**Parenting Support Toolkit**

**Strengthening Chicago’s Youth**

**2021**

**Who is this Toolkit intended for?**

This Toolkit is intended to be used by any parent or caregiver raising a child from birth to age 21 years.

**What is the Purpose of a Parenting Toolkit?**

Today’s life stressors can be overwhelming for parents. Helping parents deal with the COVID-19 pandemic, trauma, issues of poverty and joblessness, and ongoing mental and behavioral health needs, navigating challenging conversations, self-care, and managing stress are just a few life events that can be daunting. Parents are charged with the most important task of raising healthy socially and emotionally well-adjusted children while figuring out how to navigate growing pains of parenthood. While this task may be filled with ups and downs, it can be the most rewarding experience. To have a child transition into adulthood and become a productive citizen is the end goal for many parents.

Having a user-friendly guide to refer to can be a supportive tool and sigh of relief. This toolkit was developed to help initiate proactive parenting. Most importantly, it is intended to let parents know that they are not alone in raising their children. It is our hope that parents will discover that the issues that they may be facing are more common than they realize.

This toolkit is aimed to:

* Empower parents to engage in active parenting by navigating and exploring topics and resolutions to some of the issues that they may be facing.
* Support families with identifying resources, interventions and strategies throughout a child’s growth and development.
* Provide insight from experts, tips, videos, and more!

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# Parenting and COVID-19

**General Information for Parents and Kids on COVID**

* **Talking to Children About COVID-19**

Parents and teachers are faced with the challenge of discussing the evolving coronavirus outbreak with young children. Although these may be difficult conversations, they are also important. There are no “right” or “wrong” ways to talk with children about such public health emergencies. However, these articles provides some suggestions you may find helpful.

<https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19__Children.pdf>

<https://www.cstsonline.org/assets/media/documents/CSTS_FS_Discussing_Coronavirus_w_Your_Children.pdf>

<https://www.cstsonline.org/assets/media/documents/CSTS_FS_Finding_Right_Words_Talk_Children_Teens_Coronavirus.pdf>

<https://28638781-c0c7-460f-81ae-fa6eba3486b9.filesusr.com/ugd/517d15_915f31f39df449a2837c11862a7ab39c.pdf>

<https://www.triplep-parenting.net/parentsite3/files/downloads/tpi-top-tips-covid19-letter-us-en.pdf?_ga=2.54074472.1977539499.1612379576-644133040.1612379576>

* **Guidelines for Holiday Celebrations and Gatherings**

The CDC provides the most up-to-date information on gathering safely during the COVID-19 pandemic.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

* **Balancing Work and Family during COVID-19**

The presence of COVID-19 has impacted us in many ways. For many parents, the boundaries between work and family life have changed, and balancing work and family responsibilities has never been more important. In addition, many families are facing additional stresses, such as job insecurity, financial pressure, and uncertainty about the current situation.

<http://www.triplep-parenting.com/files/downloads/covid-19-guide-work-and-family-ltr-us-en.pdf>

* **Free COVID-19 Testing Sites in Chicago**

<http://www.dph.illinois.gov/testing>

* **Parenting Support in a Changing World Webinar**

Topic: Evidence based parenting support in a changing world: Challenges, opportunities and future directions

[Click here to access webinar recording](https://us02web.zoom.us/rec/share/A0b-kcv2wXoxq0n-qLE_j-ywiwG6ha4YG5DtYnP2AsEK8VxngHvKBjp0_Ebo5SXo.I_qgD9wSvEnMClXe); Access Passcode: gw!GUd2q

* **General Information on COVID-19 in Spanish**

<https://www.luriechildrens.org/en/news-stories/recursos-relacionados-con-el-nuevo-coronavirus-covid-19/>

 **Emergency Assistance**

* **American Red Cross: Disaster Distress Helpline – Call or Text 800-985-5990**

This 24/7 national hotline provides immediate crisis counseling for people who are experiencing emotional distress related to any disaster or COVID-19. The Helpline can provide emotional support, advocacy, referrals and education on COVID-related stress or mental health issues, including issues related to children.

* **Chicago Community COVID-19 Response Fund**

<https://www.chicagocovid19responsefund.org/index.html>

The City of Chicago, The Chicago Community Trust, and United Way of Metro Chicagolaunched the Fund to raise money through Chicago’s philanthropies, corporations, and individuals and disburse it to the region's health and human service nonprofit organizations. List of agencies enrolled in the program outlined via the link under funders.

* **Chicago Department of Family & Support Services**

<https://www.chicago.gov/city/en/depts/fss.html>

* **Community Services Block Grant Program (Rent, Food and Other Assistance)**

<https://www2.illinois.gov/dceo/CommunityServices/HousingAssistance/CSBG/Pages/default.aspx>

Community Services Block Grant Program (CSBG): Community Action Agencies across the State provide a variety of CSBG services, including but not limited to, assistance with Rental/Mortgage, Food, Water/Sewer Payment, Employment Training/Placement, Financial Management, and Temporary Shelter. Each agency delivers locally-designed programs and services based on the needs of its community. If a particular service is not directly provided by your local Community Action Agency, you will be referred to one of our partner entities for further assistance.

* **Illinois Department of Human Services Comprehensive Community Based Youth Services (CCBYS) - 24/7 CCBYS Information and Referral Line: Call or text** **877-870-2663**

CCBYS has the goal of increasing family reunification/preserve and stabilize families as well as to divert or minimize involvement in the child welfare and/or juvenile justice systems. Youth aged 11-17 who are at risk of involvement in these systems can access services. 24/7 services are available to youth who have been locked out of their homes or are not allowed to return home, youth who have run away from home or are beyond the control of parents and in immediate danger, and youth who are homeless without parents. The 24-hour Hotline is toll-free, confidential, and is available in multiple languages.

CCYBS Provider List: <https://www.dhs.state.il.us/page.aspx?item=32642>

* **Catholic Charities Burial Support**

Funeral costs for a loved one can be a sudden and costly expense. For those who are Catholic and low-income in need of financial burial support, contact Catholic Charities. Staff members Carmen Torres (312-655-7124) or Torrie Johnson (312-655-7122) can assist.

**Mental Health Resources**

Emotional reactions to this emerging health crisis are expected. Remind yourself, your family and your friends that feeling sad, anxious, overwhelmed or having other symptoms of distress such as trouble sleeping is normal. If symptoms become worse, encourage them, and yourself, to reach out for support and help.

* **Free Mental Health Resources in Chicago**

The following are free mental health resources available to all Chicago residents:

* [NAMI Chicago](https://www.namichicago.org/helpline) Helpline: Call 311 or contact NAMI directly at **833-626-4244**
* [Bright Star Community Outreach](https://www.brightstarcommunityoutreach.com/) Trauma Counseling Helpline at **833-887-6123**
* Connect to free teletherapy services at Chicago Department of Public Health Mental Health Centers by calling **312-747-1020**
* 24-hour National Crisis Text Line, which serves anyone in any type of crisis. Instructions: Text HOME to: 741741 to access a trained crisis counselor.
* Chicago Department of Public Health Tips for Managing Anxiety about COVID-19 ([English](https://www.chicago.gov/content/dam/city/depts/cdph/HealthProtectionandResponse/COVID-19%20FAST%20Tips%20on%20Managing%20Anxiety%2003.11.2020.pdf), [Spanish](https://www.chicago.gov/content/dam/city/sites/covid/documents/Spanish/COVID-19%20FAST%20Tips%20on%20Managing%20Anxiety%2003.11.2020-sp.pdf), [Polish](https://www.chicago.gov/content/dam/city/sites/covid/documents/Polish/COVID-19%20FAST%20Tips%20on%20Managing%20Anxiety%2003.11.2020-pol.pdf), [Simplified Chinese](https://www.chicago.gov/content/dam/city/sites/covid/documents/SimplifiedChinese/COVID-19%20FAST%20Tips%20on%20Managing%20Anxiety%2003.11.2020-sc.pdf), [Tagalog](https://www.chicago.gov/content/dam/city/sites/covid/documents/Tagalog/COVID-19%20FAST%20Tips%20on%20Managing%20Anxiety%2003.11.2020-tgl.pdf), [Arabic](https://www.chicago.gov/content/dam/city/sites/covid/documents/Arabic/COVID-19%20FAST%20Tips%20on%20Managing%20Anxiety%2003.11.2020-ara.pdf))
* **Helping Children and Teens Cope during COVID-19**
	+ Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html>

* + Helping Kids Cope While Sheltering in Place

<https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Helping-Kids-Cope-While-Sheltering-in-Place.pdf>

* + Stress Management and Teens

Teenagers, like adults, may experience stress every day and can benefit from learning stress management skills. Most teens experience more stress when they perceive a situation as dangerous, difficult, or painful and they do not have the resources to cope. Learn how you as a parent can help.

<https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Helping-Teenagers-With-Stress-066.aspx>

* + Supporting Your Child’s Eating Habits During COVID-19

<https://nyulangone.org/news/supporting-your-childs-eating-habits-during-covid-19>

* + COVID-19 Children’s Behavioral Health Toolkit

This resource consists of general tools, professional tools, schools/educators, family and caregiver tools and resources, community, and more.

<https://www.ncbhs.org/sites/default/files/inline-files/ACMHAI%20Children%27s%20Behavioral%20Health%20Toolkit.pdf>

* + Checking in on Your Teenager’s Mood during the COVID-19 Pandemic

<https://nyulangone.org/news/checking-your-teenagers-mood-during-covid-19-pandemic>

* + Using Behavior Activation to Combat COVID-19 Blues

Whether your teen was struggling with a mood disorder before the COVID-19 pandemic, is facing typical challenges in adjusting to unfamiliar circumstances, or is somewhere in between, they—and everyone—can benefit from caring for their mood intentionally.

<https://nyulangone.org/news/using-behavior-activation-fight-covid-19-blues>

* **General Mental Health Resources during COVID-19**
	+ COVID-19 Information and Resource Guide developed by NAMI

The coronavirus (COVID-19) has resulted in an unprecedented crisis that affects not only our physical health and daily lives, but also our mental health. To address these needs, NAMI is committed to providing credible information and resources to help people navigate through this crisis. In this guide, you will find answers to questions ranging from how to manage anxiety during this difficult time, to how to access medication while in quarantine, to how to deal with the loss of a loved one to COVID-19.

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US>

* + COVID-19 Mental Health Resources for Families

Provides resources on a range of topics that may be impacting the mental health of families during the pandemic

<https://nyulangone.org/news/covid-19-mental-health-resources-families/covid-19-mental-health-resources-families-2020>

* + CDC Information on Coping with Stress during the COVID-19 Pandemic

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html>

* + Guide to Supporting Healthy Relationships and Managing Disagreements during COVID-19

The stress of COVID-19 is a challenge as many families have been spending much more time together due to physical distancing restrictions. Family members can easily irritate each other when living in close proximity for long periods of time without a break. Learn how to manage.

<https://www.triplep-parenting.com/files/downloads/covid-19-guide-relationships-and-disagreements-letter-us-en.pdf>

* + Promoting Resilient Families during COVID-19

Current events related to the COVID-19 virus can be stressful and confusing for families and communities. When adults are distressed, it can feel overwhelming to also consider how to help your children understand this evolving situation. The Center for Childhood Resilience at Lurie Children’s has some tips for caregivers that may be helpful.

<https://childhoodresilience.org/resources-1>

* + Growing Our Resilience & Wellbeing during COVID-19

<https://nyulangone.org/news/growing-our-resilience-wellbeing-during-covid-19>

* + Supporting Families During COVID-19

We know parents are struggling to balance work, child care and self-care while keeping worries — both your children’s and your own — under control. You don’t have to do it alone. The Child Mind Institute offers a parent guide to help and has additional resources if needed.

