



## Pediatric Behavioral Health & Wellness

### Educational & Informational Resources for Families

[Also Available Online](#)

## Information and Resources Related to Parenting During COVID-19

- [Children's Institute – COVID-19 Resources for Families](#)  
Listing of COVID-19 and related local resources to support the social and emotional health of kids and families in the Rochester, NY area.
- [Kids Out And About Rochester – 1000 Things to do During COVID-19](#)  
More than 1000 online events and activities for kids, teens, and families during COVID-19, from all over North America! A daily LIVE EVENTS calendar, 24/7 experiences, classes, and more
- [The Child Mind Institute: Coping During COVID-19](#)  
Provides research-based information and guidance for parents helping their kids and families cope with the Coronavirus crisis. Articles discuss specific strategies for supporting your kids, addressing specific concerns, and taking care of yourself. Additional information about telehealth, remote learning, and behavioral health concerns during COVID-19 is also available.

## Books & Media Available to Help Talk with Kids About COVID-19

- [Sesame Street talks COVID-19](#)  
**For the Littles:** Your friends on Sesame Street are here to support you during the COVID-19 health crisis. We know that these are stressful times, and families everywhere are creating a new sense of normalcy. So our site is filled with content you can use to spark playful learning, offer children comfort, and focus a bit on yourself, too.
- [Coronavirus: A Book for Children](#)  
**Written for kids Ages 5 – 10:** Engagingly illustrated by Axel Scheffler, this approachable and timely book helps answer these questions and many more, providing children aged 5-10 and their parents with clear and accessible explanations about the coronavirus and its effects - both from a health perspective and the impact it has on a family's day-to-day life. A Note to Parents and Caregivers offers strategies for helping your kids navigate anxiety they might be feeling around the pandemic.
- [Unstuck! 10 Safe Things to Do and Stay Safe and Sane During the Pandemic](#)  
**Workbook for Tweens/Teens Ages 10 – 18:** In this stressful time, there are losses, uncertainties, and changes, all which can create a lot of feelings. Feelings are never right or wrong, they just are, and expressing feelings can help. This activity book includes journal prompts and activities to help tweens and teens manage stress and anxiety, express emotions, and cultivate creativity and gratitude. Unstuck! also includes a Note to Readers with more information about healthy coping.

## Local Resources to Support Children's Social & Emotional Health

- [KidsThrive585](#)  
Listing of resources for children and families in the Rochester, NY area and neighboring counties.
- [Parenting Village](#)  
Offers professionally facilitated drop-in support groups for caregivers; a home-based peer support program for families with new babies; and connection and collaboration events. Including an annual festival connecting families to local resources and ongoing community events.
- [Mental Health Association](#)  
Offers an array of services to families and adults who have emotional and/or behavioral needs, including a variety of support groups for parents, creative wellness for adults with mental health needs, drop-in support, and much more.
- [Starbridge](#)  
Starbridge is a Parent Training & Information Center (PTIC), which provides workshops and resources for families and professionals regarding special education rights and responsibilities.
- [Parent to Parent of Western New York](#)  
Parents of a person with a developmental disability or special health care need can be connected one-to-one with another parent support member who has experience with having a family member with a disability or chronic illness. The experienced support parent provides emotional support to the referral parent and assists them in finding information and resources.
- [Youth Roc by Out Alliance](#)  
Offers local programming for youth ages 13-20 and family programming.

## Text, Phone and Online Support

- [Suicide Prevention & Lifeline](#)  
Provides 24/7 support through an online chat or phone call. This support is a national support available for anyone is in need of emotional support or is thinking about suicide.
- [Teen Line Online](#)  
This website, based in Southern California, provides support for teens from teens. Teenagers are able to call/text/email/message/chat about any topic. In addition, the website offers topics that may be interesting to teens and parents through a blog.
- [Trevor Project](#)  
Provides support for LGBTQ youth including a national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people under 25. Phone-call, chat, and text support is provided.
- [National Alliance on Mental Illness](#)  
Provides information about mental health and resources in local communities. Includes information about text and phone help lines.

## Web-based Articles & Information

### Mental Health Specific

- [Child Mind Institute](#)  
Provides research-based advice on common concerns and tips for facing challenges many families share.
- [Effective Child Therapy](#)  
Families can learn about specific mental health conditions by watching videos from experts/reading a summary of scientific information and learn what to look for and expect in therapy.

### General Health Information, Including Mental Health

- [Parents.com](#)  
This website offers guidance on a variety of topics related to childrearing and parenting. The website is based on Parents magazine and provides mostly written content. Many articles are written by parents or from a parent's perspective. The website also summarizes parent-relevant scientific information in a manner that is easily digestible.
- [KidsHealth](#)  
A mostly written resource on all things pertaining to kids health from managing chronic illness, to bedwetting or behavioral concerns. Although the website is mostly text, there is an option for audio in both English and Spanish. All written text is available in Spanish as well. There are some kid-friendly videos to provide education to children and teens on all health-related matters.
- [CDC "Parent Information"](#)  
The website also contains practical information on a variety of topics from healthy eating to safety, and specific conditions for children of all ages.

## Web-based Trainings & Interventions

- [CDC "Essentials for parenting toddlers and preschoolers"](#)  
This site contains detailed videos on parenting strategies to promote positive child behavior and a healthy parent-child relationship. This includes downloadable tip sheets and videos on experts tips on using strategies.
- [ABCs of Child Rearing](#)  
This is a free course on parenting techniques that are based on the Kazdin parenting method. These parent strategies are focused on improving behavior in children and adolescents.
- [Family Check-Up](#)  
Provides evidence-based parenting strategies from the "Family Check-Up" intervention to be used with both younger and older children. The parenting strategies are demonstrated in brief video clips. The three skills demonstrated are focused on improving parent-child communication: 1) active listening, 2) negotiating solutions with your child, and 3) making neutral problem statements.
- [Collaborative Problem Solving](#)  
This site is based on Ross Greene's approach to collaborative problem solving, which is an approach that can work with kids of any age. The website offers a variety of free resources in print, audio, and video. In addition, there are Facebook groups for parent questions and support.

- [Center for Social & Emotional Foundations of Early Learning](#)  
Features downloadable/printable free content geared toward parents of younger children. The content focuses on strategies for building social and emotional skills in children along with ways to respond to a child's behavior.

## **School-Related Resources**

- [Understood](#)  
Features downloadable resources and webinars related to supporting families meet the educational needs of their children with a variety of concerns including learning and attention problems.