

Resources for Parents/Guardians



Dear Parents/Guardians,

My name is Cindy Gittens, and I am the contracted school social worker/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 let us know via email 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 & 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.

Mental Health

“Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.” -MentalHealth.Gov

- [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
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.

Social-Emotional

"Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. " -CASEL

Video:  **Social-Emotional Learning: What Is SEL and Why SEL Matters**

- Balloon Breath (K-12)
This self-regulating practice helps students address their needs at school, home, or the doctor's office. For Spanish version click here: [español](#)
- 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.
- Choose Love Movement for Home (K-12)
Choose Love for Home gives families a healthy way to grow together. Using neuroscience and positive psychology, children and parents alike can learn to better understand themselves and each other. Through a series of self-guided videos, activities, and "dinner table discussion topics," Choose Love for Home teaches families how to manage their emotions, communicate in healthier ways, and create a nurturing environment focused on the things that matter most.
- Feelings Chart (K-12)
 - Emotions are a big part of our health and well-being. Parents and caregivers, help your kids share how they are feeling each day with this handy chart. For Spanish version click here: [español](#)
- GoNoodle (K-8)
GoNoodle offers hundreds of movement and mindfulness videos for kids to do at school and home. GoNoodle is free to access.
- NBC (K-12)
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.
- [Virtual Me Moments Hub \(K-12\)](#)
Explore these practices on your own or with children to build self-regulation – an important social-emotional skill to identify and manage emotions.

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.
- [GoNoodle Family Club](#) (K-8)
GoNoodle offers hundreds of movement and mindfulness videos for kids to do at school and home. GoNoodle Family Club sends activities to keep your little learners busy.
- [Headspace for Teens](#) (Free for ages 13-18)
Dealing with stress and anxiety is the #1 issue we hear about from young people. So Headspace brings you hundreds of meditations and mindfulness exercises to support you—for free!
- [Mandala Coloring Pages](#) (K-12)
Help kids relax and unwind with coloring pages. Available through a search on Google Play and IOS.
- [Mind Yeti](#) (K-12)
Provides free guided meditation sessions.
- [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

Social-Emotional



Emotion Motion (PK-3)

The Emotion Motion Podcast® takes listeners on a journey through storytelling designed to engage children, their families, and their teachers in movement and creative expression. Episodes include opportunities to put your emotions in motion through play and movement while practicing skills like empathy, self-awareness, regulating emotions, mindfulness, and more!

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.



CoComelon Story Time (PK & KG)

A Podcast for Kids & Families! CoComelon Story Time is an interactive storytelling show appropriate for preschoolers (2-5), full of classic fairy tales, global folktales and expanded nursery rhymes - told by the hugely popular & beloved CoComelon characters, JJ and Cody.



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 biweekly 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.



Five Minutes With Dad (PK-2)

This sweet podcast series stars a dad and his two young kids, and features genuine conversations between the three of them about everyday things like courage, kindness, how to show love, and being a good sport. This authentic podcast lets its audience listen in to teachable moments and how a caring dad interacts with his kids.



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.

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 (3-12)

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.



Wow In The World (K-12)

Wow in the World series will help kids discover worldly things, how things work, why things are the way they are, and so much more. One of the first questions explored in the series, "How do astronauts poop in space?" is sure to be a hit with your kids. Anything poop-related, right?

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

- Create a 15-Minute "Worry Window"

Watch this video to learn how to allow a few minutes to focus on the things you can't control, then move on with more intention and energy.

- "Just Like Me" Guided Meditation

Learn how to practice giving grace to yourself and others in this two-minute mindfulness exercise video.

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

- **Child Mind Institute - YouTube**

The Child Mind Institute's **Family Resource Center** offers hundreds of articles to help families support children who are struggling with mental health, behavior, or learning challenges. Now they are excited to announce that this same essential information is coming to YouTube, delivered by our expert clinicians straight to your TV, laptop, or mobile device.

- **Mental Health America of Central Carolinas**

The ParentVOICE Programs offer training 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.

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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.

- **Parents With Confidence**

PWC is a place for support, information and humor for when parenting life gets complicated.

- **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!