



Be Well Mental Health & Consulting Services

Parent/Caregiver Resources for: Toddlers, Children & Teenagers

(Click on the [underlined](#) link for more information)

Social & Emotional Development

- [Social/Emotional Skills Ages 0 - 3](#)
- [Coping with Deportation](#)
- [Coping when a parent/caregiver is sent to prison](#)
- [Grieving](#)
- [Dealing with stress](#)
- [Coping with difficult feelings](#)
- **Talking to your children about Racism**
 - [Pbs.com](#)
 - [Healthychildren.org](#)
- **Discipline**
 - [Tantrums](#)
 - [Free Parenting Course](#) (dealing with difficult behaviors in all ages)
 - [Parenting Tips](#)
- **School**
 - [Navigating the School System](#) (For ADHD but applicable for all children who may have a disability)
 - [504 Plans/IEP's](#)
 - [Bullying](#)

Body Safety

- [Safety Booklet for Parents/Caregivers](#)
- [Age Appropriate Sexual Behavior](#)

Child Abuse

- **Statistics:** [National Children's Alliance](#), [Darkness to Light](#), [Signs of Abuse in Children](#)
- **Prevention:**
 - [Understanding Child Abuse](#)
 - [Creating a Family Safety Plan](#), [Prevention Tips](#), [Reducing Risk](#)
 - [Grooming Behaviors](#)
 - [Child Sex Trafficking](#)

Healthy Relationships

- [Dating](#)
- [Break-Ups](#)
- [Friendships](#)
- [Teaching Children Boundaries](#)
- [Dealing with Conflict](#)

Family Time

- [Strengthening Your Family Bond](#)
- [Communication with Teenagers](#)
- [Free New Books for Newborn - 5 years](#)



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