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

**Education Resources**

The following section provides resources for parents on educating their children during the COVID-19 pandemic.

* Triple P (Positive Parenting Program) Tips for Schooling and Homeschooling during COVID-19

<https://www.triplep-parenting.com/files/downloads/tpi-top-tips-covid19-school-life-ltr-us-en.pdf>

* Lurie Children’s Hospital: COVID-19 and Educational Activities for Children <https://www.luriechildrens.org/en/blog/covid-19-and-educational-activities-for-children/>
* Lurie Children’s Blog: Where There is No Perfect Solution – Return-to-School and Kids with Special Healthcare Needs

<https://www.luriechildrens.org/en/blog/when-there-is-no-perfect-solution-return-to-school-and-kids-with-special-healthcare-needs/>

* Erikson Institute: Supporting Families Virtually During COVID-19 Outbreak

<https://www.erikson.edu/wp-content/uploads/2020/04/Supporting-Families-Virtually_-Handout-Google-Docs.pdf>

* Erikson Institute: How to Select Appropriate Technology for Young Children during COVID-19 Outbreak

<https://www.erikson.edu/wp-content/uploads/2020/05/How-to-Select-Appropriate-Tech_-Handout.pdf>

* Erikson Institute: Using Technology to Support Students’ SEL for Pre-K to 3rd Grade Educators during COVID-19 Outbreak

<https://www.erikson.edu/wp-content/uploads/2020/04/Using-Tech-to-Support-Students-SEL_-Handout-1.pdf>

**COVID Safety**

* Tips to Stay Healthier Together This Flu Season

<https://www.luriechildrens.org/en/blog/tips-to-stay-healthier-together-this-flu-season/>

* Up-to-date CDC Information on Masks to Combat COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

This link provides information on how to wear masks, how to store and wash masks, how to improve you masks to help protect you, types of masks, and additional important information on the benefits of mask wearing during the COVID-19 pandemic.

* CDC Recommendations for What to Do to Help Prevent Spread If You are Sick with COVID-19 <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

This article provides steps to help reduce the risk of spreading COVID-19 to others in your household.

* Talking to Parents about Immunization – Resource Toolkit

<https://www.dph.illinois.gov/topics-services/prevention-wellness/immunization/vaccinetoolkit>

This electronic toolkit can help educate parents on vaccines to help increase vaccination rates. It is primarily designed for health care providers, community health care workers, and local health departments.

**Keeping a Regular Vaccine Schedule During COVID**

* Keeping Your Child’s Vaccine Schedule (for infections other than COVID) During COVID-19

This article provides information to parents on the importance of keeping up to date with recommended, routine vaccinations for infants and children, even during the COVID-19 pandemic.

<https://www.luriechildrens.org/en/blog/keeping-your-infant-and-childs-vaccine-schedule-during-covid-19/>

**COVID-19 Vaccination Information for Parents and Children**

* COVID-19 Vaccination Information for pregnant or breastfeeding mothers

<https://www.massgeneral.org/obgyn/news/COVID-19-Vaccine-FAQ-for-Pregnant-and-Breastfeeding-People>

* COVID-19 Vaccination information for residents of Illinois including FAQs, vaccine eligibility, and more.

<https://www.dph.illinois.gov/covid19/vaccine-faq>

* + Vaccination locations where a person can search by zip code or city to see where they can make an appointment for to get vaccinated.

<https://coronavirus.illinois.gov/s/vaccination-location>

* + Chicago specific information on how to get vaccinated

<https://www.chicago.gov/city/en/sites/covid19-vaccine/home/vaccine-finder.html>

**Parenting and Coparenting During COVID**

* Divorce, Co-parenting & COVID-19: Challenges & Opportunities

<https://nyulangone.org/news/divorce-co-parenting-covid-19-challenges-opportunities>

* Parenting Support in a Changing World (Webinar)

Triple P hosted a webinar on challenges, opportunities and future directions of evidence-based parenting support in a changing world. [Click here](https://us02web.zoom.us/rec/share/A0b-kcv2wXoxq0n-qLE_j-ywiwG6ha4YG5DtYnP2AsEK8VxngHvKBjp0_Ebo5SXo.I_qgD9wSvEnMClXe) to access the recording. The access passcode is gw!GUd2q

* Blog Posts and Articles about Parenting During the Pandemic
	+ Moms Are Angry and That’s OK. It’s a Stage of Grief.

<https://www.parents.com/news/moms-are-angry-and-thats-ok-its-a-stage-of-grief/>

* + Surveys Show Moms are Still Carrying the Load of Child Care and Housework During the Pandemic

<https://www.parents.com/news/surveys-show-moms-are-still-carrying-the-load-of-childcare-and-housework-during-pandemic/>

* + Transgender Parents Are Left Out of the Parenting Discourse—and the Pandemic Makes That Abundantly Clear

<https://www.parents.com/parenting/dynamics/transgender-parents-are-left-out-of-the-parenting-discourseand-the-pandemic-makes-that-abundantly-clear/>

# Infants and Toddlers

**Developmental Milestones**

* **Milestone Tracker App**

This app, available in English and Spanish, allows parents to track their child’s milestones from age 2 months to 5 years. It provides checklists, tips from CDC for encouraging child development, and offers information if parents are concerned about how their child is developing.

<https://www.cdc.gov/ncbddd/actearly/milestones-app.html>

* **Language Development**
	+ Learn the power of talking to your little one.

<https://www.luriechildrens.org/en/blog/beyond-goo-goo-gaa-gaa-the-power-of-talking-to-your-little-one/>

**New to Parenting (Birth to 1 year)**

* **Picking Your Pediatrician**

It can be hard for new parents to know what to look for when picking a pediatrician, so Lurie Children’s Hospital put together a guide for how to go about this process.

<https://www.luriechildrens.org/en/blog/picking-your-pediatrician/>

* **The Center for Parenting Education – A resource to help parents do the best job they can**

Parents: Perfectly Imperfect

<https://centerforparentingeducation.org/library-of-articles/focus-parents/parents-perfectly-imperfect/>

It’s About Time: Making it All Work

<https://centerforparentingeducation.org/library-of-articles/focus-parents/time-making-work/>

Parents on the Run

<https://centerforparentingeducation.org/library-of-articles/focus-parents/parents-run/>

Parenting: Reality vs. Reality Show

<https://centerforparentingeducation.org/library-of-articles/focus-parents/reality-vs-reality-show/>

Breastfeeding Support

<https://centerforparentingeducation.org/resource-directory/#breastfeeding>

Fighting on the Same Side: Team Parenting

<https://centerforparentingeducation.org/library-of-articles/focus-parents/fighting-side-team-parenting/>

The Science of Parenting

<https://centerforparentingeducation.org/library-of-articles/focus-parents/science-parenting/>

Encouraging a Positive Attitude by Creating a Positive Environment

<https://centerforparentingeducation.org/library-of-articles/focus-parents/encouraging-positive-attitude-creating-positive-environment/>

Your Needs Matter: It’s Okay to Take a Turn

<https://centerforparentingeducation.org/library-of-articles/focus-parents/parents-needs/>

* **Bright Horizons – What do Babies Think?**

This article provides information on the brain of a baby and how babies think.

<https://www.brighthorizons.com/family-resources/what-babies-think>

* **Blog Post- 8 Ways to Combat New Moms’ Sleep Troubles**

A blog post that gives some tips to new parents on how to help them get some rest after bringing home a new baby.

<https://www.parents.com/baby/new-parent/sleep-deprivation/8-ways-to-combat-new-moms-sleep-troubles/>

* **Informational Webinars and Videos**

Teach. Play. Love. Parenting Advice for the Early Years Episode 21: Bringing the Classroom to Your Living Room

<https://www.brighthorizons.com/family-resources/bringing-the-classroom-to-your-living-room>

5 Steps for Brain-Building Serve and Return – Provides information on “Serve and Return” in video and pdf formats (pdfs available in English and Spanish)

<https://developingchild.harvard.edu/resources/5-steps-for-brain-building-serve-and-return/>

**Safety Resources**

* **Infant Immunization Safety**
	+ CDC information addressing common concerns about vaccination including how they work, vaccine ingredients, safety assurance, explanation of side effects, and more. <https://www.cdc.gov/vaccines/parents/why-vaccinate/vaccine-decision.html> (English)

<https://www.cdc.gov/vaccines/parents/why-vaccinate/vaccine-decision-sp.html> (Spanish)

* + Common frequently asked questions about infant immunizations <https://www.cdc.gov/vaccines/events/niiw/ed-resources/downloads/f_provider-qa-color.pdf> (English)

<https://www.cdc.gov/vaccines/events/niiw/ed-resources/downloads/f_provider-qa-color-sp.pdf> (Spanish)

* + COVID-19 Vaccination Information for pregnant or breastfeeding mothers

<https://www.massgeneral.org/obgyn/news/COVID-19-Vaccine-FAQ-for-Pregnant-and-Breastfeeding-People>

* **Child Injury Prevention**

Injuries are the leading cause of death in children ages 19 and younger, but most can be prevented. The CDC has put together information on various preventable injury topics: burn prevention, drowning prevention, fall prevention, playground safety, poisoning prevention, road traffic safety, sport safety, bicycle safety, concussion information, pedestrian safety, child passenger safety, helmet safety, and teen driver safety.

<https://www.cdc.gov/safechild/index.html>

* **Stop the Falls**

Falls are the leading cause of non-fatal injuries for all children ages 0-19, but there are steps parents can take to prevent serious falls. Lurie Children’s, with partner organizations, put together prevention information for parents.

<https://www.chicago.gov/content/dam/city/depts/bldgs/general/Inspections/STFFlyer2014.pdf> (English)

<https://www.chicago.gov/content/dam/city/depts/bldgs/general/Inspections/STFFlyerSpanish2014.pdf> (Spanish)

* **Car Seat Safety Information**
	+ Various resources on car seat safety, installation, proper safety seats for different ages, and other tips relating to child car safety seats.

<https://centerforparentingeducation.org/resource-directory/#car>

* + Buckle Up Illinois

Provides resources on which car seat is right for your child based on type of car seat. Tips are also provided on how to install your child’s car or booster seat.

<http://www.buckleupillinois.org/Car_Seat_Install_Checklist-Short.pdf>

* + National Highway Traffic Safety Administration – Car Seats and Booster Seats

This is a comprehensive guide the provides information on which car seat is right for your child; a calculator to determine what is best based on the child’s age, height, and weight; detailed installation information; and other important information on car seat safety.

<https://www.nhtsa.gov/equipment/car-seats-and-booster-seats#age-size-rec>

* + Safe Kids Chicago & Illinois

This program provides car seat classes, free car seat appointments to help parents learn how to properly use their child’s car seat, and car seat inspections. Options for virtual consultation may be available. Contact Mauricio Garcia at 312-227-7081 or garciam@luriechildrens.org

<https://www.safekidschicago-illinois.org/upcoming-events-safekidschicagoilli>

* **Home Safety Checklist – Kid Proof Your Home**

This safety checklist is designed to be an easy, room-by-room survey that will quickly point out possible dangers. The best way to discover potential dangers is to get down to your child’s level. Use this activity to check for additional hazards.

<https://www.texaschildrens.org/sites/default/files/childproofing.pdf> (English)

<https://www.texaschildrens.org/sites/default/files/uploads/Childproofing%20Checklist%20Spn.pdf> (Spanish)

* **Sleep Safety**

Learn about safe infant sleep and breastfeeding through videos and handouts (available in English and Spanish) to help reduce the risk of injury of the child.

