

PROJECT LAUNCH: MENTAL HEALTH AND PARENTING RESOURCES FOR CAREGIVERS

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OUR FAVORITES:

Molly's Place at ChAD has a comprehensive list including local and regional resources
[CHaD Family Center / Molly's Place Patient Support and Education](#)

The American Academy of Pediatrics has a website called Healthy Children that includes a wide range of medical advice based on age and/or topic.
[HealthyChildren.org](#)

On Our Sleeves is a mental health awareness campaign that has resources for parents and community providers.
[Mental Wellness Tools and Guides - On Our Sleeves](#)

Child Mind Institute offers online resources and has frequent webinars for parents and providers.
[Child Mind Institute](#)

Here's an example of a webinar, partnering with Fort Health, about anxiety in children:
<https://www.forthhealth.com/blog-resources/anxiety-session>

Below are some videos created by Project Launch that might be helpful for parents.

▶ Calming & De-escalation Strategies

This short video reviews four key calming and de-escalation strategies you can use with children of any age. These strategies are outlined in this graphic.



▶ When Worry Shows Up: How Parents can help Children Dur...

This is a one hour video with Lynn Lyons, LICSW, local and nationally recognized anxiety expert. You can find more of Lynn's content [here](#).

▶ Your Calm = Their Calm

This five minute video discusses how to help yourself stay regulated and calm so you can help your child stay regulated and calm.

▶ Addressing Needle Fear: A Video for Parents and Caregivers

This two and a half minute video provides some tips and tricks for parents who have children who might be afraid of getting shots or blood work.

 Family Resource Centers & Parent Child Centers- Information for Families

This 3 minute video describes what Family Resource Centers (NH) and Parent Child Centers (VT) can offer to families.

If you are looking for your local Family Resource Center check out this website:

[Connect-Archive | NH Children's Trust](#)

If you are looking for your local Parent Child Center check out this website:

[Vermont Parent Child Center Network](#)

BROWSE BY TOPIC:

Adverse Childhood Experiences (ACEs) Resources for Caregivers

[PACES Connection Resources Center](#)

Positive & Adverse Childhood Experiences (PACES) Connection created a resource center page that is built on the positive and adverse childhood experience science, and is carefully curated with resources on science, policy and advocacy, parenting, anti-racism, and much more.

[Fast Facts: Preventing Adverse Childhood Experience](#)

The “fast facts” webpage created by the CDC gives a quick overview of what adverse childhood experiences are, and the basics of preventing them. Fast Facts is a good resource for those being introduced to understanding ACEs for the first time.

[How to Reduce the Effects of ACEs and Toxic Stress \(acesaware.org\)](#)

This ACEs Aware printable is informative on actions caregivers can take to protect their child’s health and reduce the child’s stress level.

[ACEs Aware Self Care Tool for Pediatrics](#)

The ACEs Aware printable self-care tool is a guide to creating goals to support children’s health. They provide some example goals and space to create your own goals. Goal topics include: healthy relationships, nutrition, exercise, sleep, mindfulness, and more.

[When Things Aren’t Perfect: Caring for Yourself and Your Children](#)

This PDF from the American Academy of Pediatrics (AAP) provides practical advice for managing toxic stress and how to promote resiliency.

[Parenting with ACEs \(acesaware.org\)](#)

ACEs Aware created this printable with parents who have experienced ACEs themselves in mind.

[InBrief: Resilience Series - Center on the Developing Child at Harvard University](#)

These three videos provide an overview of why resilience matters, how it develops, and how to strengthen it in children.

[How Early Childhood Experiences Affect Lifelong Health and Learning - Center on the Developing Child at Harvard University](#)

In this animated video, narrated by Center on the Developing Child Director Jack P. Shonkoff, M.D., learn what the latest science tells us about how early experiences affect not only early learning and school readiness, but also lifelong Health.

[Stress Busters | ACEs Aware – Take action. Save lives.](#)

Stress Busters are seven ways you can manage your day-to-day stress as well as counter toxic stress from Adverse Childhood Experiences. All Stress Busters have been shown to improve brain health and immune function and balance stress hormones. See which ones might work best for you and the people you care about.

