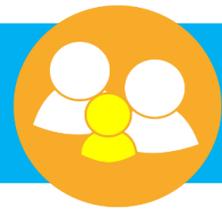


STRENGTHENING PARENT AND CHILD INTERACTIONS

(6-12 years)



 A Blue Dot indicates agencies that are a member of the Maternal Mental Health Collaborative and/or have attended the Postpartum Support International training.

Being a parent can be very rewarding, but it can also be very challenging. Because your child is always growing, the information you need to know about parenting and child development changes constantly, too. Learning what behaviors are appropriate for your child's age and how to handle them can help you better respond to your child.

“WHERE CAN I LEARN MORE ABOUT MY CHILD'S DEVELOPMENT?”

If you are concerned about your child's development or need more help, contact your child's pediatrician, teacher, or school counselor.

AMERICAN ACADEMY OF PEDIATRICS

Includes information on healthy living, safety and prevention, family life, health news, tips and tools. Also has a section on Ages and Stages, which gives parents information on developmental stages from pregnancy to age 21.
www.healthychildren.org

AHA! PARENTING

Provides advice on how to handle parenting challenges at all ages and is divided into the following stages: pregnancy and birth, newborns and infants, babies, toddlers, preschoolers, school age, tweens, early teen, and teenager.
www.ahaparenting.com/

MEDLINE PLUS

Provides information on school age child development. Describes physical, emotional, and mental abilities that can be expected for this age along with parenting tips.
medlineplus.gov/ency/article/002017.htm

INFOABOUTKIDS.ORG

This website has links to well-established, trustworthy websites with common parenting concerns related to your child's body, mind, emotions, and relationships.
infoaboutkids.org

THE NATIONAL PARENT HELPLINE

Provides parents and caregivers with emotional support and refers them to services if necessary.
1-(855)-4A-PARENT
www.nationalparenthelpline.org/

If you feel that you are in crisis, please call:

Yolo County 24hr toll-free Access Line: (888) 965-6647 or
National Suicide Prevention Hotline: (800) 273-TALK (8255)

For emergencies call and/or text 911

or visit the Mental Health Urgent Care Clinic at 500 Jefferson Blvd #B, West Sacramento

STRENGTHENING PARENT AND CHILD INTERACTIONS (6-12years)

HANDLING YOUR CHILD'S CHALLENGING BEHAVIORS AT EVERY AGE

Parenting is one of the hardest jobs in the world. While raising children can bring a lot of joy and love into our lives, it's also a lot of work and responsibility to prepare children to be independent and capable adults. Parenting is particularly difficult because our children are constantly changing. Knowing what to expect helps us understand that many challenging behaviors are just a normal part of growing up. As our children grow, our expectations and the way we parent should change as well. This guide can make parenting a little easier by helping you learn more about how to connect with your child and handle challenging behaviors at every age. The guide, which was produced by Yolo County Children's Alliance as a project of the Yolo County Child Abuse Prevention Council, is available in English, Spanish, and Russian.

www.yolokids.org/forfamilies

WEATHERING THE STORMS: A GUIDE TO HEALTHY EXPRESSIONS FOR PARENTS AND CHILDREN

This guide from Yolo County Children's Alliance can help you and your child weather emotional storms. By modeling and teaching your child the ideas and skills in this guide, you can help your child manage emotions better. Practicing these skills yourself can improve communication with your child, partner, relatives, coworkers, and friends. Learning to express your emotions in a healthier way can help you be calmer and more in control of your actions. The guide covers identifying emotions and the power of empathy, using calming activities when emotions are building, weathering emotional storms by waiting before talking, responding to emotions in the calm after the storm, and learning to predict future storms. Available in English, Spanish, and Russian.

www.yolokids.org/forfamilies

"MY CHILD'S BODY IS CHANGING, AND THEY HAVE QUESTIONS. WHERE CAN I GET ANSWERS?"

If you are concerned about your child's development or need more help, contact your child's pediatrician, teacher, school counselor, and/or school nurse.

AMERICAN ACADEMY OF PEDIATRICS

Parents of gradeschoolers have a lot to think about. Trying to encourage healthy living and helping your child develop a positive self-image all while going through puberty can have its challenges. This website has information about safety, self-esteem, friendships, and other mental and physical health topics related to this age.

www.healthychildren.org/English/ages-stages/gradeschool/

GENDER HEALTH CENTER

Gender Health Center is a non-profit organization meeting the counseling/therapy needs to the most underserved communities, including the LGBTQI community and focusing on the "T" or transgender. The services embrace the psychological well-being and self-fulfillment of individuals coming out and/or beginning or in the transition process in a safe, supportive and welcoming environment.