<https://safetosleep.nichd.nih.gov/resources/other>

* **Protecting Your Family from Lead Exposure**

This Environmental Protection Agency pamphlet explains the dangers of lead exposure in the home and how to protect your family from lead-based paint hazards. The English and Spanish versions are shared below, but the brochure is also available in Arabic, French, Chinese, Russian, Somali, and Vietnamese if needed (<https://www.epa.gov/lead/protect-your-family-lead-your-home-english>)

English version: <https://www.epa.gov/sites/production/files/2020-04/documents/lead-in-your-home-portrait-color-2020-508.pdf>

Spanish version: <https://www.epa.gov/sites/production/files/2020-04/documents/pyf-spanish-color-2020-portrait-508.pdf>

* **Playground Safety**

Learn about risks of playing on playgrounds as well as safety checks parents can to do avoid injury and concussions.

<https://www.parents.com/toddlers-preschoolers/everything-kids/a-shocking-number-of-kids-suffer-traumatic-brain-injuries-at/>

CDC Resource on Playground Concussions: <https://www.cdc.gov/headsup/pdfs/parents/HeadsUp_Playground_Safety_FS-a.pdf>

* **Water Safety**

CDC recommendations for staying safe while having fun around water. Discusses water activities and water parks while giving tips on dos and don’ts.

<https://www.cdc.gov/healthyschools/bam/safety/water-safety.htm>

* **Screen Time Guidelines for Babies and Toddlers**

Lurie Children’s Hospital compiled a list of guidelines for parents on screen time for their babies and toddlers. Tips are included for how caregivers can best set those boundaries with their children.

<https://kidshealth.org/LurieChildrens/en/parents/screentime-baby-todd.html?WT.ac=p-ra>

**Mental Health Support for New Parents**

* **New Parent Mental Health**
	+ Lurie Children's Little Ones is a comprehensive program for children ages birth to four years old in the Pritzker Department of Psychiatry and Behavioral Health. <https://www.luriechildrens.org/en/specialties-conditions/little-ones/>
	+ This Center for Parenting Education article discusses the need for self-care and alone time for parents.

<https://centerforparentingeducation.org/library-of-articles/focus-parents/just-need-time/>

* + The National Alliance on Mental Illness (NAMI) offers support for new parents who struggle with anxiety. This resource offers tips for how to cope with anxiety with caring for children.

<https://www.nami.org/Blogs/NAMI-Blog/February-2019/Being-a-Parent-When-You-Have-Anxiety>

* + Parenting can be stressful and that can impact the dynamics of the whole family. This resource offers suggestions based on research on how to mitigate stress parents are feeling.

<https://www.parentingscience.com/parenting-stress-evidence-based-tips.html>

* + Often concentration is on mothers as they manage being a new parent, but fathers also experience stress as new parents. This article discusses this concept and the weight of mental loads on new parents.

<https://www.parents.com/parenting/dynamics/how-we-talk-about-dads-adds-to-the-mental-load-on-moms/>

* **Mental Load during Parenthood**
	+ The cognitive and emotional labor that goes into raising kids and running a household originates and evolves over the course of the parenting journey, according to experts. Read about how mental load starts before even becoming a parent and how it changes with children. <https://www.parents.com/health/mental/the-mental-load-starts-long-before-youre-ever-a-parent/>
	+ How the Mental Load Sneaks into Your Everyday Life – Whether You Realize It or Not

<https://www.parents.com/health/mental/how-the-mental-load-sneaks-into-your-everyday-life/>

* + How to Get a Break from the Mental Load of Motherhood

<https://www.parents.com/parenting/moms/how-to-get-a-break-from-the-mental-load-of-motherhood/>

* **Infant Mental Health**
	+ Learn about infant mental health and resources Lurie Children’s Hospital has to offer.

<https://www.luriechildrens.org/en/blog/what-is-infant-mental-health/>

* + Erikson Institute Fussy Baby Network helps families struggling with their infants’ crying, sleeping, or feeding. The “warm line” is open to calls from families. Home visiting is also offered to support local families. Phone consultations are free, and services are available in English and Spanish. There are also parent support groups online, in your community, or at a local hospital.

<https://www.erikson.edu/fussy-baby-network/>

Contact: Phone Support and Consultation for Parents – 888-431-2229

 Home Visit with an Infant Specialist – 888-431-2229 or fussybaby@erikson.edu

 Parent Groups Online or in Your Community – Linda Horwitz at lhorwitz@erikson.edu

 or 312-556-4466

* + Erikson Institute Early Childhood Mental Health & Diagnostic Services – Center for Children and Families.

The Center has early childhood and mental health specialists who are dedicated to helping you better understand your child’s struggles. A team of psychologists, social workers, developmental and behavioral pediatricians, occupational therapists, speech and language pathologists, and other licensed mental health professionals offer emotional and behavioral treatment options.

<https://www.erikson.edu/center-children-families/>

Locations: Downtown Chicago, Austin, and Little Village

Contact: 312-709-0508 or ccf@erikson.edu

**Toddlers – Preschoolers (Aged 2-5 years)**

* **Parenting Toddlers**
	+ CDC Positive Parenting Tips for Healthy Child Development among Preschoolers aged 3-5

Developmental milestones, positive parenting tips, child safety, and healthy bodies are all included in this document.

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/pdfs/preschoolers-3-5-w-npa.pdf>

* + The Center for Parenting Education created an article on their top 10 tips for parenting toddlers.

<https://centerforparentingeducation.org/library-of-articles/top-10-tips/what-are-the-best-ways-to-parent-toddlers/>

* + CDC’s Essentials for Parenting Toddlers and Preschoolers

Learn ways you can help build a safe, stable, and nurturing relationship with your child. Topics available on the website include communicating with your child, creating structure and rules, giving directions, using consequences, and using time-out. Additional resources are also available.

<https://www.cdc.gov/parents/essentials/index.html> (English)

<https://www.cdc.gov/parents/spanish/essentials/index.html> (Spanish)

* **Toilet Learning for Toddlers**
	+ The Center for Parenting Education created guidance on how to decide if your child is ready for potty training, steps in toilet learning, and helps answer frequently asked questions.

<https://centerforparentingeducation.org/library-of-articles/baby-through-preschool-articles/toilet-learning-toddlers/>

* + Potty training can be a daunting task with many mixed emotions from children and their parents. Often, we hear that young children seem to be afraid or resistant to poop on the potty and will instead wait to go in a pull-up. It can be difficult to change this behavior and children can have problems with constipation, as a result. This article offers steps to help avoid this behavior and make children feel comfortable with toilet learning.

<https://www.luriechildrens.org/en/blog/when-your-child-is-scared-to-poop-on-the-potty/>

* **Nutrition and Physical Activity for Toddlers**
	+ CDC tips for parents on how to help children maintain a healthy weight through topics like developing healthy eating habits, helping children stay active, ensuring adequate sleep, and more. Information on COVID-19 food and nutrition resources are also provided.

<https://www.cdc.gov/healthyweight/children/index.html> (English)

<https://www.cdc.gov/healthyweight/spanish/children/index.html> (Spanish)

* + The U.S. Department of Agriculture provides information on health and nutrition for toddlers through topics such as healthy eating, picky eating, safe food, and additional resources.

<https://www.myplate.gov/life-stages/preschoolers>

* + Picky eating is often a norm for toddlers. This article offers 10 tips for parents of picky eaters to help parents get through this stage in their child’s development.

<https://www.healthychildren.org/English/ages-stages/toddler/nutrition/Pages/Picky-Eaters.aspx>

* + Selecting snacks for toddlers. Toddlers use lots of energy to grow and play, that they get hungry between meals. This article offers guidance on how to stay healthy during snack time.

<https://www.healthychildren.org/English/ages-stages/toddler/nutrition/Pages/Selecting-Snacks-for-Toddlers.aspx>

* + This article provides general guidance on serving sizes when feeding your toddler.

<https://www.healthychildren.org/English/ages-stages/toddler/nutrition/Pages/Serving-Sizes-for-Toddlers.aspx>

* + The CDC provides information on how much physical activity children need as well as information on the three types of physical activity that should be included (aerobic, muscle-strengthening, and bone-strengthening). Guidance on age-appropriate activities, tips for getting children active, and how to stay active safely during COVID-19 are all provided.

<https://www.cdc.gov/physicalactivity/basics/children/index.htm> (English)

<https://www.cdc.gov/physicalactivity/basics/spanish/cuanta-actividad-fisica-necesitan-los-ninos.htm> (Spanish)

* **Education and Child Care**
	+ Child Care Resources
		- Preparing Infants and Toddlers for New Child Care Settings. This article provides information on how to prepare you infant or child for a new environment.

<https://www.startearly.org/post/preparing-for-new-child-care/>

* + - Find Child Care – Illinois Action for Children

The best type of child care for you and your family depends on your needs. This resource discusses three types of child care settings to consider: child care centers, family child care, and in-home child care.

<https://www.actforchildren.org/child-care/finding-care/child-care-options>

Contact: 312-823-1100, press 3 or email referrals@actforchildren.org

Also can complete a Child Care Referral Request Form [here](https://app.smartsheet.com/b/form/a8979de453c942be903379417a1aafae).

* + - Child Care Assistance Program through Illinois Department of Human Services

This resource details eligibility for and how to apply to the child care assistance program, offers tips to identify quality child care, has an option to search for local child care providers, and more.

<https://www.dhs.state.il.us/page.aspx?item=30355>

* + Preschool
		- Starting your child in preschool for the first time is not only a big event in their life, but it is also a big decision for parents. The Center for Parenting Education put together guidance on how to pick the right preschool program for your child and family.

<https://centerforparentingeducation.org/library-of-articles/baby-through-preschool-articles/how-to-pick-a-preschool-program/>

* + - Ready for Preschool: Tips to Prepare Your 3 or 4 year old child.

To help your child get the most out of the preschool experience, experts at Start Early (formerly known as the Ounce) and Educare Chicago share advice on how your family can prepare for preschool.

<https://www.startearly.org/post/ready-for-preschool-tips/>

* + Ready for Kindergarten: 10 Tips to Prepare for the Big Day

By learning as much as you can about the kindergarten experience, you’ll be able to better explain the transition to your child and help them understand how fun kindergarten will be.

<https://www.startearly.org/post/ready-for-kindergarten-10-tips/>

* + Helping children through the school year through relationships, routines, and rituals. This article particularly refers to the struggle of schooling during the pandemic.

<https://www.brighthorizons.com/family-resources/3-ways-to-help-your-child-through-this-school-year>

* + Literacy
		- Tips to Boost Early Literacy

To help parents and children get the most out of story time, early learning experts at Start Early and Educare Chicago have complied a list of tips.

<https://www.startearly.org/post/12-tips-to-boost-early-literacy/>

* + - Books for teaching children how to be good leaders.

This list of books will help children build the traits and skills that will set them on the path to becoming a courageous and positive leader.

<https://www.startearly.org/post/7-books-for-teaching-young-leaders/>

* + - 12 books to help ease the transition for children moving into kindergarten and preschool.

<https://www.startearly.org/post/12-books-for-kindergarteners/>

* + - Media Literacy

Media literacy in early childhood is the emerging ability to access, engage, explore, comprehend, critically inquire, evaluate, and create developmentally appropriate media. This resource provides information as well as tips for caregivers.

<https://teccenter.erikson.edu/publications/media-literacy-report/?_ga=2.152607417.1071479362.1606756554-722187293.1588197790>

* + Children and Screen Time
		- Screen time guidelines for children are important to establish and teach children safe behaviors online. American Academy of Pediatric recommendations regarding screen time by age group are provided.

