

Dad Genes Podcast Episode Rundown

Episode Number	
Topic	Building Resilience
Hosts	Dedan Bruner , Harris Tay , Bryan Jackson
Guest	None
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Show Notes / Links / Articles

1. Poem - [Harlem \(A Dream Deferred\)](#) - By Langston Hughes
2. APA - [It's Okay to Not Be Okay](#)
3. NPR - Life Kit Parenting - [When the News Is Scary, What to Say to Kids](#)
4. APA - [Resilience Guide for Parents and Teachers](#)
5. Psychology Today - [The Resilient Child](#)
6. Positive Psychology - [30+ Tips for Building Resilience in Children](#)
7. [HealthyChildren.org](#) - [Building Resilience in Children](#)
8. Parenting for Brain - [Resilience in Children - 4 Proven Stages](#)
9. APA - [Resilience in African American Children and Adolescents](#)
10. [Resiliency in African-American Youth](#)
11. TED - [Happy, Healthy, Resilient Children](#)
12. TED - [I Think We All Need a Pep Talk](#)
13. TED - [The Power of Resilience](#)
14. James Clear - [Grit: A Complete Guide on Being Mentally Tough](#)
15. James Clear - [1% Better](#)
16. NPR - [To Teach Kids to Handle Emotions, Some Schools Take Time out For Group Therapy](#)
17. NPR - [Schools Are Embracing Mindfulness, But Practice Doesn't Always Make Perfect](#)
18. NPR - CDC: [Childhood Trauma is a Public Health Issue and We Can Do More to Present it](#)
19. NPR - [When Will This Be Over? Sesame Workshop's Tips for Parenting During a Pandemic](#)
20. Youtube - [James Baldwin and Nikki Giovanni Conversation - "Lie to me"](#)