

PANDEMIC PARENTING



**DIGITAL TOOLKIT FOR
COMMUNITIES, PARENTS, AND
ALL WHO CARE FOR CHILDREN**



PANDEMIC PARENTING

ABOUT US

Pandemic Parenting began as a collaboration between Dr. Amanda Zelechowski and Dr. Lindsay Malloy: two psychologists, scholars, and moms who are committed to sharing their expertise and research with families and professionals who support families.

Pandemic Parenting was a 501(c)(3) nonprofit organization in operation from 2020–2022 and worked swiftly during the COVID-19 years to create and disseminate free, innovative, easily accessible, science-based resources for parents, caregivers, and providers. Having fulfilled its crisis-responsive, time-limited mission, the organization closed its virtual doors at the end of 2022, but the 500+ digital, video, and audio resources will remain freely available for many years to come. We hope you find them helpful and encourage you to use and share them widely with others!



RESOURCES WE OFFER:

From “snack break” videos with quick tips and advice to in-depth conversations through webinars and our podcast, families can access information from leading experts in the fields of mental health, child development, trauma, and more.

RESOURCES FROM 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.*

ANTI-RACISM

WEBINARS

[Anti-Racist Pandemic Parenting \[1:00:00\]](#)

PODCASTS

[Fathers From Diverse Communities: Q & A with Dr. Earl Turner \[00:45:00\]](#)
[Working with Trauma in Cross-Cultural and Immigration Contexts* \[00:45:00\]](#)

VIDEOS

[How To Dismantle Racism \[00:33\]](#)
[Mental Health Barriers for Diverse Fathers \[01:35\]](#)
[How to be an Effective Activist \[00:32\]](#)
[The Uncomfortable Conversation About Race \[00:58\]](#)
[Don't Teach Your Child to be Colorblind About Race \[00:33\]](#)
[Should parents talk to their children about anti-racism? \[01:27\]](#)
[How to Serve as a Good Example for Your Children \[02:09\]](#)
[How do I keep my child safe without burdening them with the weight of racism? \[02:41\]](#)
[How do I avoid projecting my anxiety on my son about the racism he may experience? \[02:13\]](#)
[Navigating Cross-Cultural Contexts: Curiosity is Key* \[01:19\]](#)
[Advice for Psychologists Conducting Immigration Evaluations* \[02:17\]](#)
[3 Ways to Connect Marginalized Communities with Mental Health Resources* \[01:26\]](#)

SOCIAL MEDIA GRAPHICS

[Anti-Racism Pandemic Parenting](#)
[Fathers From Diverse Communities](#)

CAREGIVER STRESS

WEBINARS

[Mom Guilt & "Good Enough" Pandemic Parenting \[1:00:00\]](#)
[How the Pandemic is Impacting Working Moms \[1:00:00\]](#)

PODCASTS

[How Families Experienced Uneven Effects of the Pandemic \[00:45:00\]](#)

VIDEOS

[Being a Good Mother: Should vs. Want \[00:01:58\]](#)
[Where Mom Guilt Comes From \[00:01:21\]](#)
[Guilt vs. Shame \[00:01:16\]](#)
[Parenting & Stress: How much is too much? \[00:01:17\]](#)
[How do you create structure out of chaos? \[00:01:18\]](#)
[Self-Care for Busy Parents \[00:01:26\]](#)
[The Mental Load of Motherhood \[00:01:19\]](#)
[Why Is Decision Making So Hard During the Pandemic? \[00:01:43\]](#)
[How do our emotions as parents affect our children? \[00:01:03\]](#)
[How to Talk to Kids About Stressful Situations \[00:01:31\]](#)
[It's Okay to Tell Your Child "Let's Talk Later" \[00:01:03\]](#)
[What Kind of Support Do You Need as a Parent? \[00:01:03\]](#)

CAREGIVER STRESS. cont.