<https://www.luriechildrens.org/en/blog/establishing-screen-time-guidelines-for-children-and-teens/>

* + - How Young Children Learn from Screens

This article provides information on children learning from screens, what makes learning on screens hard for children, and considerations for virtual learning during COVID-19.

<https://www.erikson.edu/wp-content/uploads/2020/05/How-Young-Children-Learn-with-and-from-Screens_-Handout.pdf>

* **Behavior/Social Emotional Health**
	+ Avoid things that lead to tantrums (over-tired, hungry, over-stimulation)
		- Temper tantrums in toddlers: How to keep the peace

Temper tantrums are a normal part of growing up. The Mayo Clinic put together a guide to offer advice on how to respond and what to do to prevent them.

<https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/tantrum/art-20047845>

* + Child Social-Emotional Learning
		- Developing strong social-emotional skills today will make a real difference for your child tomorrow. This webinar informs about five components of social-emotional learning and your role as a parent to help your child develop in these areas and build connections with others.

<https://www.brighthorizons.com/family-resources/your-childs-social-emotional-learning>

* + - Erikson Institute video on social emotional learning

<https://www.youtube.com/watch?v=Cvf4hGypH4g&ab_channel=EriksonNews>

# Middle Childhood and Teens (6-17)

**General Parenting Information**

* **CDC Information for Ages 4-11**

Covers a range of topics including diseases and conditions (i.e., ADHD, Asthma, Chickenpox, COVID, Developmental Disabilities and more), safety in the home and community, raising healthy children (i.e., dental health, physical activity, school health and more), milestones and schedules, engaging parents in school health, and back to school resources

<https://www.cdc.gov/parents/children/index.html>

**Education**

* **CDC Information on Engaging Parents in School Health**

Parents and school staff can work together to support and improve the learning, development, and overall health of children and adolescents. Resources on topics including parent engagement on school site, fact sheets on school districts/school administrators, teachers and other school staff, and parents/families are included.

<https://www.cdc.gov/parents/children/engaging-parents.html>

* **GreatSchools Educational Resources for Parents**

This resource helps parents find the right school, advocate for better schools, and support their children’s learning by empowering parents with the information they need to improve educational opportunities both in their homes and communities. Topics include learning resources during COVID, raising kids, road to college, parent power, and various media to learn from (i.e., worksheets, books lists, podcasts, and videos).

<https://www.greatschools.org/>

* **Healthy Home Study Tips for E-Learning**

Many students are learning remotely this school year and it is important children and teens maintain good posture to stay healthy. This resource provides information from physical therapists on ideal sitting positions for learning activities. Pictures are provided to better explain proper study positions. <https://www.luriechildrens.org/en/blog/healthy-home-study-tips-for--e-learning/>

* **Erikson Institute – Science Activities for PreK-3rd Grade Remote Learning**

Provides age-appropriate web-based learning activities for children learning science topics including observe, question, and predict; collect, record, and analyze; collaborate and communicate.

<https://www.erikson.edu/wp-content/uploads/2020/08/Science-Activities-for-PreK-3rd-Grade-Remote-Learning-Handout.pdf>

* **What to Do if Your Child is Falling Behind in School**

Regardless of your child’s age, the occasional school struggle is normal. But when that struggle becomes a patter, it often raises concern – from parents and/or teachers. If you suspect something isn’t quite right, trust your instincts and speak up!

<https://www.healthychildren.org/English/ages-stages/teen/school/Pages/Poor-School-Performance-How-Parents-Can-Help.aspx>

* **When a Teen Wants to Drop Out**

Provides information on what a parent can do to prevent their teen from dropping out of school and how to work with staff. If your teenager has made up their mind to drop out of school, be supportive!

<https://www.healthychildren.org/English/ages-stages/teen/school/Pages/When-a-Teen-Wants-to-Drop-Out.aspx>

* **Helping Your Teen Succeed in School**

Provides strategies for parents to help their child be their best when it comes to succeeding in school. Topics include creature comforts, developing good homework and study habits, creating an environment that is conducive to doing homework, setting aside time for homework, and more.

<https://www.healthychildren.org/English/ages-stages/teen/school/Pages/Helping-Your-Teen-Succeed-In-School.aspx>

**Safety**

* **Age-appropriate Safety Information**
	+ 6 Years – discusses fire safety, firearm hazards, bike safety, street safety, and car safety.

<https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Safety-for-Your-Child-6-Years.aspx>

* + 8-years – discusses sports safety, water safety, bike safety, care safety, firearm hazards

<https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Safety-for-Your-Child-8-Years.aspx>

* + 10-years – discusses firearm hazards, sports safety, car safety, bike safety, emergencies

<https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Safety-for-Your-Child-10-Years.aspx>

* **Car and Driving Safety**
	+ This resource provides information and prevention tips on car safety for children at all ages. Topics include heatstroke, backover, power windows, seat belt entanglement, trunk entrapment, vehicle rollaway, and more.

<https://www.nhtsa.gov/road-safety/child-safety>

* + Reducing Driving Risks with Teens

<https://www.luriechildrens.org/en/blog/reducing-driving-risks-with-teens/>

* + Tips for Parents on Teaching Driving Safety to Teen Drivers

This resource offers tips for helping keep teens safe on the road to reduce traffic crashes.

<https://www.healthychildren.org/English/ages-stages/teen/safety/Pages/A-Message-to-Parents-of-Teen-Drivers-.aspx>

<https://www.healthychildren.org/English/ages-stages/teen/safety/Pages/Behind-the-Wheel-Helping-Teens-Become-Safe-Drivers.aspx>

* + Information on Graduated Driver Licensing Laws

Illinois is one of the states that has graduated driver licensing laws which include 3 phases: learner, probationary/intermediate (allows new drivers to drive alone or with one other person) and full licensure. Learn more about graduated driver licensing laws.

<https://www.healthychildren.org/English/ages-stages/teen/safety/Pages/Graduated-Driver-Licensing-Laws-Information-for-Parents.aspx>

* + Parent-Teen Driving Agreement

This resource can allow parents and teens to outline an agreement of what a new teenage driver will promise to do, restrictions on what they can do, penalties for agreement violations, and parent promises.

<https://www.healthychildren.org/English/ages-stages/teen/safety/Pages/Teen-Driving-Agreement.aspx>

* + Teen Passengers: What Parents Need to Know

Crash risks nearly double with one passenger and increase even more with each additional passenger. This resource recommends starting your teen off with no passengers and then gradually increasing passenger privileges as your teen gains more driving experience. Additional informational resources are also provided.

<https://www.healthychildren.org/English/ages-stages/teen/safety/Pages/Teen-Passengers-What-Parents-Need-to-Know.aspx>

* **Online Safety**
	+ NeverFearTalk on online safety and talking to young people about navigating online spaces safely and how to keep communication open.

<https://youtu.be/rVfOZ1UAREU>

* + Talking to Your Child About Internet Safety

With children increasingly exposed to digital media and online technology at an early age, parents play an important role in imparting the necessary knowledge and skills to keep them safe from online dangers. Learn tips to help you get started.

<https://www.csa.gov.sg/gosafeonline/go-safe-for-me/for-parents/talking-to-your-child-about-internet-safety>

**Health Resources**

* **Hygiene**
	+ Tween Hygiene – Establishing Responsibility and Routine

Children usually start to experience puberty between the ages of 8-14 and the hormonal changes that occur can help prompt conversations about the importance of personal care. This resource provides information on how to help your child establish a self-care hygiene routine.

<https://www.luriechildrens.org/en/blog/tween-hygiene--establishing-responsibility-and-routine/>

* **Reproductive and Sexual Health Education**
	+ Lurie Children’s has compiled a few lists of tips for starting the conversations about sexual health with your young person. Resources are provided where parents can find age-appropriate content.

<https://www.luriechildrens.org/globalassets/media/pages/specialties--conditions/programs/sexuality-education-program/sexedresource_6.10.20.pdf>

<https://www.luriechildrens.org/en/blog/a-roadmap-for-talking-to-young-people-about-sexual-health/>

* + Helpful Videos: Fear Talks

NeverFearTalks videos are real-life examples of adults and youth having quick, meaningful chats about how to navigate sexual health. Watching and then discussing these short, informal videos together as a family is a great way to get the conversation started at home. The goal of these videos is to show that sexuality education at home doesn’t occur in one big “sex talk” but over the course of months and years via short and positive conversations that make youth feel comfortable about asking questions when they arise. To that end, it is important for the adults to model that curiosity as well; an “I don’t know; let’s find out!” is an effective way to express to a young person that it is perfectly fine not to have all the answers and to make the conversation a collaborative experience.

* + - Masturbation: <https://www.youtube.com/watch?v=_nUw_nwT7cE&ab_channel=Ann%26RobertH.LurieChildren%27sHospitalofChicago>
		- General Sex Education Talk with 11-year old: <https://www.youtube.com/watch?v=phdv7HbFQo8&ab_channel=Ann%26RobertH.LurieChildren%27sHospitalofChicago>
		- Puberty: <https://www.youtube.com/watch?v=M0_VA8oUovI&ab_channel=Ann%26RobertH.LurieChildren%27sHospitalofChicago>
		- Consent: <https://www.youtube.com/watch?v=9Jb7StihVV0&ab_channel=Ann%26RobertH.LurieChildren%27sHospitalofChicago>
* **Gender Identity and Sexual Orientation**
	+ Coming Out: Information for Parents of LGBTQ+ Teens

Provides information for parents and families on how to support children when they disclose their identity or are questioning. Additional resources are also provided to help parents and young people explore this topic more.

<https://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Four-Stages-of-Coming-Out.aspx>

<https://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Gay-Lesbian-and-Bisexual-Teens-Facts-for-Teens-and-Their-Parents.aspx>

* + Supporting Your Child

Understand the importance of talking with your child about gender identity and expression and how to get the conversation started. This article includes information on the basics of gender identity, how parents can support their children, discusses health care needs of gender diverse children, information about gender exploration and social transitioning, and how parents can advocate for their children.

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/children-and-gender-identity/art-20266811>

* + Gender Identity Development in Children

Learn about ways parents can promote healthy gender development in children. Topics include the difference between gender and sex, how gender identity develops, what parents can do, how children typically express their gender, gender stereotypes, and resources for additional information.

<https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Gender-Identity-and-Gender-Confusion-In-Children.aspx>

* + Gender-Diverse and Transgender Children

This resource includes definitions on various gender related topics, helps parents learn to accept their child’s gender-diverse identity, provides tips on what parents can do, information on gender affirmative care and mental health support, information on when to talk to your child’s pediatrician, and additional resources for parents.

<https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Gender-Diverse-Transgender-Children.aspx>

* + Support Resources for Families of Gender Diverse Youth

Having a gender diverse child can be very stressful for parents and caregivers as they deal with uncertainty and navigating schools, extended families, sibling relationships, and the world around them. This article provides resources for parents, teachers & schools, youth, and refers to advocacy organizations that can provide further assistance.

<https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Support-Resources-for-Families-of-Gender-Diverse-Youth.aspx>

This article provides support for parents as they navigate the hard questions about parenting a gender-diverse child.

<https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Parenting-a-Gender-Diverse-Child-Hard-Questions-Answered.aspx>

* Gender Identity and Sex Development Program at Lurie Children’s

This program has two arms: the Gender Development Program provides comprehensive services for transgender, gender expansive, and gender non-conforming youth; the Sex Development Program offers support for children and adolescents with sex development conditions.

<https://www.luriechildrens.org/en/specialties-conditions/gender-identity-children/#:~:text=The%20Gender%20%26%20Sex%20Development%20Program,adolescents%20with%20sex%20development%20conditions>.

