Parenting Resources Mental Health

Resource/Topic	Webpage	Information
Child Mind Institute	https://childmind.org/	The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain and empower parents, professionals and policymakers to support children when and where they need it most.
Hand in Hand Parenting	https://www.handinhandparenting.org/	Hand in Hand Parenting helps parents when parenting gets hard. The Hand in Hand parenting approach builds resilient families and supportive communities of parents and professionals.
Love and Logic	https://www.loveandlogic.com/	Love and Logic is a research-driven, whole-child philosophy founded in 1977 by Jim Fay and Foster W. Cline, M.D. It is the approach of choice among leading educators, parents, and other professionals worldwide. The Love and Logic Institute is dedicated to making parenting and teaching fun and rewarding, instead of stressful and chaotic.
Positive Parenting	https://www.positiveparenting.com/	Positive Parenting is a resource for parents, founded in 1995, with the goal to "help parents be the best positive parent they can be." This website gives members access to over 150 audio lessons, 5 audio workshops, parenting success stories, and an online court approved parenting class.

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Parent Further	https://keepconnected.searchinstitute.org/	Parent Further is a Search Institute resource for families that uses a positive, strength-based approach to parenting, including small improvements you can make to help your children be successful in the future. The website includes more information about the organization, ages and stages of kids, discipline and values, spending time together, technology and media, high-risk behaviors, hot topics, tips and tools, and so much more!
Back to School	https://www.sandbox-learning. com/FileLib/Going_Back_to_School.pdf	Six Tips for Making the Start of the School Year Less Stressful
Developing Routines	https://www.sandbox-learning.com/FileLib/Routines_and_Routine_Changes.pdf	Routines and Routine Changes
Discipline and Limit Setting	https://lifestyle.howstuffworks. com/family/parenting/parenting- tips/discipline-and-limit-setting.htm	Parenting: Discipline and Limit Setting
Kindergarten Readiness	https://www.familyeducation. com/school/kindergarten- readiness/kindergarten-readiness-checklist	While there's no perfect formula that determines when children are truly ready for kindergarten, you can use this checklist below to see how well your child is doing in acquiring the skills found on most kindergarten checklists.
Motivation	https://www.scholastic.com/parents/school- success/10-ways-to-motivate-your-child-to- learn.html	10 Ways to Motivate Your Child to Learn