VIDEOS

[A Message to BIPOC Parents: It's Ok to Feel Weathered \[00:02:00\]](#)
[Mindfulness for Anxious Parents \[00:02:13\]](#)
[What are Positive Coping Strategies? \[00:01:46\]](#)

[Three Good Things: A Positive Psychology Practice \[00:01:29\]](#)
[What is dialectal thinking and how can it help me? \[00:01:23\]](#)
[Dealing with Imposter Feelings: Separating Feelings from Facts \[00:02:07\]](#)
[Why Working Mothers Often Have More to Lose \[00:01:37\]](#)

INFOGRAPHICS

[Advocating for Yourself at Work](#)
[How Employers Can Support Working Parents](#)

SOCIAL MEDIA GRAPHICS

[Mom Guilt & "Good Enough" Parenting](#)
[Struggles and Strengths: Honoring Pandemic Motherhood](#)
[How Families Experienced Uneven Effects of the Pandemic](#)
[Dealing with Postpartum Depression and Anxiety](#)
[How Parents & Employers Can Navigate the Post-Pandemic Workplace](#)
[Generation COVID Pt.1: Pregnancy, Fertility Treatments, and Infant Development](#)

DISABILITIES

PODCASTS

[Parenting Perspectives: Raising Children with Disabilities \[01:00:00\]](#)
[Parenting Perspectives: Parenting with a Disability \[01:00:00\]](#)

VIDEOS

[A Message to Parents Whose Child Just Got Diagnosed with a Disability \[00:00:54\]](#)
[Deciding When to Advocate as a Parent with a Child Who Has a Disability \[00:01:37\]](#)
[Self-Care Tips for Parents Who Have a Child with a Disability \[00:02:36\]](#)

[Coping with Uncertainty as a Parent of a Child with a Disability \[00:02:06\]](#)
[One Thing at a Time: Being a Working Mom with a Child with a Disability \[00:03:33\]](#)
[Advocating in Big and Small Ways For Your Child with a Disability \[00:03:25\]](#)
[Our Children Love Us For Who We Are \[00:01:40\]](#)
[Your Child May See Your Chronic Illness or Disability Differently Than You Think \[00:01:29\]](#)
[Living with a Chronic Illness \[00:02:10\]](#)
[Hope Can Be Complex With a Chronic Illness \[00:01:38\]](#)

SOCIAL MEDIA GRAPHICS

[Parenting Perspectives: Raising Children with Disabilities](#)
[Parenting Perspectives: Parenting with a Disability](#)

LGBTQ+

PODCASTS

[Supporting LGBTQ+ Parents & Youth](#) [00:45:00]

VIDEOS

[How to Talk to Your Child About Gender and Sexuality](#) [00:02:18]
[How to Be a Supportive Parent to Your LGBTQ+ Child](#) [00:02:19]
[Advocating for Yourself as a LGBTQ+ Parent](#) [00:01:19]
[The Impact of Pandemic Isolation on LGBTQ+ Youth](#) [00:01:53]
[How LGBTQ+ Parenthood Empowers You to Create Your Own Roles](#) [00:01:23]

SOCIAL MEDIA GRAPHICS

[Supporting LGBTQ+ Parents & Youth](#)

MENTAL HEALTH

PODCASTS

[Mental Health for Parents with Dr. Christina Grange](#) [01:00:00]
[Helping Your Anxious Child with Dr. Jill Ehrenreich-May & Dr. Donna Pincus](#) [00:45:00]
[Dealing with Postpartum Depression and Anxiety](#) [00:15:00]
[Positive Psychology: Recognizing Growth from Difficult Experiences](#) [00:45:00]

VIDEOS

[When to Seek Mental Health Counseling for Your Child](#) [00:02:19]
[When should I seek out a therapist?](#) [00:01:10]
[What does anxiety look like in kids?](#) [00:02:13]
[What is the difference between fear and anxiety?](#) [00:01:08]
[How can I tell if my child has anxiety?](#) [00:01:59]
[What treatments are available for child anxiety?](#) [00:01:27]
[Mental Health Barriers for Diverse Fathers](#) [00:01:35]
[Choosing Hope When Experiencing Depression](#) [00:01:35]
[How Patience and Persistence Can Help a Partner Who's Struggling with Depression](#) [00:01:34]
[Should I talk to my kids about mental health research?](#) [00:00:58]
[How Influencers Help Decrease Mental Health Stigma](#) [00:01:54]
[When to Seek Mental Health Treatment for your Child](#) [00:01:52]
[Does postpartum anxiety exist?](#) [00:00:51]
[Why might new moms want to consider therapy?](#) [00:01:14]
[Who Is the Most Important Person in a Parent's Life?](#) [00:01:17]
[The Power of Taking a Breath](#) [00:01:04]