ADHD Resources for Caregivers

Children and Adults with Attention-Deficit/ Hyperactivity Disorder (CHADD): Understanding ADHD:

This resource, created by Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD), gives an in-depth overview of ADHD, and its symptoms, diagnosis, and treatment options, as well as understanding coexisting conditions, insurance coverage, and common myths and misunderstandings about the condition.

American Academy of Child & Adolescent Psychiatry - ADHD Resource Center

The AACAP ADHD Resource Center has video clips, a Parent's Medication Guide, and more to help families find the best treatment for their children.

Child Mind Institute: ADHD and Attention

The Child Mind Institute not only covers the basics of understanding ADHD, it also discusses ADHD in the context of school, beyond school, and how ADHD may present differently in girls. It also provides treatment options, such as behavioral treatments, non-stimulant medications, and stimulant medications, and discusses how each treatment works and their potential side effects.

American Academy of Pediatrics- Healthy Children: ADHD

This resource page by the American Academy of Pediatrics covers myths/misconceptions about ADHD as well as daily routines, medications, a diagnosis guide, and more.

ADHD Resources Comprehensive List

This resource list not only has national organizations and books, but also provides guidance on academic accommodation and summer camp.

Parenting a Child with ADHD

The printable from CHADD gives direct parenting strategies as parents learn not only how to support their children, but also themselves.

Behavior Therapy for Children with ADHD: an overview (cdc.gov) (PDF)

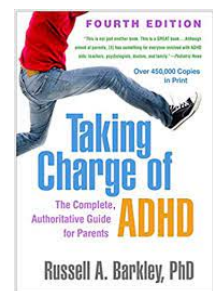
This printable from the CDC gives an overview of behavioral therapy, types of therapy, and choosing therapy that's right for your child.

Taking Charge of ADHD, Fourth Edition: The Complete, Authoritative Guide for Parents

By Russell A. Barkley, PhD

The leading parent resource about attention-deficit/hyperactivity disorder (ADHD) and its treatment has now been revised and updated with the latest information and resources.

[Additional List of Books on ADHD by Russel Barkely](#)



If you have a young child who is on medication or you are considering medication for ADHD, below are some resources to explore further:
[Common ADHD Medications & Treatments for Children - HealthyChildren.org](#)

[ADHD Treatment Decisions for Parents - Cincinnati Children's](#)

[Should My Child Take Medicine for ADHD? \(alberta.ca\)](#)

Anxiety Resources for Caregivers

Lynn Lyon's Blog

Lynn Lyons is a psychotherapist, author, and an international speaker training Professional. Her practice is rooted firmly in the belief that strategies can be taught to anyone looking to overcome anxiety and manage the challenges of daily life.

Child Mind Institute- Anxiety

The Child Mind Institute provides resources for understanding anxiety in children and teenagers — the symptoms, the kinds of anxiety children experience, forms of treatment, parenting guidance, and more.

American Academy of Child and Adolescent Psychiatry: Anxiety Disorder Resource Center

The AACAP resource center provides a list of resources that span a variety of topics within and around anxiety.

CDC resource for Anxiety and Depression

The CDC's resource for anxiety in children reviews the basic behaviors and symptoms associated with anxiety, tools to help find a healthcare provider with treatment options, recommendations for managing symptoms, and public health resources for anxiety prevention.

Coping Cat Parents- Online Anxiety Resource

This *Coping Cat Parents* site was developed to educate parents, families, and professionals about anxiety and the treatment of anxiety in children and adolescents. They've brought together relevant resources, tools, and tips from the experts in the field that will be informative, and help you feel confident as you move forward in helping your child.

Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children

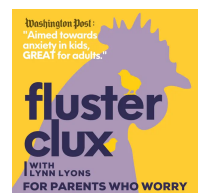
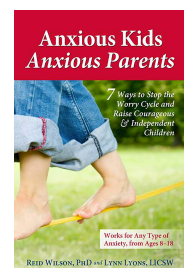
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Lynn Lyons Podcast on Anxiety in Children- Flusterclux

"Flusterclux offers authentic, compassionate straight talk for parents to connect, reflect, and feel prepared to support their family's mental health with the stresses of our new normal."

