode contains a kid-friendly story, read by a soothing narrator.



[What if World](#) (K-6)

This series takes ridiculous “what if” questions submitted by young listeners and turns them into a new story each week.

Best for Entire Family



[But Why: A Podcast for Curious Kids](#) (K-12)

Kids are always asking seemingly simple questions that have surprisingly complex answers, such as "Why is the sky blue?" and "Who invented words?" This cute bi weekly radio show/podcast takes on answering them. Each episode features several kid-submitted questions, usually on a single theme, and with the help of experts, it gives clear, interesting answers.



[Smash Boom Best](#) (6-12)

This fun and fast-moving spin-off of the popular Brains On! podcast is a family-friendly debate podcast. A kid judge listens to and scores the rousing, fact-based arguments of two contestants. With episodes like "Dragons versus Unicorns" and "Pizza versus Tacos," kids will be hooked, and they won't even notice that they're learning how to defend their ideas along the way.



[The Two Princes](#) (6-12)

This charming fantasy adventure will have listeners of all ages glued to the speakers until the very end. Two young princes seek to save their kingdoms and in the process face villainy, dragons, romance, and a magical forest full of danger. Though kissing happens, it is treated with sweetness and humor. A fairy tale for our times, this audio drama is a great introduction to the world of fiction podcasts.

Best for Learning



[Book Club for Kids](#) (6-12)

Biweekly podcast features middle schoolers talking about a popular middle-grade or YA book as well as sharing their favorite book recommendations. Public radio figure Kitty Felde runs the discussion, and each episode includes a passage of that week's book read by a celebrity guest.



[Ear Snacks](#) (PK-5)

The catchy soundtrack is the star in this delightful podcast from children's music duo Andrew & Polly. But this funny program also covers a range of topics by talking to actual kids as well as experts, providing thoughtful fun for young ones and their grown-ups.



[KidNuz](#) (K-12)

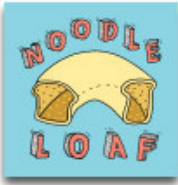
Kids like to be informed and engaged, but talking to kids about the news can be a challenge. This podcast, created by moms who are broadcast journalists, offers young listeners five minutes of kid-friendly news (followed by a quick quiz) each day, five days a week.



[The Past and The Curious](#) (K-12)

This amusing podcast features people telling interesting, little-known stories from history with an emphasis on fun and humor. Although it's not specifically a music podcast, each episode contains an often-silly song that's sure to get stuck in your head. There's even a quiz segment, so kids will learn something, too.

Best for Music Fans



[Noodle Loaf](#) (K-12)

The segments, games, and songs are so silly and upbeat that the whole family will enjoy participating. Little listeners can even add their voice to the theme song in the podcast's electronically compiled kid's choir!



[Saturday Morning Cereal Bowl](#) (K-12)

This two-hour podcast styled like a DJ radio show features new and old songs that kids will love, many by parents' favorite musicians. Selections are generally high-energy rock, folk, or even punk-inspired songs, but listeners will also hear mellower tunes, as well as bilingual (English/Spanish) songs and hip-hop hits for a well-rounded musical experience.



[Spare the Rock, Spoil the Child](#) (K-5)

Families can enjoy rock and roll without the downsides with this fun radio show/podcast. Each week there's a new playlist combining kids' music from artists such as They Might Be Giants, with kid-appropriate songs from artists that grown-ups will recognize, such as Elvis Costello, The Ramones, and John Legend. It's a perfect compromise for parents tired of cheesy kids' music.