SOCIAL MEDIA GRAPHICS

[Parenting a Teenager with Mental Illness: A Letter from a 17-Year-Old](#)
[Helping Your Anxious Child](#)
[Mental Health for Parents](#)
[Fatherhood: Attachment & Authenticity](#)
[Generation COVID Pt.2: Childbirth and Parent Mental Health](#)

GRIEF

WEBINARS

[Grief: Yours, Mine & Ours](#) [1:15:00]

PODCASTS

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

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?](#) [00:00:40]
[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]

SOCIAL MEDIA GRAPHICS

[Grief: Yours, Mine and Ours](#)

PARENTING

WEBINARS

[Pandemic Co-Parenting & Single Parenting](#) [01:00:00]

PODCASTS

[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]
[How Parents Can Foster Resilience*](#) [00:30:00]

VIDEOS

[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]
[What are the effects of parents arguing in front of children?](#) [00:01:00]
[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 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]
[Advice for Parents on Screen Time for Kids](#) [00:00:39]
[Creating Consistency for a Child Experiencing Stress](#) [00:01:45]
[How to Get Your Child to Open Up](#) [00:01:37]
[How to Encourage Your Child to Share About Their Day](#) [00:02:00]
[How to Encourage Your Child to Talk About Feelings](#) [00:00:50]
[Is it okay for your child to see you get emotional?](#) [00:00:52]
[What makes a "good" father?](#) [00:02:40]
[It's Okay to Parent Differently](#) [00:01:07]
[You Are Your Child's Safe Haven](#) [00:00:57]
[Parents, We Get Do-Overs](#) [00:01:17]
[How can parents increase their children's time outside?](#) [00:01:15]
[A Parent's Perspective on Trusting Your Teenager](#) [00:02:52]
[The Importance of Modeling Vulnerability for your Children](#) [00:01:29]
[Different Children Need Different Parenting](#) [00:01:41]

INFOGRAPHICS

[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](#)
[How Can Parents Increase Their Children's Time Outside?](#)

SOCIAL MEDIA GRAPHICS

[A Parent's Guide to Understanding Research](#)
[Helping Your Child with Vaccine Fear & Anxiety](#)
[Talking with Kids About Past Events](#)
[Fathers from Diverse Communities](#)

RESILIENCE

PODCASTS

[How Parents Can Foster Resilience*](#) [00:30:00]
[How Mental Health Providers Can Foster Resilience*](#) [00:30:00]
[How Healthcare Providers Can Foster Resilience*](#) [00:30:00]
[How Clinical Training Programs Can Foster Resilience*](#) [01:00:00]
[How Lawyers and the Legal System Can Foster Resilience*](#)[00:30:00]
[How Parents Can Foster Resilience*](#) [00:30:00]
[How Communities Can Foster Resilience](#) [00:30:00]
[How Policies and Systems Can Foster Resilience*](#) [01:00:00]
[Trauma and Resilience: How the Helpers Help Themselves*](#)
[00:30:00]

VIDEOS

[Building Resilience in Children Starts with Parents*](#) [00:01:47]
[What Does Resilience Look Like?*](#) [00:01:22]
[I Hate the Word Resilience*](#) [00:01:19]
[Responsive Relationships Build Resilience: The Importance of Parent Self-Care*](#) [00:02:45]

INFOGRAPHICS

[Increasing Resilience in Children Who Have Experienced Trauma](#)
[Fostering Resilience in Under-Resourced Families and Communities*](#)
(en Español)
[Fostering Resilience in Child Survivors of Intimate Partner Violence*](#)
(en Español)

SOCIAL MEDIA GRAPHICS

[Positive Psychology: Recognizing Growth from Difficult Experiences](#)

TRAUMA

PODCASTS

[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 \(and Adults\) Who Have Been Sexually Abused*](#)
[00:45:00]
[Supporting Children in the Aftermath of Intimate Partner Homicide*](#)
[00:30:00]
[Understanding the Impact of Global and Collective Traumas*](#) [00:45:00]
[Working with Trauma in Cross-Cultural and Immigration Contexts*](#)
[00:45:00]

