



## PAA'S MENTAL HEALTH RESOURCES FOR PARENTS

## **Anxiety**

### **Books**

- What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems With Sleep
- What to Do When Bad Habits Take Hold: A Kid's Guide to Overcoming Nail Biting and More
- What to Do When Fear Interferes: A Kid's Guide to Overcoming Phobias
- What to Do When Mistakes Make You Quake: A Kid's Guide to Accepting Imperfection
- What to Do When You Don't Want to Be Apart: A Kid's Guide to Overcoming Separation Anxiety
- What to Do When the News Scares You: A Kid's Guide to Understanding Current Events
- What to Do When You Panic: A Kid's Guide to Transforming Panic into Personal Power
- Breaking Free of Child Anxiety and OCD: A Scientifically Proven Program for Parents

### Websites or Podcasts

- Health Anxiety workbook Guides kids through understanding anxious thoughts about health and teaches coping strategies to reduce worry.
- Reducing health anxiety CBT workbook Uses cognitive-behavioral techniques to challenge anxious thinking and build healthier thought patterns.
- <u>Books About Attachment, Separation & Connection</u> Stories and activities that help children feel secure, manage separation anxiety, and strengthen emotional bonds.

### ADD/ADHD

### **Books**

- What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems With Sleep
- Smart but Scattered by Dawson & Guare Practical tips on improving executive function and organization.
- The Explosive Child by Ross Greene A compassionate approach to handling frustration and meltdowns.
- Taking Charge of ADHD by Russell Barkley What Your ADHD Child Wishes You Knew by Sharon Saline NO Mind Left Behind: Understanding and Fostering Executive Control -- The Eight Essential Brain Skills Every Child Needs to Thrive by Adam J Cox
- Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder" by Dr. Edward M.
   Hallowell and Dr. John J. Ratey
- Finally Focused: The Breakthrough Natural Treatment Plan for ADHD That Restores Attention, Minimizes Hyperactivity, and Helps Eliminate Drug Side Effects" by Dr. James Greenblatt
- Parenting Children with ADHD by Vincent J. Monastra
- The Sensory Child Gets Organized" by Carolyn Dalgliesh
- Help4ADD At High School by Kathleen G. Nadeau
- Where's My Stuff? The Ultimate Teen Organizing Guide by Samantha Moss
- Mindfulness and Self-Compassion for Teen ADHD Build Executive Functioning Skills, Increase Motivation, and Improve Self-Confidence (The Instant Help Solutions Series) by Mark Bertin, MD
- Enhancing Executive Functioning and Study Skills Efficiency: An Intentionally Short Guide for the Overwhelmed Student by Dr. Carey Heller



### Websites or Podcasts

- HealthyChildren.org (AAP): Info from pediatricians on ADHD symptoms, treatment, and school support.
- ADD/ADHD Toolkit: The CHADD NRC Toolkit page offers parents and caregivers a curated collection of ADHD-resources—infographics, podcasts, videos, quick facts, and link-lists—to help understand diagnosis, treatment, and daily management of ADHD.
- CHADD.org: National resource for ADHD with webinars, fact sheets, and a podcast.
- <u>Child Mind Institute:</u> Practical articles and expert advice on ADHD and co-occurring issues.
- ADDitude Magazine: Parent-friendly articles, printable tools, and an excellent podcast.
- Podcast: **ADHD Essentials** (with Brendan Mahan) Strategies to manage school, routines, & emotions.
- Podcast: ADHD Experts Podcast (by ADDitude) Interviews with top ADHD professionals.
- Podcast: Parenting with Impact Hosted by ADHD coaches Elaine Taylor-Klaus & Diane Dempster.
- Podcast: The ADHD Kids Can Thrive Podcast Real-talk for parents navigating daily challenges.

### Self Directed Cognitive Training Programs

- <u>Luminosity.com</u>: Offers science-based brain training games that target attention, memory, and problem-solving.
- <u>Gamesforthebrain.com</u>: Simple online games to keep the mind engaged and encourage focus.
- <u>Mindgames.com</u>: Variety of puzzles and brain teasers designed to improve concentration and mental agility.
- Improvememory.org Brain Games: Free games and exercises to strengthen memory and attention skills.
- MentalUp.co Concentration and Memory Games: Gamified exercises aimed at boosting focus, memory, and cognitive flexibility in kids.

### **Autism**

### Books

 Uniquely Human: Updated and Expanded: A Different Way of Seeing Autism by Barry M. Prizant Ph.D. and Tom Fields-Meyer

### Websites and Podcasts

- <u>Autism Speaks Resource Guide</u> helps locate services and support networks
- <u>Autism Society</u> includes information on advocacy, education, and community programs
- **Moms Talk Autism Podcast** Hosted by four mothers of autistic children, this podcast discusses daily challenges, therapies, and family dynamics.
- Autism Parent Club Podcast Chris and Becky Fry share their journey raising a non-verbal, low-functioning autistic son. They discuss topics such as school experiences, meltdowns, and maintaining family balance.
- Autism Family Resource Podcast Hosted by Brian Keene, a pediatric occupational therapist, this
  podcast offers actionable tips and success stories. It aims to empower families with tools and
  knowledge to thrive at home and in the community.
- **Two Sides of the Spectrum** Hosted by Meg Procter, this podcast explores current autism research and neurodiversity, featuring insights from neurodivergent individuals and experts.