LISTEN on [Spotify](#), [Apple Podcasts](#), or wherever you get your podcasts.



Autism Resources for Caregivers

New Hampshire Family Voices

New Hampshire Family Voices has a [lending library](#) on many developmental concerns and will send books, videos, etc. by mail with a postage-paid return envelope.
800-852-3345 x 4525

Parent Information Center

PIC provides resources on and helps to answer any of your questions about special education. Staff can be reached by email (info@picnh.org) or by phone at *603-224-7005*.

NH Family Ties- Parent to Parent NH

Offers support, insight, and education to NH families with children with disabilities and/or special medical needs.
1-800-698-5465

Institute on Disability/UCED at UNH

The Institute on Disability provides a university-based focus for the improvement of knowledge, policies, and practices related to the lives of people with disabilities and their families and is New Hampshire's University Center for Excellence in Disability (UCED).

Disability Rights Center-NH

This organization provides information, advocacy, and legal advice/support on matters such as SSI, insurance coverage, school plans, etc.
1-800-834-1721; advocacy@drnch.org

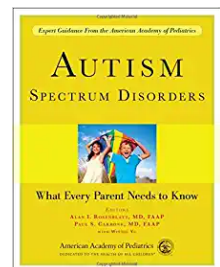
Aspergers/ Autism Network

The Asperger/Autism Network (AANE) provides individuals, families, and professionals with information, education, community, support, and advocacy.

Autism Spectrum Disorder: What Every Parent Needs to Know

By Alan I. Rosenblatt, Paul S. Carbone

Autism Spectrum Disorders: What Every Parent Needs to Know is an invaluable resource for parents and caregivers of children who have been diagnosed with an autism spectrum disorder (ASD).



Depression Resources for Caregivers

[Child Mind Institute: Depression and Mood Disorders](#)

Resources on depression and mood disorders including identifying signs of depression in children and other mood disorders related to depression.

[American Academy of Child and Adolescent Psychiatry: Depression Resource Center](#)

The AACAP resource center on depression has a vast list of resources, including books, apps, videos, as well as a parents medication guide.

[Depression in Children and Teens - AAP](#)

This subpage of the AAP's [healthychildren.org](#) focuses on the signs and symptoms of depression in children and teens, ways parents can support their child, and recommendations for safety planning.

Family Resource Centers/Parent Child Centers

[Child Mind Institute- Family Resource Center](#)

This Child Mind Institute webpage helps you find information to help you support children who are struggling with mental health, behavior or learning challenges, including a symptom checker and resource finder.

[Family Support NH: Family Resource Centers](#)

This FSNH brochure outlines what FRCs are, the services they provide, and locations of the FRCs that are a part of their coalition.

[Vermont Parent Child Center Network](#)

The Vermont Parent Child Center Network outlines what PCCs are, the services they provide, and locations of the PCCs that are a part of their coalition.

Resources For New Dads

[For Dads | Fatherhood.gov](#)

The National Responsible Fatherhood Clearinghouse provides a variety of resources on a wide range of topics within fatherhood, including strong families and healthy relationships, supporting your child in school, having fun together, and more.

[Help for Dads | Postpartum Support International \(PSI\)](#)

One in ten dads gets postpartum depression, and up to 18% develop a clinically significant anxiety disorder such as generalized anxiety disorder, obsessive-compulsive disorder, and post-traumatic stress disorder at some point during the pregnancy or the first year postpartum. PSI is committed to a whole-family, father-inclusive approach to perinatal mental health, and has a helpline, hosts dad support groups, can connect you with local PSI volunteers in your area, and more.

[Favorite Resources for New Dads – dadada baby](#)

DaDaDa Baby provides a list of their favorite resources, including communities and webpages, as well as gear and books.

Learning Disability Resources for Caregivers

[LDRFA | Learning Disability Resources and Tools](#)

LDRFA's mission is to inform, inspire and empower individuals with learning disabilities, Dyslexia and Attention Deficit Hyperactivity Disorder (ADHD) by providing access to invaluable resources and tools designed to help them overcome barriers and positively impact their daily literacy journey.