VIDEOS

[Trauma Affects People Differently](#) [00:01:08]
[What is trauma?](#) [00:01:03]
[How do parents detect trauma in their children?](#) [00:00:56]
[How can I protect my child from experiencing trauma?](#) [00:01:34]
[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]
[Childhood Trauma: Children's Behavior Tells Us A Lot*](#) [00:02:20]

INFOGRAPHICS

[Dissociation in Children and Adults* \(en Español\)](#)
[Supporting Children who Experience Sexual Abuse* \(en Español\)](#)
[Talking to Children about Traumatic Events* \(en Español\)](#)
[5 Ways Trauma and Health are Intergenerational*](#)
[How Should Caregivers Respond to a Child Telling Them About Sexual Abuse?*](#) (en Español)

SOCIAL MEDIA GRAPHICS

[Trauma-Informed Parenting](#)

RECURSOS EN ESPAÑOL

[Ver todo](#)

SOCIAL MEDIA

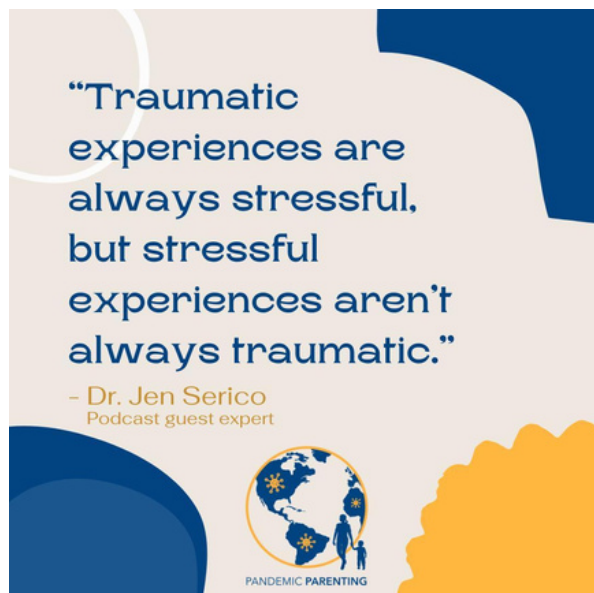
Download and save the images provided for use on your social media platforms or websites. The images below (and more!) can be downloaded here:

PODCAST GRAPHICS

WEBINAR GRAPHICS

“Traumatic experiences are always stressful, but stressful experiences aren’t always traumatic.”

- Dr. Jen Serico
Podcast guest expert



PANDEMIC PARENTING

“If we’re all participating in tough conversations to the best of our ability [with our kids], then it helps us know that we’re contributing to the next generation that’s going to make the tough decisions whether in politics, in health care, in business. So we won’t be having the same conversations about equality vs equity, about inclusion, about sexual identity. It will be more normative for them. I think that’s a gift we give them and ourselves.”

- DR. CHRISTINA GRANGE



PANDEMIC PARENTING

“THIS FEELS LIKE IT WILL NEVER END IS A DIFFERENT STATEMENT THAN THIS WILL NEVER END.”

Dr. Amanda Zelechowski on the importance of separating feelings from facts.



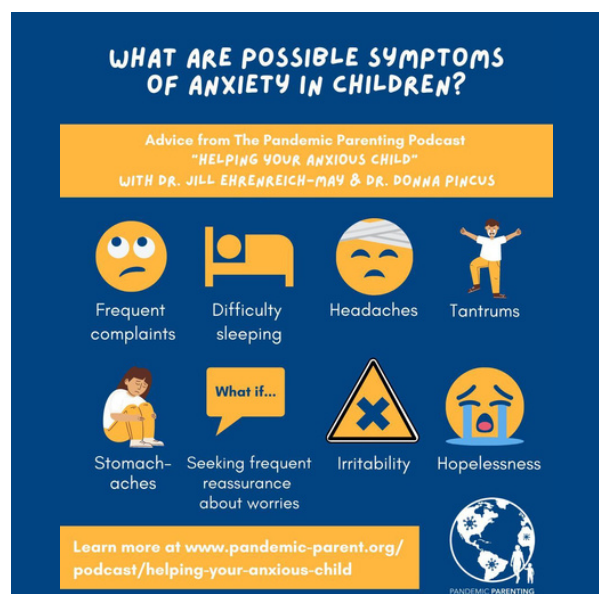
PANDEMIC PARENTING

WHAT ARE POSSIBLE SYMPTOMS OF ANXIETY IN CHILDREN?