(916) 455-2391

www.thegenderhealthcenter.org

STRENGTHENING PARENT AND CHILD INTERACTIONS (6-12years)

“WHERE CAN I GO IF I’M CONCERNED ABOUT MY CHILD’S PEER RELATIONSHIPS?”

**Public schools must have an anti-bullying policy. It should be on the school website, but if it’s not, talk to the school office and ask them to send it to you.
If your child is being bullied, request a meeting with school officials.**

STOPBULLYING.GOV

Provides information about what bullying is and what it is not, the warning signs of bullying, and what steps to take for preventing and responding to bullying, including how to talk to children about bullying, prevention in schools and communities, and how to support children involved.

Stopbullying.gov

“I’M CONCERNED ABOUT MY CHILD’S MENTAL HEALTH. HOW CAN WE GET HELP?”

If you are concerned about your child’s mental health, contact your child’s pediatrician, school counselor, or call Yolo County’s 24-hour Mental Health Crisis & Access Line for help: (888) 965-6647.

ASK TEEN CRISIS LINES

The Allied Services for Kids (ASK) teen line provides 24-hour availability to teens and families in crisis. Whatever the problem, teens are welcome to call this confidential and anonymous crisis line for support.

From Davis: (530) 753-0797

From Woodland: (530) 668-8445

From West Sacramento: (916) 371-3779

www.suicidepreventionyolocounty.org

AMERICAN ACADEMY OF PEDIATRICS

Find many articles about various mental health issues that can affect your child, including anxiety, eating disorders, and depression.

www.healthychildren.org/English/health-issues/conditions/emotional-problems/

PARTNERSHIP HEALTH PLAN: BEACON

Partnership HealthPlan of California (PHC) is a non-profit community-based health care organization that contracts with the State to administer Medi-Cal benefits through local care providers to ensure Medi-Cal recipients have access to high-quality comprehensive cost-effective health care. If you have Partnership HealthPlan of California, their therapists and psychiatrists are contracted through Beacon.

(800) 862-4155

www.partnershiphp.org/Pages/PHC.aspx

NURTURING CHILDREN DURING TIMES OF STRESS: A GUIDE TO HELP CHILDREN BLOOM

We all feel stressed sometimes. Some stress is a normal, healthy part of life. It can help us stay safe, try harder, or make us grow stronger. However, intense stress that doesn’t go away can be too much to handle without help. As a parent or caregiver, there are ways you can help your child handle intense stress. Much like a seed that overcomes a difficult environment to grow and flower, you and your child can bloom even in challenging times. This guide has nurturing tips and resources that can protect you and your child from the effects of intense stress. These ideas will also help you connect with your child. This guide is for parents and caregivers who want to learn how to bloom even in stressful times while helping children do the same! The guide, which was produced by Yolo County Children’s Alliance as a project of the Yolo County Child Abuse Prevention Council, is available in English, Spanish, and Russian.

www.yolokids.org/forfamilies

STRENGTHENING PARENT AND CHILD INTERACTIONS (6-12years)

“HOW DO I MONITOR MY CHILD’S TECHNOLOGY USE?”

AMERICAN ACADEMY OF PEDIATRICS

The Media page of the American Academy of Pediatrics has dozens of articles related to your child and technology, including how to support healthy digital media use, how to bond with your child through media, and how to handle advertising and cyberbullying.

www.healthychildren.org/English/family-life/Media/

“I’D LOVE IDEAS ABOUT THINGS I CAN DO WITH MY CHILD.”

TALK+PLAY=CONNECT TOOLKIT FOR FAMILIES

This resource from Yolo County Children’s Alliance has many ideas for how you can connect with your child. The toolkit contains information about why talking and playing are so important for your child’s development and tips that can help you and your child communicate better. It also has fun, easy ideas for how to play and connect with your child at 3 times of the day: in the morning, at mealtimes, and at bedtime. Ideas are divided by your child’s age (baby, toddler, preschooler, school-age, and teenager) so you can get the most helpful information for you and your child! The toolkit is available in English, Spanish, and Russian. Read through the tips and ideas and see which ones feel right to you and your family. Try one of them out today!

www.yolokids.org/forfamilies