[Support and Resources for Parents – Learning Disabilities Association of America \(ldaamerica.org\)](#)

LDA America provides tools, resources, and community, so individuals with learning disabilities can thrive, families can be supported, and those who work with individuals with LD can be well-informed.

[Learning Disabilities & Differences: What Parents Need To Know - HealthyChildren.org](#)

This subpage of the AAP's healthychildren.org focuses on what a learning disability is, ways to identify if your child may have a learning difference, ways parents can support their children, and more.

[Learning Disabilities Worldwide | Parents \(ldworldwide.org\)](#)

LDW promotes prevention, early identification, early intervention, and advocacy for civil rights of individuals with LD, disseminates information through its website, publications, CDs, and DVDs for parents, professionals, and health care providers, and publishes online LD Yellow Pages, a directory of resources and services.

[Take N.O.T.E. of the 1 in 5 Children with Learning and Thinking Differences \(understood.org\)](#)

Understood.org launched the Take N.O.T.E Initiative, which centers around a simple, four-part memory device to help families remember the steps to identify possible learning and thinking differences in their kids. Their website also hosts a variety of resources for parents and families.

[Parent Information Center](#)

NH PIC provides a wealth of services to help families understand their child's developmental and educational needs, the laws that govern early support and services, and the special education process.

Maternal Mental Health Resources for Caregivers

Postpartum Support International

The mission of Postpartum Support International is to promote awareness, prevention and treatment of mental health issues related to childbearing in every country worldwide.

National Child & Maternal Health Education Program- Mom's Mental Health Matters

This resource is helpful both for current moms and moms to be, not only the signs and symptoms, but also action plans you can take to support yourself and your child.

National Maternal Mental Health Hotline- 1-833-943-5746

The National Maternal Mental Health Hotline provides 24/7, free, confidential support before, during, and after pregnancy. The Hotline offers callers:

- Phone or text access to professional counselors
- Real-time support and information
- Response within a few minutes, 24 hours a day, 7 days a week
- Resources
- Referrals to local and telehealth providers and support groups
- Culturally sensitive support
- Counselors who speak English and Spanish
- Interpreter services in 60 languages.

How Taking Care of Yourself Makes You a Better Mom - HealthyChildren.org

For a pediatric hospitalist, a good part of their career involves caring for new babies in two very different hospital settings. They have been sending moms and babies home for 15 years now. Having watched them, and having gone through motherhood herself, what would her "*best advice for new moms ever*" include?

Mindfulness Resources for Caregivers



Headspace

"Headspace is your personal guide to health and happiness. It can help you focus, breathe, stay calm, and create the conditions for a better night's sleep by practicing meditation and mindfulness."

Available for download on [Android](#) and [iOS](#)



Calm

Calm is a leading app for meditation and sleep.

Available for download on [Android](#) and [iOS](#)



Breathe, Think, Do with Sesame

"Breathe, Think, and Do with Sesame" is a free app that helps kids learn to deal with frustrating situations using the "breathe, think, do" method.

Available for download on [Android](#) and [iOS](#)

Parental Substance Use Resources for Caregivers

[NH Drug & Alcohol Treatment Locator | NH DHHS](#)

This page lists treatment agencies and individual practitioners offering substance use disorder services.

[Recovery Support Services | NH DHHS](#)

This resource page provides links to peer, NH specific, and national recovery support services.

[The Doorway](#)

The Doorways offer assistance with accessing every level of treatment. Call [211](#) to be connected with a Doorway or use the Doorway locator map for access to a Doorway at one of nine trusted community hospitals.