Advice from The Pandemic Parenting Podcast
“HELPING YOUR ANXIOUS CHILD”
WITH DR. JILL EHRENREICH-MAY & DR. DONNA PINCUS

- Frequent complaints
- Difficulty sleeping
- Headaches
- Tantrums
- Stomach-aches
- Seeking frequent reassurance about worries
- Irritability
- Hopelessness

Learn more at www.pandemic-parent.org/podcast/helping-your-anxious-child



PANDEMIC PARENTING



FOR SCHOOLS

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* \(en Español\)](#)

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FOR CLINICIANS

PODCASTS

[How Mental Health Providers Can Foster Resilience*](#) [00:30:00]
[How Healthcare Providers Can Foster Resilience*](#) [00:30:00]
[How Clinical Training Programs Can Foster Resilience*](#) [01:00:00]
[How Policies and Systems Can Foster Resilience*](#) [01:00:00]
[Working with Trauma in Cross-Cultural and Immigration Contexts*](#) [00:45:00]
[Trauma and Resilience: How the Helpers Help Themselves*](#) [00:30:00]

VIDEOS

[Responding to Trauma Disclosure as a Healthcare Provider*](#) [00:02:14]
[How Pediatricians Can Approach Trauma-Informed Care*](#) [00:02:43]
[Helping Identify Trauma in Children as a Pediatrician*](#) [00:02:27]
[Incorporating Trauma-Informed Care in Pediatric Training*](#) [00:02:02]
[Incorporating Trauma-Informed Care in Nursing*](#) [00:02:04]
[Advice for Students in Clinical Training Programs*](#) [00:03:39]
[A Student's Thoughts on What Clinical Training Supervisors Should Not Do*](#) [00:02:04]
[Tips For Reducing Trauma in Medical Settings*](#) [00:02:18]
[There is No Health Without Mental Health*](#) [00:01:09]
[What the Process of Trauma Therapy Can Look Like*](#) [00:03:13]
[Navigating Cross-Cultural Contexts: Curiosity is Key*](#) [00:01:19]
[Advice for Psychologists Conducting Immigration Evaluations*](#) [00:02:17]
[Understanding the "Moral Universe" of Children*](#) [00:03:56]
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INFOGRAPHICS

[As a Mental Health Provider, How Can I be an Ally to Vulnerable Youth?*](#)
[5 Pieces of Advice for New Clinicians*](#)
[Tips for Reducing Trauma in Medical Settings*](#)
[How Should Pediatricians Approach Trauma Informed Care?*](#)
[How Can Mental Health Professionals Help Immigrants Navigate Cross Cultural Differences?*](#)
[5 Strategies for Reducing Pain from Shots](#)
[Increasing Resilience in Children Who Have Experienced Trauma*](#)
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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]
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[Helping Your Anxious Child](#) [00:45:00]

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[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]
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[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](#)

EXAMPLES:



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](#)

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ANTI-RACISM TOOLKIT

WEBINAR

[Anti-Racist Pandemic Parenting](#) [1:00:00]

PODCASTS

[Working with Trauma in Cross-Cultural and Immigration Contexts*](#) [PODCAST]

[Fathers From Diverse Communities: Q & A with Dr. Earl Turner](#) [PODCAST]

VIDEOS

[How To Dismantle Racism](#) [00:00:33]

[Mental Health Barriers for Diverse Fathers](#) [00:01:35]

[How to be an Effective Activist](#) [00:00:0:32]

[The Uncomfortable Conversation About Race](#) [00:00:58]

[Don't Teach Your Child to be Colorblind About Race](#) [00:00:33]

[Should parents talk to their children about anti-racism?](#) [00:01:27]

[How to Serve as a Good Example for Your Children](#) [00:02:09]

[How do I keep my child safe without burdening them with the weight of racism?](#) [00:02:41]

