PODCASTS
Talking with Kids About Past Events [00:45:00]
How Communities Can Foster Resilience* [00:30:00]
Trauma and Resilience: How the Helpers Help Themselves* [00:30:00]
How Families Experienced Uneven Effects of the Pandemic [00:45:00]

VIDEOS
What are ACEs and why do they matter?* [00:03:08]
Childhood Trauma: Children’s Behavior Tells Us A Lot* [00:02:20]
Building Trust with Children through Genuine Interest [00:01:38]
What role should the community play in fostering resilience?* [00:02:20]
3 Ways to Connect Marginalized Communities with Mental Health Resources* [00:01:26]
Why are teens always online? [00:01:19]
What Does Resilience Look Like?* [00:01:22]
Ways to Support Overwhelmed Parents* [00:03:43]
Navigating Cross-Cultural Contexts: Curiosity is Key* [00:01:19]
From a Teen: Why Some Teens Might "Throw Around" Mental Health Terms [00:00:58]
Understanding the "Moral Universe" of Children* [00:03:56]
Ways to Support Overwhelmed Parents* [00:03:43]
What do our children need right now? [00:01:08]
Trauma Affects People Differently [00:01:08]

INFOGRAPHICS
The Intersection Between the Juvenile Justice System and Trauma*
Fostering Resilience in Under Resourced Communities*
Possible Symptoms of Anxiety in Kids
How Employers Can Support Working Parents
Increasing Resilience in Children Who Have Experienced Trauma*
Dissociation in Children and Adolescents*
Supporting Children who Experience Sexual Abuse*
How Should Caregivers Respond to a Child Telling Them About Sexual Abuse?*
Talking to Children about Traumatic Events* (en Español)

*Resources denoted with an asterisk are contributed by Roadmap to Resilience. R2R is a collaboration between Pandemic Parenting and the University of Connecticut School of Medicine Center for the Treatment of Developmental Trauma Disorders, with special thanks to the Inter-Organizational Child Trauma Task Force.