



Parenting Resources

Parenting is challenging during “normal times,” being confined to home with children can be *extremely* challenging and stressful. The better you are able to manage your stress as a parent, the better your children will be able to cope and the better behaved they will be.

Tips to Keep Your Cool During Covid 19:

- Set up a general schedule for your family to follow including household chores, self care, exercise, school work, meal times, family fun time and bedtimes.
- Be kind to yourself! Try not to obsess over less than perfect parenting moments. We all have them!
- Plan ahead. If you know you will need a break from your children after lunch for instance, or if you have an important Zoom meeting to attend, prepare your child beforehand and make the time they need to entertain themselves a little special. Save “screen time,” special coloring books or a high value toy to be accessed by your child for that time period. Make sure you give them verbal rewards after.
- Notice and comment on positive behavior that you see in your children.

Vermont Based Resources

Parent Up is a Vermont website to connect parents to resources to help them support children and teens with substance use issues.

<https://parentupvt.org/resources/>

Dad Guild Awesome Vermont resource for dads of young children, check it out!

Offering online support groups and dad/child activities <https://www.dadguild.org>

Prevent Child Abuse Vermont helpline (800) 244-5373 (CHILDREN), crisis line to call when you have questions or are feeling overwhelmed regarding your role as caregiver.
<https://www.pcavt.org/parents-helpline>

Additional Resources

American Academy of Pediatrics

- Great resource for all things parenting, child development, child health and mental health. <https://www.healthychildren.org/English/Pages/default.aspx>
- Parenting during the 2019 CoronaVirus Epidemic information and tips for parents.
<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

Center for Disease Control short videos on parenting toddlers and pre-school children
<https://www.cdc.gov/parents/essentials/videos/index.html>

Common Sense Media

Look up reviews regarding the quality and appropriateness of all types of media geared towards children (movies, books, music, video games).

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

PBS for Parents

Games, crafts, & activities for children ages 2 - 8. A daily newsletter is available with stay-at-home tips while kids are socially distancing.

<https://www.pbs.org/parents>

Zero to Thrive

Youtube channel from Michigan Medicine with videos on building secure parent-child relationships, balanced caregiving, & problem-solving for parents and children.

<https://zerotothrive.org/strong-roots-programs/>