FOR PARENTS AND CAREGIVERS

PODCASTS
What is Trauma* [00:30:00]
What is Resilience* [00:30:00]
Preventing Trauma* [00:30:00]
Understanding Dissociation* [PODCAST]*
Supporting Children (and Adults) Who Have Been Sexually Abused* [00:30:00]
How Parents Can Foster Resilience [00:30:00]
Trauma-Informed Parenting with Dr. Jen Serico [00:45:00]
Trauma-Informed Parenting with Dr. Julian Ford [00:45:00]
Mental Health for Parents with Dr. Christina Grange [01:00:00]
Helping Your Child with Vaccine Fear & Anxiety
Parenting a Teenager with Mental Illness: A Letter from a 17-Year-Old
Helping Your Anxious Child [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 Resilience in Children Starts with Parents* [00:01:48]
What Does Resilience Look Like? [00:01:22]
Responsive Relationships Build Resilience: The Importance of Parent Self-Care* [00:02:45]
What is dissociation and why do children dissociate? [00:02:45]
Normal Imaginative Play versus Dissociation in Children* [00:01:47]
How Should I Respond to my Child Disclosing Trauma* [00:03:08]
How Parents Can Help Protect Their Children Online [VIDEO]
Parents, You are the Expert on Your Kids [VIDEO]
3 Steps for Managing Children's Behavior [00:01:28]
Why You Shouldn't Compare Siblings [00:00:39]
One Key Way to Improve Sibling Relationships [00:00:58]
What do I do when my kids' fighting becomes aggressive? [00:01:06]
Why are my kids so physical with each other? [00:01:01]
How can I foster good sibling relationships? [00:01:02]
How do parent relationships influence sibling relationships? [00:00:47]
Nurturing Foster and Adoptive Sibling Relationships [00:01:17]

SOCIAL MEDIA GRAPHICS
The ABC's of Parenting During a Crisis
Helping Your Anxious Child
Mom Guilt & Good Enough Parenting
The ABC's of Parenting During a Crisis
Increasing Outdoor Time
Helping Your Child with Vaccine Fear & Anxiety
Talking with Kids About Past Events
Fathers from Diverse Communities

INFOGRAPHICS
Understanding the Impact of Child Sexual Exploitation and Shame*
How Should Caregivers Respond to a Child Telling Them About Sexual Abuse?* (en Español)
The ABC's of Parenting During a Crisis (en Español)
Fathers, Bud, Thorn method (en Español)
Symptoms of Anxiety in Children (en Español)
4 Considerations When Vetting Information Sources (en Español)
5 Strategies for Reducing Pain from Shots

EXEMPLES:

FOR PARENTS AND CAREGIVERS

VIDEOS, cont.
Good Parenting May Not Be Instagrammable [00:01:10]
Your Child Wants You as Their Parent, Flaws and All [00:01:08]
"Parenting" is a New Concept [00:01:34]
The "Good Enough" Parenting Philosophy [00:00:59]
A Tip for "Good Enough" Parenting [00:01:20]
What do new parents need to know? [00:01:01]
When will I "bounce back" after having a baby? [00:01:30]
How to Handle a Co-Parenting Disagreement [00:01:21]
Parenting Conflicts & Children [00:01:54]
How Single Parents Can Find Time For Self-Care [00:01:52]
How do we help our young kids learn during screen time? [00:01:10]
How to Create a Family Media Plan [00:01:04]
What does quality screen time for kids look like? [00:01:03]
Screen Time for Kids: Quantity vs. Quality [00:01:22]
How to Keep Family Screen Time Expectations [00:00:42]
How can I enforce family screen time rules? [00:01:24]
What are the effects of parents arguing in front of children?
Why are teens always online? [00:01:19]

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