Parenting Resources for Caregivers



The Happy Child-Parenting App

"The Happy Child grants you access to cutting-edge research and tips that will help you raise a happy, well-adjusted child."
Available for download on [Android](#) and [iOS](#)



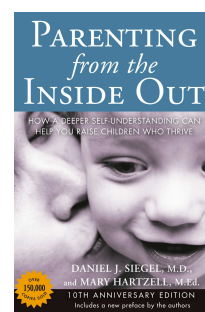
MamaZen: Mindful Parenting for Raising Happy Kids

MamaZen is award-winning mindfulness & positive parenting app for Moms.
Available for download on [Android](#) and [iOS](#)

Parenting from the Inside Out

By Daniel Siegel

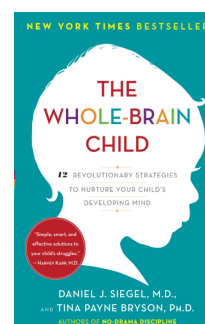
In Parenting from the Inside Out, child psychiatrist Daniel J. Siegel, M.D., and early childhood expert Mary Hartzell, M.Ed., explore the extent to which our childhood experiences shape the way we parent. They explain how interpersonal relationships directly impact the development of the brain, and offer parents a step-by-step approach to forming a deeper understanding of their own life stories, which will help them raise compassionate and resilient children.



The Whole-Brain Child

By Daniel Siegel

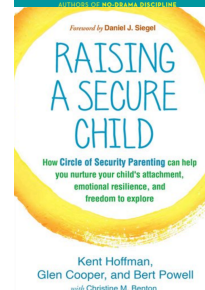
In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and Author of the bestselling Mindsight, and parenting expert Tina Payne Bryson offers a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children.



Raising a Secure Child: How Circle of Security Parenting can help you nurture your child's attachment, emotional resilience, and freedom to explore.

By Kent Hoffman, Glen Cooper, and Bert Powell

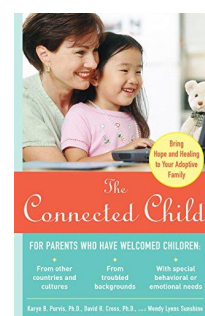
Readers learn how to protect and nurture babies through teens while fostering their independence, and what emotional needs a child may be expressing with difficult behavior.



The Connected Child: Bring Hope and Healing to Your Adoptive Family

By Karyn Purvis, David Cross, and Wendy Lyons Sunshine

The adoption of a child is always a joyous moment in the life of a family. Some adoptions, though, present unique challenges. Welcoming these children into your family--and addressing their special needs--requires care, consideration, and compassion. Written by two



research psychologists specializing in adoption and attachment, *The Connected Child* was created to help parents: Build bonds of affection and trust with your adopted child, effectively deal with any learning or behavioral disorders, and discipline your child with love without making them feel threatened.

Parenting Books and Media | Connected Families

Connected Families provides streamlined, easy-access to resources parents may need, including online classes, books/audiobooks, parent coaching, and free e-resources for a variety of needs.

American Academy of Pediatrics: healthychildren.org- The AAP Parenting Website

Whether you're looking for general information related to child health or for more specific guidance on parenting issues, you've come to the right place. Here, you'll find information regarding the American Academy of Pediatrics (AAP) many programs and activities, policies and guidelines, publications and other child health resources, as well as much, much more. Best of all, the information comes from the nation's leading child health experts and scientific research supporting their recommendations.

Child and Family Blog

The Child and Family parenting blog produces a weekly article about the influence of families on child development and reports on the latest research.

Sleep Resources for Caregivers

The Sleep Foundation:

[Babies and Sleep: What To Expect & Tips | Sleep Foundation](#)

[Children and Sleep | Sleep Foundation](#)

[Sleep Strategies for Children | Sleep Foundation](#)

[Mental Health and Sleep | Sleep Foundation](#)

[Children - The Sleep Charity](#)

The ‘Tired of Being Alone’ campaign is made to support parents and carers who have a child/children that struggle to get good quality sleep. There are many reasons why a child may experience sleep difficulties and this guide explores some of the more commonly reported issues. It is packed with information, advice, hints and tips to help you to get your child to sleep better.