Appointment information:

Gender Development Program: call 1-800-5437362; for additional information, contact program coordinator Gabriel Edwards at 312-227-8875.

Sex Development Program: contact Danielle Lee at 312-227-6203

* + NeverFearTalks
		- Alex (He/Him) & Derrick (He/They) talk LGBTQ+ Affirming Schools

<https://youtu.be/y1FvsXtwheQ>

* + - Shane (They/Them) & Bonsai (All Pronouns) talk Safety for Trans Students

<https://youtu.be/BEFeXwVk4JM>

* + - Shane (They/Them) & Bonsai (All Pronouns) talk Gender Discrimination at School

<https://youtu.be/S7TKuzUGinQ>

* + - Laurence (They/He) & Bonsai (All Pronouns) talk Gender Fluidity

<https://youtu.be/GwutqSzcMEk>

* + - Laurence (They/He) & Bonsai (All Pronouns) talk Transphobia

<https://youtu.be/lb8nJS7NeNA>

* + - Noam (He/Him) & Dr. Marburger (He/Him) talk Trust with Teachers

<https://youtu.be/QMAVpZAPqow>

* + - Noam (He/Him) & Dr. Marburger (He/Him) talk Sharing Your Trans Identity

<https://youtu.be/P9H-DKQCQaM>

* + Health Care for LGBTQ patients
		- NeverFearTalks
			* Adam & Saleha talk about need to know: questions to ask to be able to provide the most affirming care to transgender patients

<https://youtu.be/Lh95kVztm3c>

* Adam & Saleha talk about barriers to care for transgender patients

<https://youtu.be/LDs5Q1gwhCQ>

* Adam and Saleha talk about how to have converstaions with transgender patients about birth control, PrEP (to prevent HIV), and family support.

<https://youtu.be/EtdsQV1tKG8>

* Jennifer & Evynne talk about the importance of asking patients about their sexual experiences and relationships to better understand them and help them.

<https://youtu.be/W9HERTbgxXw>

* Jennifer and Evynne talk about comfortable approached to talking to trans patients

<https://youtu.be/-yI5TRSu5jo>

* **Mental Health for Children and Teens**
	+ Child Mind Institute – Range of Topics on Mental Health and Learning Challenges

The Child Mind Institute aims to empower parents and caregivers with the resources they need to make good decisions for their child. Whether looking for information on concerns or researching a particular diagnosis, this resource has information on a large range of topics.

<https://childmind.org/topics-a-z/>

* + General Information on Children’s Mental Health

The CDC has provided information on children’s mental health and articles on related topics.

<https://www.cdc.gov/childrensmentalhealth/index.html>

* + Helping Your Child Develop a Healthy Sense of Self-Esteem

This article provides information on characteristics that children need to develop or acquire to have healthy self-esteem. Parents and caregivers are important to shaping a child’s perceptions and expectations.

<https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Helping-Your-Child-Develop-A-Healthy-Sense-of-Self-Esteem.aspx>

* + Understanding Your Child’s Temperament

Learn about how to understand your child’s temperament and how to help them fit comfortably into their environment. This resource provides information on various characteristics of temperament and how temperament affects the child-parent relationship.

<https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/How-to-Understand-Your-Childs-Temperament.aspx>

* + Shyness in Children

Understand childhood shyness and how parents can help.

<https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Shyness-in-Children.aspx>

* + Signs of Low Self-Esteem

Learn about what to watch for to help you determine if your child has low self-esteem.

<https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Signs-of-Low-Self-Esteem.aspx>

* + Strategies and Solutions for Handling a Difficult Child

This article offers tips on general strategies and solutions to help parents manage tough temperament traits.

<https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Strategies-and-Solutions-For-Handling-A-Difficult-Child.aspx>

* + Resource Guide on Kids and Mental Health

Provides resources on mental health, general health, meditation apps for kids, teen health, and more.

<https://www.nbcchicago.com/news/local/kids-and-mental-health-online-resources/2436134/>

* Mental Health and Teens: Watch for Danger Signs

This article provides key tips for parents on how to watch out for warning signs of mental health issues in their teens and what to do to keep an open space for children to come to them when they need help. Information on common mental health issues are provided.

<https://www.healthychildren.org/English/ages-stages/teen/Pages/Mental-Health-and-Teens-Watch-for-Danger-Signs.aspx>

* **Substance Use Prevention**
	+ Information on Marijuana

<https://www.luriechildrens.org/en/blog/what-parents-should-know-about-marijuana/>

Edible Marijuana Dangers: How Parents Can Prevent Pot Poisoning

<https://www.healthychildren.org/English/ages-stages/teen/substance-abuse/Pages/Edible-Marijuana-Dangers.aspx>

* + Prescription Pain Medicine & Heroin: The Link Parents Need to Know

Learn about prescription drug abuse in young people, how it connects to heroin use, and what parents can do to help prevent drug use and what parents can do to get help.

<https://www.healthychildren.org/English/ages-stages/teen/substance-abuse/Pages/Heroin-and-Other-Narcotic-Alangesics-Pain-Relievers.aspx>

Toll-free helpline to speak to a parent specialist: 1-855-DRUGFREE (1-855-378-4373)

* + Drug Abuse Prevention Starts with Parents

Grade school is a good time to start talking to children abut drug use prevention to prepare children for when drugs may be offered. Parents first need to learn how to talk to their children about difficult topics, and this article can assist with that.

<https://www.healthychildren.org/English/ages-stages/teen/substance-abuse/Pages/Drug-Abuse-Prevention-Starts-with-Parents.aspx>

* + Talking to Teens about Tobacco Use

This article provides resources on the dangers of smoking or using nicotine products.

<https://www.healthychildren.org/English/ages-stages/teen/substance-abuse/Pages/Teens-and-Smoking.aspx>

* + Talking to Your Teen about Underage Drinking

Starting the conversation can feel a little awkward at first, but if you stick by these tips and talk about these issues consistently over time, it may begin to feel more natural.

<https://www.luriechildrens.org/en/blog/prom-and-graduation-time-to-chat-with-teens-about-underage-drinking/>

* + How to Find a Drug Treatment Program for Your Teen

This article discusses what to look for when searching for prospective drug treatment options for your child.

<https://www.healthychildren.org/English/ages-stages/teen/substance-abuse/Pages/How-To-Find-A-Drug-Treatment-Program.aspx>

* + Substance Use Programs in Chicago
		- Substance Use & Prevention Program (SUPP) at Lurie Children’s: provides comprehensive and holistic care for patients and families to address complex needs of those experiencing substance use disorders. Provides assessment for youth who meet the criteria for any substance use disorder (marijuana or cannabis, alcohol, tobacco/vaping, and other drugs). Accepts new patients up to 21 years of age and may follow them until they are 25 years old.

To request an appointment: 1-800-543-7362

For additional Chicago based programs, please refer to the Crime Victims Services Resource Guide included below in Appendix 3.

**Dating and Sex**

* **Tips for Talking to Children about Sex and Relationships**

This article provides answers to common questions parents have about talking to their children about sex and relationships. Topics include when parents should start the conversation, how to start the conversation, how to answer questions children may have, how to help their young adult say safe and healthy in relationships, and provides additional resources.

<https://www.plannedparenthood.org/learn/parents/tips-talking>

Another article from Mayo Clinic to help parents and caregivers talk to their children about safe sex practices and healthy vs. unhealthy relationships.

<https://www.mayoclinic.org/healthy-lifestyle/sexual-health/in-depth/sex-education/art-20044034>

* **Talking about Healthy Relationships**

Provides information on what healthy, strong, and happy relationships should look like for children of all ages. This includes healthy social skills, friendships, and romantic relationships. Information and resources are broken down by age group (preschool, elementary school, middle school, high school, and overall tips for all ages). Parents can also explore my topic including bodies, identity, pregnancy and reproduction, relationships, personal safety, sex and sexuality, and more.

<https://www.plannedparenthood.org/learn/parents/relationships>

This article helps parents with the conversation on healthy relationships by providing information on what is important to discuss, both to parents and youth, resources to help, information on bullying/peer pressure, and resources/information on LGBTQ+ youth.

<https://www.talkwithyourkids.org/what-healthy-relationship/what-healthy-relationship.html>

* **Illinois Caucus for Adolescent Health – Sexual and Reproductive Health Resources**

The Illinois Caucus for Adolescent Health works to ensure youth are safe, affirmed, and healthy. The organization has complied a list of resources on sexual health during the pandemic, but that can also be helpful post-pandemic.

<https://docs.google.com/spreadsheets/d/1uSSwWN-vpGhopSq5chQvg0AOlnUeJM7ivWVJ39H39ss/edit#gid=351560369>

**Other Important Resources**

* **How to Talk to Your Kids, Tweens, and Teens about Racism**

This resource breaks down how to talk to children about racism in age-appropriate ways. Conversations about racism between parents and children should start early and continue frequently to help children understand what is happening in our world.

<https://www.luriechildrens.org/en/blog/how-to-talk-to-your-kids-tweens-and-teens-about-racism/>

* **How to Talk to Your Child about Racial Injustice**

<https://nyulangone.org/news/how-talk-your-child-about-racial-injustice>

* **What’s Going on in the Teenage Brain?**

Learn about the brain in your teenager and the changes they will experience during this time period.

<https://www.healthychildren.org/English/ages-stages/teen/Pages/Whats-Going-On-in-the-Teenage-Brain.aspx>

* **A Parent’s Guide to Teen Parties**

Provides important information from the American Academy of Pediatrics about teen parties. Get the facts about teen parties, alcohol and drugs, what parents need to know, and information for parents on hosting a teen party and if a teen is going to a party <https://www.healthychildren.org/English/ages-stages/teen/Pages/A-Parents-Guide-To-Teen-Parties.aspx>

* **Talking about Tattoos with Your Teen**

Learn about laws around age limits for tattoos, tattooing methods, risks and complications associated with tattoos, preventing medical complications, after-care instructions, tattoo removal, and more.

<https://www.healthychildren.org/English/ages-stages/teen/Pages/Tattoos.aspx>

* **Teenagers and Gangs**

Provides information on gangs in general as well as protecting teens from gangs.

<https://www.healthychildren.org/English/ages-stages/teen/Pages/Teenagers-and-Gangs.aspx>

* **Family Homelessness**

Learn about homelessness among families, why it happens, policy and advocacy efforts, and how organizations are working together to help.

<https://www.luriechildrens.org/en/blog/the-invisibility-of-family-homelessness-its-more-common-than-you-think/>

# Young Adults (18-21)

* **Next Stop Adulthood: Tips for Parents**

Becoming a young adult is exciting, difficult, and scary for both parents and teens. It is a time of increasing independence and change, no matter what the situation. Learn tips to teach independence, how to stay connected, help teens learn responsibility, living at home, and relating as adults.

<https://www.healthychildren.org/English/ages-stages/teen/Pages/Next-Stop-Adulthood-Tips-For-Parents.aspx>

* **Fostering Healthy High Achievers**

This is an article for parents on how to manage helping children who put high expectations on themselves.

<https://www.healthychildren.org/English/ages-stages/young-adult/Pages/Fostering-Healthy-High-Achievers.aspx>

* **Teens Still Need Their Parents**

This blog post from a pediatrician at Lurie Children’s discusses parenting teens and relationships parents have with their children as they age.

<https://www.luriechildrens.org/en/blog/we-can-all-agree-teens-still-need-their-parents/>

**College Bound Resources**

* **General Information for College Bound Teenagers**
	+ Are you over-helping your college-bound teen? Learn tips to help your teen learn to navigate life’s obstacles.