[How do I avoid projecting my anxiety on my son about the racism he may experience?](#) [00:02:13]

[Navigating Cross-Cultural Contexts: Curiosity is Key.*](#) [00:01:19]

[Advice for Psychologists Conducting Immigration](#)

[Evaluations*](#) [00:02:17]

[3 Ways to Connect Marginalized Communities with Mental Health Resources*](#) [00:01:26]

SOCIAL MEDIA GRAPHICS

[Dismantling Racism](#)

[Honor Similarities/Respect Differences](#)

EXAMPLES:



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DISABILITIES TOOLKIT

PODCASTS

[Parenting Perspectives: Raising Children with Disabilities](#) [01:00:00]
[Parenting Perspectives: Parenting with a Disability](#) [01:00:00]

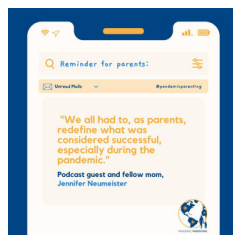
VIDEOS

[A Message to Parents Whose Child Just Got Diagnosed with a Disability](#) [00:00:54]
[Deciding When to Advocate as a Parent with a Child Who Has a Disability](#) [00:01:37]
[Self-Care Tips for Parents Who Have a Child with a Disability](#) [00:02:36]
[Coping with Uncertainty as a Parent of a Child with a Disability](#) [00:02:06]
[One Thing at a Time: Being a Working Mom with a Child with a Disability](#) [00:03:33]
[Advocating in Big and Small Ways For Your Child with a Disability](#) [00:03:25]
[Our Children Love Us For Who We Are](#) [00:01:40]
[Your Child May See Your Chronic Illness or Disability Differently Than You Think](#) [00:01:29]
[Living with a Chronic Illness](#) [00:02:10]
[Hope Can Be Complex With a Chronic Illness](#) [00:01:38]

SOCIAL MEDIA GRAPHICS

[Acceptance and understanding
It's a balancing act
Redefining success
You don't have to be an "Instagrammable" parent
There are no big answers](#)

EXAMPLES:



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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:



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RECURSOS EN ESPAÑOL

VIDEOS

[Videos con subtítulos en Español](#)

ENTRADAS DE BLOG EN ESPAÑOL

[La Importancia del Juego Para Niños Durante COVID-19](#)

[Abuelos Pandémicos a Larga Distancia: 25 Maneras de Mantenerse Conectado](#)

INFOGRAFÍAS

[Los Tres Pasos de Crianza de Los Hijos Durante Una Crisis](#)

[4 consideraciones al examinar las fuentes de información](#)

[¿Cuáles son los posibles síntomas de ansiedad en los niños?](#)

[Hablando Con Los Niños El método de La Rosa, La Espina y el Capullo](#)

[Disociación niños y adolescentes*](#)

[Apoyando a Los Niños Que Experimentan Abuso Sexual*](#)

[Fomentar La Resiliencia en Comunidades de Escasos Recursos*](#)

[¿Cómo pueden los profesionales de la salud mental ayudar a los inmigrantes a navegar las diferencias interculturales?*](#)

[Comprendiendo el impacto de la explotación sexual infantil y la vergüenza*](#)

[Hablando con los niños sobre eventos traumáticos con la Dra. Sandra Rafman*](#)

[Consejos para reducir el trauma en entornos médicos*](#)

[Incorporación Biológica Del Trauma En Los Niños: 5 maneras en las cuales el trauma y la salud son intergeneracionales*](#)

[¿Cómo deben responder los cuidadores cuando un niño les cuenta sobre abuso sexual?*](#)

[Fomentar la resiliencia en niños sobrevivientes de violencia de pareja*](#)

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ROADMAP TO RESILIENCE

PODCASTS

[Introducing: Roadmap to Resilience](#)
[What is Trauma?](#)
[What is Resilience?](#)
[Preventing Trauma](#)
[Understanding Dissociation](#)
[Supporting Children \(and Adults\) Who Have Been Sexually Abused](#)
[Supporting Children in the Aftermath of Intimate Partner Homicide](#)
[Working with Trauma in Cross-Cultural and Immigration Contexts](#)
[Understanding the Impact of Global and Collective Traumas](#)
[How Mental Health Providers Can Foster Resilience](#)
[How Healthcare Providers Can Foster Resilience](#)
[How Clinical Training Programs Can Foster Resilience](#)
[How Lawyers and the Legal System Can Foster Resilience](#)
[How Parents Can Foster Resilience](#)
[How Communities Can Foster Resilience](#)
[How Policies and Systems Can Foster Resilience](#)
[Trauma and Resilience: How the Helpers Help Themselves](#)