BROWSE BY TYPE:

App Resources for Caregivers



Headspace

"Headspace is your personal guide to health and happiness. It can help you focus, breathe, stay calm, and create the conditions for a better night's sleep by practicing meditation and mindfulness."
Available for download on [Android](#) and [iOS](#)



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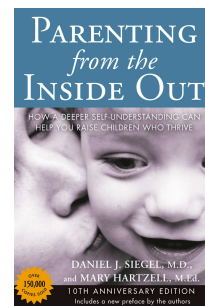
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Book Resources for Caregivers

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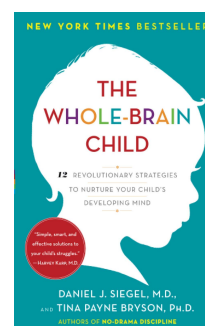
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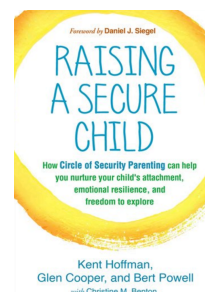
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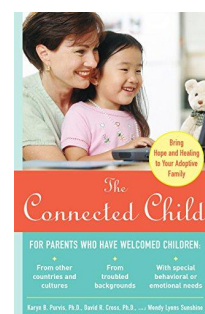
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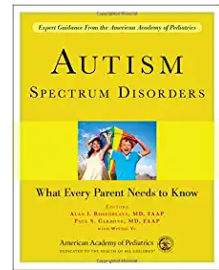
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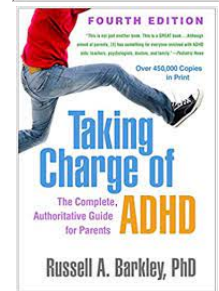


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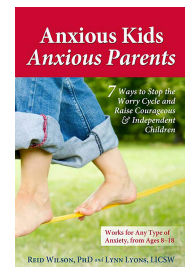
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PDFs and Printable Resources for Caregivers

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The AACAP ADHD Resource Center has video clips, a Parent’s Medication Guide, and more to help families find the best treatment for their children.

[Child Mind Institute: ADHD and Attention](#)

The Child Mind Institute not only covers the basics of understanding ADHD, it also discusses ADHD in the context of school, beyond school, and how ADHD may present differently in girls. It also provides treatment options, such as behavioral treatments, non-stimulant medications, and stimulant medications, and discusses how each treatment works and their potential side effects.

[American Academy of Pediatrics- Healthy Children: ADHD](#)

This resource page by the American Academy of Pediatrics covers myths/misconceptions about ADHD as well as daily routines, medications, a diagnosis guide, and more.

[ADHD Resources Comprehensive List](#)

This resource list not only has national organizations and books, but also provides guidance on academic accommodation and summer camp.

[Common ADHD Medications & Treatments for Children - HealthyChildren.org](#)

[ADHD Treatment Decisions for Parents - Cincinnati Children's](#)

[Should My Child Take Medicine for ADHD? \(alberta.ca\)](#)

Lynn Lyon's Blog

Lynn Lyons is a psychotherapist, author, and an international speaker training Professional. Her practice is rooted firmly in the belief that strategies can be taught to anyone looking to overcome anxiety and manage the challenges of daily life.

Child Mind Institute- Anxiety

The Child Mind Institute provides resources for understanding anxiety in children and teenagers — the symptoms, the kinds of anxiety children experience, forms of treatment, parenting guidance, and more.

American Academy of Child and Adolescent Psychiatry: Anxiety Disorder Resource Center

The AACAP resource center provides a list of resources that span a variety of topics within and around anxiety.

CDC resource for Anxiety and Depression

The CDC's resource for anxiety in children reviews the basic behaviors and symptoms associated with anxiety, tools to help find a healthcare provider with treatment options, recommendations for managing symptoms, and public health resources for anxiety prevention.

Coping Cat Parents- Online Anxiety Resource

This *Coping Cat Parents* site was developed to educate parents, families, and professionals about anxiety and the treatment of anxiety in children and adolescents. They've brought together relevant resources, tools, and tips from the experts in the field that will be informative, and help you feel confident as you move forward in helping your child.

New Hampshire Family Voices

New Hampshire Family Voices has a [lending library](#) on many developmental concerns and will send books, videos, etc. by mail with a postage-paid return envelope.

800-852-3345 x 4525

Parent Information Center

PIC provides resources on and helps to answer any of your questions about special education. Staff can be reached by email (info@picnh.org) or by phone at 603-224-7005.

NH Family Ties- Parent to Parent NH

Offers support, insight, and education to NH families with children with disabilities and/or special medical needs.