Self-Care

Optimistic October 2021

MONDAY



TUESDAY



THURSDAY



FRIDAY

SATURDAY

SUNDAY



- 1 Write down three things you can look forward to this month
- 2 Find something to be optimistic about (even if it's a difficult time)
- 3 Take a small step towards a goal that really matters to you
- 4 Start your day with the most important thing on your to-do list
- 5 Be a realistic optimist. See life as it is, but focus on what's good
- 6 Remind yourself that things can change for the better
- 7 Look for the good in people around you today
- 8 Make some progress on a project or task you have been avoiding
- 9 Share an important goal with someone you trust
- 10 Take time to reflect on what you have accomplished this week
- 11 Avoid blaming yourself or others. Find a helpful way forward
- 12 Look out for positive news and reasons to be cheerful today
- 13 Ask for help to overcome an obstacle you are facing
- 14 Do something constructive to improve a difficult situation
- 15 Thank yourself for achieving the things you often take for granted
- 16 Put down your to-do list and do something fun or uplifting
- 17 Take a small step towards a positive change you want to see in society
- 18 Set hopeful but realistic goals for the week ahead
- 19 Identify one of your positive qualities that will be helpful in the future
- 20 Find joy in tackling a task you've put off for some time
- 21 Let go of the expectations of others and focus on what matters to you
- 22 Share a hopeful quote, picture or video with a friend or colleague
- 23 Recognise that you have a choice about what to prioritise
- 24 Write down three specific things that have gone well recently
- 25 You can't do everything! What are your three priorities this week?
- 26 Find a new perspective on a problem you face
- 27 Be kind to yourself today. Remember, progress takes time
- 28 Ask yourself, will this still matter a year from now?
- 29 Plan a fun or exciting activity to look forward to
- 30 Identify three things that give you hope for the future
- 31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together



Self-Care for Families

<p><i>emotional</i></p> <ul style="list-style-type: none">___ watch a good movie___ write each other positive notes___ verbalize and talk about feelings___ draw self portraits___ Say "I love you"___ spend time writing___ have a sing-a-long___ tell jokes___ try a new craft	<p><i>physical</i></p> <ul style="list-style-type: none">___ dance party___ go for a walk___ family bike ride___ take a hike___ play kickball___ tag___ roller skating___ go to the pool___ jumprope___ kids yoga___ wii fit games	<p><i>spiritual</i></p> <ul style="list-style-type: none">___ a gratitude list___ go outside___ talk about forgiveness___ write thank you's___ volunteer___ spend time outside or with nature___ practice positive self-talk___ plant a tree
<p><i>mental</i></p> <ul style="list-style-type: none">___ read together___ draw or write stories___ kids meditation___ find shapes in clouds___ practice belly breaths___ go on a walk to find new things___ make vision boards___ try Headspace for kids___ create mandalas___ make mindfulness jars___ play mind strength games like memory	<p><i>practical</i></p> <ul style="list-style-type: none">___ clean up___ declutter old toys___ assign chores___ make a grocery list together___ learn about money___ make a weekly budget check-in___ make a weekly cleaning check-in___ homework/study___ have a morning & night routine	<p><i>social</i></p> <ul style="list-style-type: none">___ play in the park___ call or visit relatives___ have family dinner___ play boardgames___ host a sleepover___ invite friends over___ plan a bbq___ join a team___ do a neighborhood food drive___ have talks about friendship and how to be a friend.

just stay curious

Parenting

- [Mental Health America of Central Carolinas](#)

The ParentVOICE Programs offer trainings and workshops for parents, youth, and provider agencies, at NO COST to families. Program specialists attend meetings with schools and service providers as a support for parents and caregivers. Monthly support groups for adults and youth are offered. Kids of Tomorrow (KOT) and A.C.T.I.V.E. Youth Groups provide emotional and social support, workshops, and activities within a safe and structured environment for youth.

- [Positive Parenting Tips \(CDC\)](#)

As a parent you give your children a good start in life—you nurture, protect and guide them. Parenting is a process that prepares your child for independence. As your child grows and develops, there are many things you can do to help your child. These links will help you learn more about your child's development, positive parenting, safety, and health at each stage of your child's life.

- [Teen Health Connection Parenting Programs](#)

Teen Health Connection offers parenting resources specifically designed to strengthen parental efficacy and build healthy connections between parents and their teens. We offer virtual parent training, virtual parent support groups, and opportunities to participate in in-depth discussions on the hottest topics affecting teens today. Our goal is to give parents confidence and courage to meet the challenges – and savor the joys – that accompany the teenage years. We are continuously updating our resources and expanding our programming to meet the needs and interests of all parents as well as accommodate all schedules.

- [Time Out Youth](#)

Resources, training and answers to questions for parents/guardians or adult supporters of LGBTQ youth.

- [Triple P - Positive Parenting Program / Triple P \(Mecklenburg County\)](#)

Triple P is a parenting program, but it doesn't tell you how to be a parent. It's more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It's all about making Triple P work for you. Because all families are different, Triple P has a range of ways to get your positive parenting program. Choose anything from single visit consultations to public seminars; group courses to private sessions. You can even do Triple P Online, at home or wherever you like!

Mental Health & Community Resource Guide

Mental Health & Community Resources

The guide above provides information for 24-hour crisis and mental wellness hotlines, as well as community resources for Charlotte and the surrounding areas.