

# 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]  
[How to Talk to a Child Who is Dissociating\\*](#) [00:02:44]  
[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](#)

## 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]

## 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)  
[Rose, 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](#)

## EXAMPLES:



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.*