1-800-698-5465

Institute on Disability/UCED at UNH

The Institute on Disability provides a university-based focus for the improvement of knowledge, policies, and practices related to the lives of people with disabilities and their families and is New Hampshire's University Center for Excellence in Disability (UCED).

Disability Rights Center-NH

This organization provides information, advocacy, and legal advice/support on matters such as SSI, insurance coverage, school plans, etc.
1-800-834-1721; advocacy@drcnh.org

Aspergers/ Autism Network

The Asperger/Autism Network (AANE) provides individuals, families, and professionals with information, education, community, support, and advocacy.

Child Mind Institute: Depression and Mood Disorders

Resources on depression and mood disorders including identifying signs of depression in children and other mood disorders related to depression.

American Academy of Child and Adolescent Psychiatry: Depression Resource Center

The AACAP resource center on depression has a vast list of resources, including books, apps, videos, as well as a parents medication guide.

Depression in Children and Teens - AAP

This subpage of the AAP's healthychildren.org focuses on the signs and symptoms of depression in children and teens, ways parents can support their child, and recommendations for safety planning.

Child Mind Institute- Family Resource Center

This Child Mind Institute webpage helps you find information to help you support children who are struggling with mental health, behavior or learning challenges, including a symptom checker and resource finder.

Vermont Parent Child Center Network

The Vermont Parent Child Center Network outlines what PCCSs are, the services they provide, and locations of the PCCs that are a part of their coalition.

For Dads | Fatherhood.gov

The National Responsible Fatherhood Clearinghouse provides a variety of resources on a wide range of topics within fatherhood, including strong families and healthy relationships, supporting your child in school, having fun together, and more.

Help for Dads | Postpartum Support International (PSI)

One in ten dads gets postpartum depression, and up to 18% develop a clinically significant anxiety disorder such as generalized anxiety disorder,

obsessive-compulsive disorder, and post-traumatic stress disorder at some point during the pregnancy or the first year postpartum. PSI is committed to a whole-family, father-inclusive approach to perinatal mental health, and has a helpline, hosts dad support groups, can connect you with local PSI volunteers in your area, and more.

[Favorite Resources for New Dads – dadada baby](#)

DaDaDa Baby provides a list of their favorite resources, including communities and webpages, as well as gear and books.

[LDRFA | Learning Disability Resources and Tools](#)

LDRFA's mission is to inform, inspire and empower individuals with learning disabilities, Dyslexia and Attention Deficit Hyperactivity Disorder (ADHD) by providing access to invaluable resources and tools designed to help them overcome barriers and positively impact their daily literacy journey.

[Support and Resources for Parents – Learning Disabilities Association of America \(ldaamerica.org\)](#)

LDA America provides tools, resources, and community, so individuals with learning disabilities can thrive, families can be supported, and those who work with individuals with LD can be well-informed.

[Learning Disabilities & Differences: What Parents Need To Know - HealthyChildren.org](#)

This subpage of the AAP's healthychildren.org focuses on what a learning disability is, ways to identify if your child may have a learning difference, ways parents can support their children, and more.

[Learning Disabilities Worldwide | Parents \(ldworldwide.org\)](#)

LDW promotes prevention, early identification, early intervention, and advocacy for civil rights of individuals with LD, disseminates information through its website, publications, CDs, and DVDs for parents, professionals, and health care providers, and publishes online LD Yellow Pages, a directory of resources and services.

[Take N.O.T.E. of the 1 in 5 Children with Learning and Thinking Differences \(understood.org\)](#)

Understood.org launched the Take N.O.T.E Initiative, which centers around a simple, four-part memory device to help families remember the steps to identify possible learning and thinking differences in their kids. Their website also hosts a variety of resources for parents and families.

[Parent Information Center](#)

NH PIC provides a wealth of services to help families understand their child's developmental and educational needs, the laws that govern early support and services, and the special education process.

[Postpartum Support International](#)

The mission of Postpartum Support International is to promote awareness, prevention and treatment of mental health issues related to childbearing in every country worldwide.