## Big Emotions (Anger, negativity, jealousy)

### **Books**

- What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity
- What to Do When It's Not Fair: A Kid's Guide to Handling Envy and Jealousy
- What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems With Anger
- The Mindful Child: How to Help Your Kid Manage Stress, and Become Happier, Kinder, and More Compassionate by Susan Kaiser Greenland - A great resource to help children develop mindfulness

### Mobile Mindfulness Apps

- **Calm** Guided meditations, breathing exercises, and relaxing sounds to help kids manage stress, regulate emotions, and improve sleep.
- **Smiling Mind** Age-appropriate mindfulness programs that teach kids to notice thoughts and feelings, build emotional awareness, and practice gratitude.
- **Ninja Focus** Interactive mindfulness, yoga, and breathing activities designed to help kids develop self-control, focus, and calming strategies.

## **Bullying**

### **Books and Website**

- <u>Bullying workbook for teens</u> Provides activities and strategies to help teens understand bullying, build self-esteem, and learn coping skills.
- <u>Bullying videos for kids</u> Uses stories and visuals to teach kids how to recognize, prevent, and respond to bullying.
- <u>Bullying worksheet</u> Printable activities that guide kids through identifying bullying, expressing feelings, and planning safe responses.
- <u>Bullying worksheets for kids and teens (available for purchase)</u> Structured exercises that develop assertiveness, empathy, and problem-solving to handle bullying situations.

# **Disordered Eating**

### **Books**

- Help Your Teenager Beat an Eating Disorder (1st Edition) (Author: James Locke)
- How to Nourish Your Child With an Eating Disorder (Authors: Casey Crosbie & Wendy Sterling)
- Life Without Ed (Author: Jenni Schafer)
- If Your Adolescent Has An Eating Disorder: An Essential Resource for Parents (Author: B. Timothy Walsh)

# Depression

### **Books**

Feeling Great: The Revolutionary New Treatment for Depression and Anxiety by David D. Burns MD

#### Websites

American Academy of Pediatrics (AAP) – Mental Health Resources for Families
 Offers downloadable handouts and articles on managing depression, anxiety, and promoting
 emotional wellness in children and teens. Visit AAP Resources



## Depression

### Websites

- Mental Health America (MHA) Mental Health Resources for Parents Provides guidance on identifying mental health struggles in children, including depression, and offers strategies for effective communication and support. Explore MHA ResourcesMental Health America
- Child Mind Institute Resources for Pediatricians
- While aimed at pediatricians, this site offers valuable information for parents on recognizing and addressing childhood depression. Access Child Mind Resources
- Depression and Bipolar Support Alliance (DBSA) Parents and Children Mental Health Resources Toolkit Features tools like the Mood Crew program to help children identify and manage emotions, along with support group information for parents. Visit DBSA ToolkitDBS Alliance

### Podcasts

- Mental Health America Talking to Adolescents and Teens: Starting the Conversation Offers insights into initiating discussions about mental health with teens, a crucial step in addressing depression. Listen to the Podcast
- DBSA Online Community for Parents and Caregivers Provides access to support groups and resources, including podcasts, to help parents navigate their child's mental health journey. Join DBSA Community

### Mobile Mental Health Apps

- Mood Tools: A free app offering information on depression, cognitive behavioral therapy (CBT) tools, and mood tracking features. Learn More
- CBT Tools for Youth: Designed for adolescents, this app provides CBT resources and coping strategies to manage depression. <u>Discover CBT ToolsAACAP+1www2.aacap.org+1</u>
- mADAP: An app based on the Johns Hopkins Adolescent Depression Awareness Program, offering educational content about depression for teens. Explore mADAP

### OCD

### Books

- What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD
- What to Do When Bad Habits Take Hold: A Kid's Guide to Overcoming Nail Biting and More
- Breaking Free of Child Anxiety and OCD: A Scientifically Proven Program for Parents 1st Edition by Eli R. Lebowitz

### **Perfectionism**

### Books

- What to Do When Fear Interferes: A Kid's Guide to Overcoming Phobias
- What to Do When Mistakes Make You Quake: A Kid's Guide to Accepting Imperfection



## Parenting

### Books - Younger Kids:

- No Bad Kids: Toddler Discipline Without Shame by Janet Lansbury
- The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by
   Daniel J. Siegel M.D. and Tina Payne Bryson

   Good Inside: A Practical Guide to Resilient Parenting Prioritizing Connection Over Correction by Dr.
   Becky Kennedy
- Super Duper Safety School: Safety Rules For Kids & Grown-Ups! by Pattie Fitzgerald
- Good Pictures Bad Pictures Jr.: A Simple Plan to Protect Young Minds by Kristen A. Jenson and Debbie Fox
- The Mindful Child: How to Help Your Kid Manage Stress, and Become Happier, Kinder, and More Compassionate by Susan Kaiser Greenland - A great resource to help children develop mindfulness

### **Books - Older Kids and Teens:**

- Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids by Kristen A. Jenson
- The Girl's Body Book (Fifth Edition): Everything You Need to Know for a Healthy, Happy YOU! (The Ultimate Resource For Parents And Pre-Teen Girls On Growing Up And Self-Care) by Kelli Dunham
- The Boy's Body Book (Fifth Edition): Everything You Need to Know for a Healthy, Happy YOU! (The Ultimate Handbook For Pre-Teen Boys) by Kelli Dunham
- The Care and Keeping of You 1: The Body Book for Younger Girls by Valorie Schaefer
- The Mindful Child: How to Help Your Kid Manage Stress, and Become Happier, Kinder, and More Compassionate by Susan Kaiser Greenland - A great resource to help children develop mindfulness

### Websites and Podcasts

- Podcast: Good Inside with Dr. Becky
- Website: <a href="https://parentdata.org/">https://parentdata.org/</a> ParentData: Find the data-driven, judgment-free answers you're looking for on trying to conceive, pregnancy, parenting, and beyond.
- Books Honoring Differences