<https://www.healthychildren.org/English/ages-stages/young-adult/Pages/College-Entrance-Exams.aspx>

* + Tips to Support Your Teen Graduating from High School

The end of high school means transitions to college, into jobs, into the military, or out of foster care. All these situations bring up things to think about regarding general well-being, health concerns, and diagnoses/medications. This resource provides advice for parents and caregivers, advice for your teen, tips for new college students, mental health warning signs, and more.

<https://www.healthychildren.org/English/ages-stages/young-adult/Pages/Mental-Health-Tips-for-Teens-Graduating-from-High-School.aspx>

* + Advice for Seniors during College Admissions Season

Preparing for college and applying to college can be overwhelming, but with the help of this checklist, Seniors can feel more prepared.

<https://www.brighthorizons.com/family-resources/advice-for-seniors-in-an-unusual-college-admissions-season>

* **Applying for College**
	+ Filling out a College Application

Information on what is typically requested on an application and examples of essay questions.

<https://www.healthychildren.org/English/ages-stages/young-adult/Pages/Filling-Out-a-College-Application.aspx>

* + Financial Planning for College

Includes information on planning ahead financially and when it is time to apply to college.

<https://www.healthychildren.org/English/ages-stages/young-adult/Pages/Financial-Planning-for-College.aspx>

* + Common Application Ready

A complete toolkit of tips and best practices designed to help students complete their college applications successfully and on time.

<https://www.commonapp.org/counselors-and-recommenders/common-app-ready>

* + Free Application for Federal Student Aid (FAFSA) Information
		- For most students planning to attend college or career school, financial aid is essential. Learn how financial aid works, resources to pay for college, and load repayment options.

<https://studentaid.gov/h/understand-aid/how-aid-works>

* + - Video on How to Fill Out FAFSA

<https://www.youtube.com/watch?v=LK0bbu0y5AM&ab_channel=FederalStudentAid>

* **Health Concerns During College**
	+ Common Health Problems at College

With students living together in dorms and apartments, eating together in cafeterias, and sitting together in classrooms, illness and infections can spread easily. Here is a brief guide to common illnesses and what you should do if you get one.

<https://www.healthychildren.org/English/ages-stages/young-adult/Pages/Health-Care-for-College-Students.aspx>

* + Meningococcal Disease

Provides important information on how to protect yourself, symptoms, treatment, and vaccine information.

<https://www.healthychildren.org/English/ages-stages/teen/Pages/Meningococcal-Disease-Information-for-Teens-and-College-Students-.aspx>

* + Healthy Tips for the College Freshman

Provides tips for parents and families as well as advice for young people as they head to college on how to prepare for staying healthy and what to do once you are on campus.

<https://www.healthychildren.org/English/ages-stages/young-adult/Pages/Healthy-Tips-for-the-College-Freshman.aspx>

* + Taking Care of Your Mental Health in College

Starting college can be stressful. You may be away from home for the first time and it may take time to adjust to new surroundings, new teachers, and new friends. All these things can make you feel along, overworked, and stressed out. The following article provides information on mental health.

<https://www.healthychildren.org/English/ages-stages/young-adult/Pages/Taking-Care-of-Your-Mental-Health-at-College.aspx>

* + Drinking Responsibly at College

Tips on how to drink responsibly if your teen is going to choose to drink.

<https://www.healthychildren.org/English/ages-stages/young-adult/Pages/Drinking-Responsibly-at-College.aspx>

# Other Parenting Topics

**Fatherhood Topics**

* **Chicago Programs for Fathers**
	+ Power for Fathers is a program for low-income fathers, particularly men of color living in Englewood and North Lawndale to help them achieve their goals as they work to become economically self-sufficient and engaged in the lives of their children. The website offers resources for fathers such as housing, counseling, and community resources. Additionally, there is information on the Power for Fathers programming.

<https://poweroffathers.org/>

* + Metropolitan Family Services offers a young fathers program that helps young men become employed and financially self-sufficient in order to help raise their children. The program includes job readiness training and placement, money management training, parent education and co-parenting counseling.

<https://www.metrofamily.org/programs-and-services/economic-stability/young-fathers/>

* Tips for things every father should know about caring for children

<https://www.psychologytoday.com/us/blog/psychology-yesterday/201602/the-7-things-everyone-should-know-about-fatherhood>

* Illinois Council for Responsible Fatherhood compiled a list of fatherhood resources.

<http://responsiblefatherhood.com/index.php/fatherhood-resources/>

* **Bright Horizons Fatherhood Tips**
	+ The role of a father is always changing in our modern world. Read advice and tips for being an engaged, supportive and loving dad.

<https://www.brighthorizons.com/family-resources/the-art-of-being-a-father>

* + Becoming a father is a shift in one’s life. This article provides suggestions on how to adjust by making a new schedule that works for you and sharing your hobbies with your children.

<https://blogs.brighthorizons.com/familyroom/becoming-a-father-identity-shift/>

* + Bright Horizons hosts a podcast called “The Work-Life Equation” with this episode focusing on talking fatherhood with millennial dads. The episode interviews five young fathers on what it is like to be a dad.

<https://www.brighthorizons.com/family-resources/podcasts/talking-fatherhood-millennial-dads>

**Mental Health for Parents and Children**

* **General Mental Health Information for Parents**
	+ Knowing what to look for when concerned about your or your children’s mental health is important to recognize when help is needed. This article discusses what to look for, what to do, how to talk about mental health, and offers some resources on how to support your children.

<https://www.mentalhealth.gov/talk/parents-caregivers>

* + Helping Your Child Cope with Anxiety. Written by the Head of Child and Adolescent Psychiatry at Lurie Children’s Hospital, this article discusses anxiety in children and what parents can look for to recognize signs in their children. Additionally, suggestions are offered on what to do if anxiety is identified.

<https://www.luriechildrens.org/en/blog/helping-your-child-cope-with-anxiety/>

* + Child abuse is a serious issue but knowing the signs of abuse and neglect can help stop child abuse. This article provides information on how to recognize child abuse and neglect, what to do, and provides additional resources and support.

<https://www.luriechildrens.org/en/specialties-conditions/child-abuse-pediatrics/resources/>

Important Phone Numbers:

 To report suspected child abuse and neglect in Illinois: 1-800-252-2873

 To report suspected child abuse and neglect outside of Illinois: 1-800-422-4453

 For information about Prevent Child Abuse America: 1-800-244-5373

Supportive Phone Numbers in Illinois

 Chicago Children’s Advocacy Center: 312-492-3700

 Family and Child Development Center: 312-440-1203

 Child Care Referral Line: 1-877-202-4453

 Blue Cross/Blue Shield BabyLine: 1-800-395-2229

* + Blog Post: How I’m Normalizing Mental Health for My Black Children

“When I was growing up, my family didn't talk about mental health. It wasn't an encouraged conversation, which is typical in the Black community. But now, I'm doing things differently with my children.”

<https://www.parents.com/health/mental/how-i-m-normalizing-mental-health-for-my-black-children/>

* + Tackling Tough Topics Early

Start Early created a series where early learning experts give parents helpful advice on how to navigate discussing difficult topics with children.

Racism: <https://www.startearly.org/post/tackling-tough-topics-racism/>

Violence: <https://www.startearly.org/post/tackling-tough-topics-violence/>

* + Staying Informed on Adolescent Suicide Prevention.

While it is a tough topic to discuss, knowing the signs and the facts can help save lives among young people. This article offers information and resources on understanding suicide among young people.

<https://www.luriechildrens.org/en/blog/staying-informed-on-adolescent-suicide-prevention/>

National Suicide Prevention Lifeline – 1800-273-TALK – is a great resource for friends and family who are worried about a loved one or who may be thinking about hurting themselves.

* **Mental Health Resource Hotline Numbers**
	+ **SAMHSA’s National Helpline, 1-800-662-HELP (4357**), (also known as the Treatment Referral Routing Service) or TTY: **1-800-487-4889** is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information. These free national hotlines are set up for moments of crisis, so if you're experiencing a critical need, you can contact one that fits your situation. While they do not offer therapy directly, the workers on the helplines can help you locate free therapy resources nearby.
	+ **National Alliance on Mental Illness**: 1-800-950-NAMI (6264) or info@nami.org
	+ **National Suicide Prevention Lifeline**: 1-800-273-8255
	+ **Rape, Abuse, and Incest National Network (RAINN)**: 1-800-656-HOPE (4673)
	+ **The Steve Fund (support for young people of color)**: Text “STEVE” to 741741
	+ **Trans Lifeline**: 1-877-565-8860
	+ **Veterans Crisis Line**: 1-800-273-8255; press 1
	+ **National Domestic Violence Hotline**: 1-800-799-7233

**Child Sexual Abuse:** 1-888-773-8368

**National Center for Victims of Crime:** 1-855-484-2846

**Dating Abuse – Love is Respect Hotline:** 1-866-331-9474 (TTY: 1-866-331-8453) or text LOVEIS to 22522

**Missing and Abducted Children:** 1-800-426- 5678 or 1-800-843-5678

**National Runaway Safeline:** 1-800-786-2929 or text 66008

**Trauma Resources**

The National Child Traumatic Stress Network

This organization offers many great resources on seeking mental health guidance and referrals, finding help for abused or neglected children, finding help for sexually abused children, responding to disasters, victim assistance and compensation programs, and more.

<https://www.nctsn.org/about-us/contact-us/get-help-now>

Typical Behavioral Responses to Traumatic Events

Lurie Children’s Hospital has created a guide for what parents and caregivers can do to help children understand and cope with traumatic or stressful experiences and what to look out for in children’s behavior.

<https://www.luriechildrens.org/globalassets/media/pages/for-healthcare-professionals/maltreatment-symposium/2020/typical-responses-to-trauma-english.pdf>

PROVIDER RESOURCE: ICOY

**Parenting Support Groups**

* **The Chicago Parent Program**

This evidence based parenting program is centered on families in community, school, and mental health settings experiencing economic disadvantage and social adversity. It has been rigorously tested and shown to strengthen parenting and reduce behavior problems in young children. It is a group-based 12-session parenting program created for parents of young children (2-5 years old) and led by trained facilitators.

Contact: CPPinfo@chicagoparentprogram.org

Interested in the program? Fill out a [CPP Interest Form](http://www.chicagoparentprogram.org/component/content/article?id=70).

* **Parents Care and Share**

This program works to strengthen the parent/child relationship, promotes positive parenting, and healthy child growth and development. Services offered include weekly support group meetings (children’s groups, grandparents groups, dad groups), peer support, and leadership development. Services are provided in communities throughout the state.

Contact Children’s Home and Aid Society of Illinois for a program near you: 312-424-0200

**Parenting as Teen or Young Adult**

* **Resource for Teen Parents**

Provides information on preparing teens for parenthood, getting young fathers involved, and information on future concerns.