VIDEOS

[What are ACEs and why do they matter?](#)
[Childhood Trauma: Children's Behavior Tells Us A Lot](#)
[Building Resilience in Children Starts with Parents](#)
[What Does Resilience Look Like?](#)
[I Hate the Word Resilience](#)
[Building Trust with Children through Genuine Interest](#)
[Tips For Reducing Trauma in Medical Settings](#)
[Responsive Relationships Build Resilience: The Importance of Parent Self-Care](#)
[What is dissociation and why do children dissociate?](#)
[How to Talk to a Child Who is Dissociating](#)
[Normal Imaginative Play versus Dissociation in Children](#)
[Why Children May Not Disclose Sexual Abuse](#)
[How Should I Respond to my Child Disclosing Trauma](#)
[Understanding Shame in the Context of Abuse](#)
[Intimate Partner Homicide: Traumatic Grief Explained](#)
[Ways to Support Overwhelmed Parents](#)
[Navigating Cross-Cultural Contexts: Curiosity is Key](#)
[Advice for Psychologists Conducting Immigration Evaluations](#)
[Understanding the "Moral Universe" of Children](#)
[How Parents Can Help Protect Their Children Online](#)
[What the Process of Trauma Therapy Can Look Like](#)
[Responding to Trauma Disclosure as a Healthcare Provider](#)
[How Pediatricians Can Approach Trauma-Informed Care](#)
[Helping Identify Trauma in Children as a Pediatrician](#)
[Incorporating Trauma-Informed Care in Pediatric Training](#)
[Incorporating Trauma-Informed Care in Nursing](#)
[Advice for Students in Clinical Training Programs](#)
[A Student's Thoughts on What Clinical Training Supervisors Should Not Do](#)
[There is No Health Without Mental Health](#)
[How the Legal System Can Support Child Witnesses and Survivors](#)
[How the Legal System Can Support Child Witnesses and Survivors](#)
[Trauma-Informed Care for Justice-Involved Youth](#)
[How Judges Can Support Children Who Experience Trauma](#)
[Recognizing Systems and Policies That Create Trauma](#)



[Parents, You Are the Expert on Your Kids](#)
[What role should the community play in fostering resilience?](#)
[Building Community Relationships with Law Enforcement](#)
["What happened to you?" is Not the Right Policy Question to Ask](#)
[How Mental Health Providers Can Advocate for Social Justice](#)
[3 Ways to Connect Marginalized Communities with Mental Health Resources](#)
[What does it look like to empower communities to make decisions?](#)

INFOGRAPHICS

[Increasing Resilience in Children Who Have Experienced Trauma](#)
[5 Ways Trauma and Health are Intergenerational \(en Español\)](#)
[Dissociation in Children and Adolescents \(en Español\)](#)
[Supporting Children who Experience Sexual Abuse \(en Español\)](#)
[Understanding the Impact of Child Sexual Exploitation and Shame \(en Español\)](#)
[How Should Caregivers Respond to a Child Telling Them About Sexual Abuse? \(en Español\)](#)
[Fostering Resilience in Child Survivors of Intimate Partner Violence](#)
[How Can Mental Health Professionals Help Immigrants Navigate Cross Cultural Differences? \(en Español\)](#)
[Talking to Children About Traumatic Events \(en Español\)](#)
[As a Mental Health Provider, How Can I be an Ally to Vulnerable Youth?](#)
[5 Pieces of Advice for New Clinicians](#)
[Tips for Reducing Trauma in Medical Settings \(en Español\)](#)
[How Should Pediatricians Approach Trauma Informed Care?](#)
[The Intersection Between the Juvenile Justice System and Trauma](#)
[Fostering Resilience in Under Resourced Communities \(en Español\)](#)

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