

Helpful Parent Resources for Oceanport Families

www.additudemag.com - **ADDitude** - Inside the ADHD Mind (Also helpful for kids without ADD)

Excellent site with a wealth of information with articles, strategies, ideas as well as webinars on how to help with learning at home. Example articles: *“Stick to the Plan! How to Cement a Home Learning Routine”*; *“Manage Remote Learning for Kids of Different Ages”*; *“How Can I Help My Teen Better Manage Screen Time?”*; *“The Morning Survival Guide for ADHD Families”*; and more! Example webinars are: *“To Medicate or Not?”*; *“School Time, Not Screen Time”*

www.ldonline.org - **LD OnLine**

Superb site with plenty of advice, tips, information, and strategies to help with learning. There's a toolbar on the left with various tabs such as: *“Getting Started”* - if you need information about a certain disability; *“For Families”* - contains top articles and recommended links; *“Finding Help”* for expert advice and LD resources, and more! You can do a search about a particular topic such as *“help with writing”* and up pops links such as: *“Toolkit for Parents: Tips for Helping with Writing Tasks”* or *“Helping Your Child with Writing.”*

www.understood.org - A Free sign up for parents and educators to receive a variety of current information such as COVID-19 updates - *“How to talk about the coronavirus to Kids”*, *“At Home Activities, Schedules, and More...”*, *“How Families are Coping”*, and tons more related to kids and podcasts for children with IEPs and 504 Plans.

Rise and Shine

<https://riseandshine.childrensnational.org/coronavirus/>

This site provides tips on many different topics such as dealing with disappointment from events and activities being canceled, sleeping habits, a video guide for children, how to manage your schedule with the extra time at home, and many more.

Social Emotional Learning Books

<https://www.juliacookonline.com/>

Julia Cook is a former School Counselor who has written many fantastic books that teach Social Emotional Learning skills from dealing with grief, anxiety, hygiene habits, and many more.

Help Guide

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

This website describes symptoms, types, and strategies for dealing with many different mental health disorders and other mental health concerns. They have added topics related to Covid-19 anxiety, stress, and worry.

Perform Care is a free service to families who are experiencing children with behavioral, mental health or emotional challenges. There are therapists of many different languages are available to communicate 24 hours a day, seven days a week. 1-877-652-7624

Perform Care - Telehealth Flyer

[Telehealth CMR/CMO Flyer](#)

2nd Floor Youth Helpline is a confidential and anonymous helpline for New Jersey's youth and young adults. Counselors are available to help find solutions to the problems that are faced by our youth. 1-888-222-2228

<https://www.2ndfloor.org/>

Just for Teens: A Personal Plan for Managing Stress

https://www.aap.org/en-us/professional-resources/Reaching-Teens/Documents/Private/Personal_plan_handout.pdf

Supporting Kids Mental Health during Covid 19 Pandemic

<https://www.weareteachers.com/kids-mental-health-covid-19/>

Covibook- Supporting and Reassuring Children Around the World

<https://www.mindheart.co/descargables>

Talking to Children About Coronavirus

https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19_Children.pdf

How Teenagers Can Protect Their Mental Health During Covid 19

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

How to create a calm space at home

<https://www.counselorkeri.com/2020/04/18/calm-corner-at-home/>

Confident Parents Confident Kids: A site for parents actively supporting kids' social and emotional development

<https://confidentparentsconfidentkids.org/>

Monmouth County Children & Youth Behavioral Health Reference Guide

https://co.monmouth.nj.us/documents/41/2018_19%20Youth%20Guide.pdf