<https://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Teen-Parents.aspx>

# Additional Parenting Toolkits and Useful Links

* **Resource List-Edutopia: A Parent’s Resource Guide to Social and Emotional Learning**This curated list will help parents identify a number of resources including blogs, articles, and videos for parents on fostering social and emotional skills like kindness, gratitude, persistence, and more.
<http://www.edutopia.org/SEL-parents-resources>
* **Ashoka Parenting Changemakers**This site offers resources and ideas for acting as a parenting change-maker with a focus on building four skills in family life including empathy, teamwork, new leadership, and change-making. Their facilitated process helps parents problem-solve for themselves and leads families and communities in addressing the issues that are most pressing to them.
<http://parentingchangemakers.org>
* **American Academy of Pediatrics**

**The American Academy of Pediatrics has created multiple toolkits and resources on a variety of parenting topics including adolescent health care, choosing a physician, drowning prevention, gun safety, immunizations, oral health, safe sleep, teen drivers, suicide prevention, and more.**

<https://services.aap.org/en/news-room/campaigns-and-toolkits/>

**Media and Children Communication Toolkit – provides information, policies, advice, and resources about interactions with various forms of media for families and children. This toolkit is primarily designed for pediatricians and health professionals to implement American Academy of Pediatrics recommendations and to discuss this topic with parents and families.**

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Pages/Media-and-Children.aspx>

* **Center for Disease Control and Prevention**

**The Parent Information site offers resources at all stages of life for parents including pregnancy, infants and toddlers, children (ages 4-11), and teens (12-19). Additional resources to help keep your family safe and healthy are also provided as well as additional topics related to parenting.**

<https://www.cdc.gov/parents/index.html>

**For resources and a toolkit for childcare programs (especially guidance during the COVID-19 pandemic) created by the CDC,** [click here](https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/childcare.html)**.**

* **Common Sense Media**This site reviews the vast majority of movies, apps, video games, and other media available to children. Each movie, for example, lists a parent-level age rating along with a kid’s perspective of appropriate age level. In addition, it gives a summary along with positive messages and violence or scariness rankings. There is a mobile app to make it simple to review any media your children may encounter.
<https://www.commonsensemedia.org>
* **Confident Parents, Confident Kids**The only site for parents that focuses explicitly on actively promoting kids’ social, emotional, and ethical development. Drawing upon research from multiple disciplines and best practices from educators, articles and resources focus on simple, practical ways to model, coach, and create practice opportunities to develop social and emotional skills in the context of family life.
<http://confidentparentsconfidentkids.org>
* **Family Institute**

The Parent Toolkit is a one-stop resource designed to help parents and caregivers navigate their child’s growth and development from Pre-K through 12th grade in the classroom and beyond.

<https://pgcpsfamily.org/parent-toolkit/>

* **The Family & Youth Institute**

**The FYI Digital Parenting Toolkit** offers practical tips on how to have a more proactive role in directing your child’s social media presence and use.

<https://www.thefyi.org/toolkits/the-fyi-digital-parenting-toolkit/>

* **Healthy Children**Developed by the American Academy of Pediatrics, this site provides information on children’s developmental ages and stages, on healthy living practices, on safety and prevention, and on dealing with health concerns at home.
<https://www.healthychildren.org/English/Pages/default.aspx>
* **Info About Kids**Produced through a collaboration of the Consortium for Science-Based Information on Children, Youth, and Families, the site is committed to publishing resources with a solid research base. They have sections on body, mind, emotions, and relationships.
<http://infoaboutkids.org>
* **NBC Parent Toolkit**Drawing from an experienced set of experts in a range of fields, including CASEL’s Roger Weissberg, this site provides developmental markers at each age/stage with guidance for parents on how to support each aspect of development. Resources are provided in the areas of academic, health and wellness, and social and emotional development. A supplemental application can prompt a parent on a child’s specific milestones along with tips for support.
<http://www.parenttoolkit.com>
* **Stop Bullying**A site dedicated to helping parents, educators, and community members stop bullying. There are also resources and articles specifically written for kids and teens.
<http://www.stopbullying.gov>
* **Youth Service America**A global organization that supports youth involvement as significant contributors to communities through learning, leadership, and service. They organize large scale campaigns, make grants, offer numerous resources, and give awards to support their mission.
[http://www.ysa.org](http://www.ysa.org/)
* **IL Raise Your Hand – Special Education Parent Resources for Remote Learning and More**

This resource page is for parents with children in special education as they navigate remote learning. It is a working document that provides supports, special education basics, transition information, information on the intersection of race and disability, community zoom calls, and other helpful links.

<https://www.ilraiseyourhand.org/sped_resources_20>

* **1•2•3 Care: A Trauma-Sensitive Toolkit for Caregivers of Children**

This toolkit provides resources for caregivers with the understanding of how critical early childhood experiences are to shaping the way the brain works later in life. It is organized by topics including brain development, attachment, emotions, behavior, discipline, and more. Resources and teaching aids are also provided.

<https://srhd.org/media/documents/1-2-3-Care-Toolkit_LowResolution.pdf>

* **FOR PROVIDERS: Creating a Family Support Project Toolkit**

The purpose of the Juvenile Justice Collaborative (JJC) Family Support Project is to promote innovative strategies to support the families of justice-involved youth. Through this project, the JJC is building and testing local practices to support families and identify interventions that address the needs of the entire family, including parents and caregivers. This toolkit is intended for organization hoping to think more strategically about providing supports for the parents of justice involved youth. Sample materials, best practices, challenges, parenting education curriculum, training, and more are all provided.

<https://files.constantcontact.com/000383c1801/3c739fc3-3761-43b1-ba2e-0eea3a426278.pdf>

# Appendices

**Appendix 1: Lurie Children’s Hospital Internal Parenting Supports**

|  |
| --- |
| Tier I: Universal Supports *(e.g. public awareness campaigns; apps; educational materials distributed broadly)* |
| Department, Program Name | **Summary** | **Target Audience** |
| Child LifeRebecca Meyers  | Preparatory materials for how to handle anxiety during hospitalization for parent, patient, and sibling | * All Ages
 |
| ConnecTeen  | Promotion of home visiting programming in Belmont Cragin & Austin High Schools | * Ages 0-2
 |
| NICU Craig Garfield, MD, Hospitalist  | Research with fathers (e.g. developing app)  | * All Ages
 |
| Adolescent MedicineJen Leininger | * Parent education: Sex Health Education (workshops consistent with CPS SHE policy and curriculum, tailor to the group LurieChildrens.org/SexEdProgram), LGBTQ 101, Substance use (starting Fall 2020), HIV + PrEP
	+ LGBTQ 101 – How to create inclusive environments for LGBTQ+ youth in communities, neighborhood, and schools
* Monthly groups for trans nonbinary children and adolescents
* Parent groups for parents of trans nonbinary children and adolescents
* TransMentor Program (TMP): A mentorship focused on connecting trans nonbinary adolescents with adults of similar gender identities
* Initiative with CPS to support PPY students
* Never Fear Talks (videos and tips for sexuality education conversations at home at LurieChildrens.org/NeverFearTalks)
 | * Teens
* K-8th is the target for SHE
* LGBTQ 101 – 18+
* HIV and PrEP – 12+
* Groups: pre K- 12th
* TMP 12+
 |
| Preventing Alcohol Abuse in Chicago Teens | Communications campaign targeted to parents about talking to their children about alcohol use and making positive choices * CTA banners
* School poster camp
 | * Middle and high school age
 |
| Tier II: Targeted Support *(e.g. small group; parenting classes)* |
| Center for Childhood Resilience | * Provide parent workshops on topics identified to build upon Trauma knowledge and strategies​Deliver Resilience workshops series addressing trauma, race and equity, self-care, and bullying
 | * All Ages (Belmont Cragin & Austin)
 |
| Child LifeRebecca Meyers (See also Tier I & III) | Art Therapist and Bereavement Coordinators – weekly art therapy group for parents | * All Ages
 |
| Safety Ambassador Pilot Amy Hill | Training parents and caregivers in pediatric safety best practices. (Train the trainer model). | * Ages 0-10
 |
| Safety Education WorkshopsAmy Hill | Pediatric workshops on safety best practices, including vehicle and child-restraint training at school- based events. Increase knowledge and skills of parents and caregivers trained; Provide safety devices for parents e.g. car seats etc. | * Ages 0-10
 |
| Heartlight bereavement program | Provide on-line support groups (through telemedicine platform) every Thursday night to families.  Twice a month, the English speaking-bereaved group meets and twice a month our Spanish-speaking group meets.) (Note: Families have loved the on-line groups and more are attending than in person.) | * All Ages
 |
| MDA Clinic | Quarterly support groups for patients and their families. Hosted onsite at the hospital and offsite to meet the needs of families living outside of Chicago.  | * All Ages
 |
| Oncology | Monthly teen/parent night for any young person who identifies as trans/gender nonconforming and their parent/guardian. They don’t have to be patients to come to group. New young people/guardians sign consents when they attend their first group. | * Ages 13-18
 |
| OncologyLindsey Tynes: Gilda's Club social worker  | Inpatient parent group on 17 for oncology parents, (on hold during COVID-19)  | * All Ages
 |
| 2018 Family Support Project Strengthening Chicago’s Youth, Juvenile Justice Collaborative | Family Support Project: Grants to 10 service provider partners to implement parenting support services for parents of justice-involved youth. Programs included services based on three area of support:1. Enhance parent engagement with the court process;
2. Increase parents’/guardians’ knowledge of how to support their child; and/or
3. Meeting parents’ basic needs (e.g. emergency fund; mental health services or other support).
 | * Ages 12-18; Justice-involved youth
 |
| Psychiatry – Littles Ones program  | Supports around fussiness, sleep schedules, feeding, toileting, anxiety, and behavioral issues.  Offer free parenting seminars for the above issues periodically (although we have not hosted one since COVID-19 but considering doing virtual ones).  [www.luriechildrens.org/littleones](http://www.luriechildrens.org/littleones) also has a list of services, resources and supportive videos for parents and PCPs. | * Birth to 4 years old and their parents
 |
| Psychiatry – Target program | Provides support and intervention for children ages 3 years-12 years and their caregivers.  This is done through group sessions divided by age group and the groups run several times throughout the year. | * 3 years – 12 years and their parents
 |
| MAACC (Mood, Anxiety, ADHD Collaborative Care) | Capacity building of community-based primary care physicians | * All Ages
 |
| Tier III: Tailored or Intensive Individualized Supports *(e.g. individual counseling; services/supports tailored to an individual parent/caregiver)* |  | Tier 3: Tailored or Intensive Individualized Supports *(e.g. individual counseling; services/supports tailored to an individual parent/caregiver)* |
| Almost Home Kids | Short-term transitional care in a home-like setting, family training and respite care | * All Ages
 |
| Child Life | Child Life Specialists – goal of reducing anxiety for parents while in the hospital (parents with increased anxiety has kids with more anxiety) | * All Ages
 |
| ConnecTeenKatelyn Kanwischer | Connecting pregnant and parenting youth (PPY) to home visiting (HV) programs | * All Ages
 |
| SAILS Supporting Adolescence with Independent Life SkillsAngela Berger, LCSW Social Worker and Transition SpecialistParag Shah, MD, Transition Team Director | Six-week program to teach teens to prepare for their future in work and college as well as their healthcare management. There are also sessions for parents to provide additional information and support | * Teens 15-20
 |
| NICU Craig Garfield, MD, Hospitalist  | Fatherhood clinic at Lawndale Christian | * All Ages
 |
| Psychiatry | Intensive inpatient and Outpatient services: Parent training and clinical groups for children and their parents.  | * All Ages
 |
| Spinal Muscular Atrophy (SMA) | SMA GroupsCureSMA Holiday Party – big holiday party each year for families with SMA | * All Ages
 |
| Psychiatry – Trauma Team | provides support and intervention for children and families dealing with a traumatic event.  They offer varied levels of services and supports, and tailor to each family's needs. | * Children and families
 |

