



# GRIEF TOOLKIT

## WEBINARS

[Grief: Yours, Mine & Ours \[01:15:00\]](#)

## PODCASTS

[Grief & Growth Go Hand In Hand \[00:45:00\]](#)

[Trauma-Informed Parenting with Dr. Jen Serico \[00:45:00\]](#)

[Trauma-Informed Parenting with Dr. Julian Ford \[00:45:00\]](#)

[What is Trauma?\\*\[00:30:00\]](#)

[What is Resilience?\\*\[00:30:00\]](#)

[Preventing Trauma\\*\[00:30:00\]](#)

[Understanding Dissociation\\*\[00:30:00\]](#)

[Supporting Children in the Aftermath of Intimate Partner Homicide\\*\[00:30:00\]](#)

## VIDEOS

[How to Deal with Grief \[00:01:01\]](#)

[Grief During COVID-19 \[00:01:48\]](#)

[Detecting Grief in Children \[00:01:10\]](#)

[Grief vs. Depression \[00:01:00\]](#)

[What is the most important thing for parents to remember? \[00:01:46\]](#)

[Parents, It's Okay That Things Aren't Going Well \[00:00:42\]](#)

[It's Okay to Grieve and Grow \[00:01:35\]](#)

[Your Ability to Adapt is Pretty Amazing \[00:01:18\]](#)

[Trauma Affects People Differently \[00:01:08\]](#)

[How do parents detect trauma in their children? \[00:00:56\]](#)

[How can I support my child after a potentially traumatic experience? \[00:01:26\]](#)

[Parents are the Medicine for Children Facing Trauma \[00:00:51\]](#)

[What does trauma-informed parenting look like? \[00:01:36\]](#)

[What is Post-Traumatic Growth? \[00:01:21\]](#)

[Your Trauma Doesn't Have to be the End of the Story \[00:01:28\]](#)

[The ABC Method for Parenting Children in Crisis \[00:03:20\]](#)

[What are ACEs and Why do they Matter?\\*\[00:03:08\]](#)

## SOCIAL MEDIA GRAPHICS

[Grief and growth go hand in hand](#)

## EXAMPLE:



PREPARED BY  
PANDEMIC PARENTING

*\*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.*