[National Child & Maternal Health Education Program- Mom's Mental Health Matters](#)

This resource is helpful both for current moms and moms to be, not only the signs and symptoms, but also action plans you can take to support yourself and your child.

[National Maternal Mental Health Hotline- 1-833-943-5746](#)

The National Maternal Mental Health Hotline provides 24/7, free, confidential support before, during, and after pregnancy. The Hotline offers callers:

- Phone or text access to professional counselors
- Real-time support and information
- Response within a few minutes, 24 hours a day, 7 days a week
- Resources
- Referrals to local and telehealth providers and support groups
- Culturally sensitive support
- Counselors who speak English and Spanish
- Interpreter services in 60 languages.

[How Taking Care of Yourself Makes You a Better Mom - HealthyChildren.org](#)

For a pediatric hospitalist, a good part of their career involves caring for new babies in two very different hospital settings. They have been sending moms and babies home for 15 years now. Having watched them, and having gone through motherhood herself, what would her "*best advice for new moms ever*" include?

[NH Drug & Alcohol Treatment Locator | NH DHHS](#)

This page lists treatment agencies and individual practitioners offering substance use disorder services.

[Recovery Support Services | NH DHHS](#)

This resource page provides links to peer, NH specific, and national recovery support services.

[The Doorway](#)

The Doorways offer assistance with accessing every level of treatment. Call **211** to

be connected with a Doorway or use the Doorway locator map for access to a Doorway at one of nine trusted community hospitals.

[Parenting Books and Media | Connected Families](#)

Connected Families provides streamlined, easy-access to resources parents may need, including online classes, books/audiobooks, parent coaching, and free e-resources for a variety of needs.

[American Academy of Pediatrics: \[healthychildren.org\]\(http://healthychildren.org\)- The AAP Parenting Website](#)

Whether you're looking for general information related to child health or for more specific guidance on parenting issues, you've come to the right place. Here, you'll find information regarding the American Academy of Pediatrics (AAP) many programs and activities, policies and guidelines, publications and other child health resources, as well as much, much more. Best of all, the information comes from the nation's leading child health experts and scientific research supporting their recommendations.

[Child and Family Blog](#)

The Child and Family parenting blog produces a weekly article about the influence of families on child development and reports on the latest research.

The Sleep Foundation:

[Babies and Sleep: What To Expect & Tips | Sleep Foundation](#)

[Children and Sleep | Sleep Foundation](#)

[Sleep Strategies for Children | Sleep Foundation](#)

[Mental Health and Sleep | Sleep Foundation](#)

[Children - The Sleep Charity](#)

The 'Tired of Being Alone' campaign is made to support parents and carers who have a child/children that struggle to get good quality sleep. There are many reasons why a child may experience sleep difficulties and this guide explores some of the more commonly reported issues. It is packed with information, advice, hints and tips to help you to get your child to sleep better.

Video Resources for Caregivers

▶ Calming & De-escalation Strategies

This short video reviews four key calming and de-escalation strategies you can use with children of any age. These strategies are outlined in this graphic.

▶ When Worry Shows Up: How Parents can help Children During Uncertain Times- ...

This is a one hour video with Lynn Lyons, LICSW, local and nationally recognized anxiety expert. You can find more of Lynn's content [here](#).

▶ Your Calm = Their Calm

This five minute video discusses how to help yourself stay regulated and calm so you can help your child stay regulated and calm.

▶ Addressing Needle Fear: A Video for Parents and Caregivers

This two and a half minute video provides some tips and tricks for parents who have children who might be afraid of getting shots or blood work.

▶ Family Resource Centers & Parent Child Centers- Information for Families

This 3 minute video describes what Family Resource Centers (NH) and Parent Child Centers (VT) can offer to families.

[InBrief: Resilience Series - Center on the Developing Child at Harvard University](#)

These three videos provide an overview of why resilience matters, how it develops, and how to strengthen it in children.

[How Early Childhood Experiences Affect Lifelong Health and Learning - Center on the Developing Child at Harvard University](#)

In this animated video, narrated by Center on the Developing Child Director Jack P. Shonkoff, M.D., learn what the latest science tells us about how early experiences affect not only early learning and school readiness, but also lifelong Health.