**Appendix 2: External Parenting Supports**

|  |
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| Chicago-Based Parenting Programs |
| Tier I: Universal Supports *(e.g. public awareness campaigns; apps; educational materials distributed broadly)* |
| NAME | **SUMMARY** | **TARGET AUDIENCE** | **TARGET OUTCOMES** |
| Stroger Hospital of Cook County | Communication Campaign          Posters on CTA and train lines and buses         Campaign normalizes  parenting issues and sparks a desire for parents interest and positive change (PPP messaging)         Outlines services that are beneficial External resources used:          PCA (Preventing Child Abuse IL) - Free statewide training and focus on public awareness and education         ACES Connection          CDC  | * All ages
 | * Raise awareness about ACEs & positive parenting
 |
| Ounce of Prevention Fund | Helping Parents Provide Quality Education at Home* Provide resources for easy and engaging educational experiences
* Tips for navigating COVID-19 discussions
 | * Birth to 5 years old
 | * Keep children on track educationally during the COVID-19 crisis
 |
| Educare: Ounce of Prevention Fund | * Educare centers in communities across the country
* Ensures financially disadvantaged young children have best possible opportunities for success
 | * Birth to 5 years old
 | * Improve educational opportunities for disadvantaged children
 |
| Ounce of Prevention Fund | Snapshot: Family & Social Support Professional Learning Community* Birth-to-college newsletter
* Family & Social Support PLC video
* Illustrate the varied ways parents show involvement while facing challenges
 | * Parents of children birth through 3rd grade
* Teachers and family support staff
 | * Reveal that teachers and support staffs’ beliefs do not take parent’s varied involvement into consideration
* Develop supports necessary for parents to make use of best practices
 |
| Chicago Public Schools | Diverse Learners Parent Advisory Council* Volunteer parents/caregivers meet with Office of Diverse Learner Supports and Services (ODLSS) to discuss issues and provide input
* Together produce educational workshops, websites, and learning materials for parents of diverse learners
 | * Parents of Pre-K – 12 graders
* Meetings open to general public
 | * Represent all interests in new district policies
* Foster collaboration between parents and school/district staff
 |
| Tier II: Targeted Support *(e.g. small group; parenting classes)* |
| Chicago Parent Program | * Operated out of Rush University
* 12-session evidence-based program
 | * Families with children ages 2 to 5
 | * Capability of application in culturally and socially diverse settings
* Decrease child behavior problems
* Improve parent self-efficacy
 |
| Chicago Parenting Centers | * Operated through CPS
* Parental involvement is utilized to promote healthy development and education for both the parent and child
 | * Low-income families
* Parent and child
* Preschool age
 | * Commonly cited as a model child-parent program
 |
| Parenting 4 Nonviolence | * Works with Archdiocese of Chicago
* Educational material from Active Parenting that is video and active participant based
* One 2-hour class per week for 6 weeks
 | * Parents of 2-12 year olds
 | * Works to empower parents with proven skills to raise children in emotionally healthy ways
 |
| Parenting Fundamentals | * Operated out of Metropolitan Family Services in Chicago
* Runs 8-12 weeks of in-group sessions
* Translated into different languages
 |  | * Improvements to home environment proven
* Proven improvement of parenting skills
* Proven improvement of child behavior
 |
| Family Engagement Training | * Operates out of Illinois Action for Children’s Chatham office
* Builds on strengths of parents and families to support them
* Home to community model
* Workshops, model Family Child Care home setting, family engagement groups
 | * Teen parents 19 years old and younger
 | * Parents explore personal leadership
* Improve outcomes in the community for children
 |
| Family Neighborhood Partnership:Illinois Action for Children | * Family and neighborhood partnerships
* Deepen relationships between families and local providers
 | * Teen parents 19 years old and younger
 | * Connect parents with resources in the community
 |
| ReCharge Family and Youth Opportunities Program | * Through Illinois Action for Children
* Free summer fitness and wellness program
 | * Children between ages 6 and 14
* Families in the Chicago Housing Authority (CHA) Developments
 | * Improve health outcomes for children
 |
| Illinois Action for Children/Faith-based program | * Faith-based program to connect parents to early learning and school-age services
* Partners with churches to educate communities on importance of education
 | * Teen parents 19 years old and younger
 | * Connect parents to quality care and education for children
 |
| Ounce of Prevention Fund | * Trained doulas usher in a healthy start for babies
* 24 sites throughout Illinois serve teen parents
 | * Teen parents
 | * Provide healthy start for newborn babies
 |
| Parent Leadership Institute (PLI) | * Through Chicago Public Schools
* 8-week parent leadership development program
 |  | * Link family and community engagement to school success
 |
| Parent Advisory Council (PAC) / Parent Leadership Network (PLN) | * Through Chicago Public Schools
* Collaborative meeting as a parent engagement initiative
 | * CPS parents
 | * Partnership-building
* Learning and leadership experience of parents is relational, developmental, collaborative, and linked to learning
 |
| UCAN’s FamilyWorks Program | * Increase economic independence, develop academic achievement, increase earning power, stability and quality of life for residents and families
* Outreach and engagement, career services, clinical services, case management
 | * Chicago Housing Authority residents in mixed/scattered Housing Choice Voucher housing on West and near Northwest sides of Chicago
 | * Families achieve economic and social self-sufficiency
 |
| Maryville Academy | * Parent support programs offered in Austin neighborhood at Augustus Tolton Peace Center
* Resource center available for computer/internet access
* Be the Flow Wellness program featuring meditation, yoga, and fitness training
 | * Birth to 5 years old
* Teen parents
 | * Help families reach potential by cultivating growth
 |
| Parent Cafés | * Through Maryville Academy
* Six Parent Café classes over 3 months that offer dinner with transformative conversations following
* “Children’s Corner” for children to play and learn while parents participate
 | * Families from the Austin Community
 | * Help parents achieve greater success in parenting initiatives
* Form partnerships and opportunities for parents to learn from each other
 |
| CYC-Chicago Youth Center | * Variety of workshops, mentoring opportunities, and one-on-one meetings throughout the year
* Encouraging volunteering at Centers to build bonds with their children and develop supportive network
 | * Parents of school age children
 | * Ensure children receive needs to meet behavioral and cognitive milestones
* Develop parenting skills
 |
| New Moms | * Partner with young moms and kids
* Offers 40 apartments of transitional housing and 18 of permanent supportive housing
* Best-practice 16-week paid job training program at Bright Endeavors
* Family Centered Approach (racial equity lens)
 | * Moms and kids under 25 years old
* West side (Austin area)
 | * “2-Generation” approach puts moms in driver’s seat to construct foundation for family’s well-being
 |
| Power of Fathers | * Collaboration between Children’s Home & Aid, Family Focus, Metropolitan Family Services, and Fathers, Families and Healthy Communities
* Develop a toolkit to promote effective father engagement in social sector
* Job preparation, life skills training, health services, parenting skills development, financial planning
 | * Low-income fathers
* Particularly men of color in great Englewood and North Lawndale communities
 | * Fathers become economically self-sufficient and fully engaged in the life of their child(ren)
 |
| NAMI Support Group | * Support group for parents of children suffering from school phobia, ADHD, sleep disturbances, smoking and drugs, other mental health struggles
 | * Parents of Children & Adolescents
 | * Help parents cope with and assist children with mental health struggles
 |
| Young Parents Program | * Home visiting and peer group services
* Age-appropriate activities to promote positive cognitive, emotional, physical, language, and social development in children
* Book clubs, volunteer hours, peer mentoring, college tours
 | * Teen parents ages 12-19
 | * Healthy attachment and positive relationship between teen parents and children
 |
| Tier III: Tailored or Intensive Individualized Supports *(e.g. individual counseling; services/supports tailored to an individual parent/caregiver)* |
| Teen Parent Project | * Operated out of Illinois Action for Children
* Connect with trained Child Care Consultant
* Discuss needs, options, search for openings, and connect to services
* Determine eligibility for Child Care Assistance Program (CCAP)
 | * Teen parents 19 years old and younger
 | * Child does not become a barrier for parent to remain in school
 |
| Chicago Public Schools Juvenile Court Program | * Operated out of Illinois Action for Children
* Twice monthly personal visits to teach parenting skills using *Parents as Teachers* curriculum
* Monthly group sessions
* Child developmental screenings
* Childcare program
 | * Teen mothers 19 years and younger
* On probation referred by Cook County Juvenile Court
 | * Improve parenting skills
* Child stays on track developmentally
 |
| Ounce of Prevention Fund | * Home visiting programs provide child-development and parenting information
* Model positive and language-rich relationships
* Connect families to medical, dental, and mental-health supports
 | * Teen parents
 | * Teen parents create safe, stimulating home environments
 |
| UCAN High-Risk Infant Program  | * Provides preventative and supportive services
* Transportation, in-home support, and referrals
 | * Birth – 5 years old
* Families coping with high-risk pregnancies and premature or multiple births
 | * Prevent high-risk families from becoming involved with child welfare
* Create support network
 |
| UCAN Teen Parenting Service Network | * Provides full scope of clinical services designed to increase youths’ functioning through coping with trauma
* Clinical counseling, educational coaching, leadership training, new birth assessments and doula assistance
 | * Pregnant and parenting youth in DCFS care
 | * Provide seamless service and full continuum of care
* Enhance parenting capacity of youth
 |
| Austin Friends of the Children | * Children at highest risks receive a professional mentor to stay with them for 12.5 years
* Mentors build relationships with parents connecting to basic needs and resources
 | * Parents of children kindergarten to 12 years old
* Children at highest risk of continuing cycle of poverty
 | * Help youth develop skills to become contributing members of society
 |
| New Moms | * COVID-19 Response connects with families virtually with home visits and parent support groups via Zoom
* Deliver essential items (food, diapers, formula, etc)
* Connect participants with mental health resources
 | * Parents and kids under 25 years old
 | * Provide young families with what they need throughout the crisis
 |
| Children Home and Aid | * Parents with young children may receive free counseling, parent education and referrals to support services
* PEPAC program provides transportation to prenatal/post-natal appointments, job search strategies, communication skills development
 | * Parents of children under 3 years old
 | * Help new parents reduce stress and post-partum depression
* New parents successfully find jobs
 |
| Thresholds Mothers Project | * Behavioral health services
* Thresholds high school
* Residential and transitional living
* Child care services
 | * Homeless pregnant and parenting youth
* 16-23-year-olds with mental health challenges
* Homeless families headed by parent of any age with serious mental health condition
 | * Ensure well-being and mental health outcomes of children who are homeless and have parents with SMHCs
 |
| Chicago Public Schools Bilingual advisory Committees (BACs) | Bilingual Advisory Committees (BACs) empower parents of English Learners (ELs) to participate in their student's education and advocate for the academic, social, and cultural development of all ELs. | * Parents of English Learners (ELs)
 | * Help parent effectively participate in the overall governance of bilingual education.
 |
| DePaul Child – Adult Relationship Enhancement Workshop Training | * CARE involves two phases: First, following the child’s lead to build a strong relationship, and second, giving effective directions to help improve compliance.
 | * Training model for caregivers and professionals who care for and work with children
 | Learn techniques that are foundational in caregiving and interaction skills for promoting positive behaviors in children, while increasing their ability to follow directions. |

**Appendix 3: Crime Victim Services Resource Guide**

**Crime Victim Services Resource Guide**

This resource guide includes information on mental health services, substance use services, legal support, housing services, sexual and domestic violence support, LGBTQ+ resources, refugee/immigrant resources, food resources/pantries, parent support groups and programs, professional development resources, 24-hour immediate assistance hotlines, youth in crisis, and more. All services and programs are Chicago-based.

<https://files.constantcontact.com/000383c1801/70552be9-d49b-43fc-92b2-f561900bc895.pdf>

**Appendix 4: Parenting Support – Juvenile Justice Resources for Youth**

**Juvenile Justice Resources for Youth and Families**

This document provides resources and program options for young people on a variety of topics including employment, education, mentoring, counseling, legal resources, and more.

<https://files.constantcontact.com/000383c1801/b0809bbe-3a63-4222-a681-decb28652e86.pdf>