

Online Resources for Caregivers/Parents Linked to Kids Grant

Mental Health:

○ **ADD/ADHD**

[ADHD and You](#) – ADHD information and help for home, school, etc.

[ADD.org](#) - Support for a like minded community

[www.aacap.org](#) - contains consumer-friendly definitions, answers to FAQs, resources, expert videos, and publications about ADHD.

[http://chadd.org](#) - A nonprofit organization that serves individuals with ADHD and their families.

CHADD has over 200 local chapters throughout the United States that offer support for individuals, parents, teachers, and professionals.

○ **Autism**

[www.aacap.org/Autism_Resource_Center](#) - contains consumer-friendly definitions, answers to FAQs, resources, expert videos, and publications about Autism.

[http://autism.asu.edu](#) Arizona State University – Autism / Aspergers Research Program

[https://www.autismspeaks.org](#) Autism Speaks is a leading autism science and advocacy organization, dedicated to funding research into the causes, prevention, treatments and a cure for autism; increasing awareness of autism spectrum disorders; and advocating for the needs of individuals with autism and their families.

[http://www.aspergersyndrome.org](#) A resource for families, individuals, and medical professionals who deal with the challenges of Asperger Syndrome, Autism, and Pervasive Developmental Disorder/ Not Otherwise Specified (PDD/NOS).

○ **Anxiety**

[www.aacap.org](#) - contains consumer-friendly definitions, answers to FAQs, resources, expert videos, and publications about anxiety.

[http://www.adaa.org/living-with-anxiety/children](#) - Anxiety and Depression Association of America

○ **Depression**

[www.aacap.org/AACAP/Depression_Resource_Center](#) - contains consumer-friendly definitions, answers to FAQs, resources, expert videos, and publications about depression.

[Black dog video](#) – Four-minute video describing depression symptoms and treatments.

○ **Bipolar**

[www.aacap.org/Bipolar_Disorder_Resource_Center](#) - contains consumer-friendly definitions, answers to FAQs, resources, expert videos, and publications about

○ **Relaxation/Mindfulness**

[Jar of Water Demonstation](#) – One-minute explanation about mindfulness.

[3 Minute Breathing](#)– Three-minute Breathing Exercise for relaxation.

[Waterfall](#) - Three-minute waterfall relaxation video.

[Three-minute mindfulness meditation](#) – guided relaxation video

[Guided meditation for parents and children](#) - Mediation for parents and child to do together.

Substance Abuse/Education:

- tuolumne.networkofcare.org Local Substance abuse information and resources.
- <http://www.samhsa.gov> Substance Abuse and Mental Health Services
- <http://www.drugabuse.gov> National Institute on Drug Abuse
- http://www.cdc.gov/tobacco/basic_information/youth/index.htm Youth Tobacco Prevention

Family Concerns:

[5 Steps to help your troubled teens](#) – Parent and Teen resources page
[positive_language.pdf](#) Use Positive Language to Improve Your Child’s Behavior
<http://www.parenttoolkit.com> This toolkit will help you navigate your child’s journey from pre-kindergarten through high school. It is designed to help you track and support progress at each stage.
[sleepfoundation.org](#) Sleep problems/disorders are prevalent in children. Poor sleep can lead to mood swings, behavioral problems and cognitive problems that impact their ability to learn in school.
[webmd.com/parenting/guide/sleep-children](#) - How Much Sleep do Children Need?
<http://kidshealth.org/parent/> - Website for children's health and development.

Social Dynamics:

- Bullying
[That's not cool](#) – Child and parent friendly site about stopping bullying
[Bars and Melody song about Bullying](#) – Britain’s Got Talent Anti-Bullying song
[Stop Bullying](#) – Federal government site about stopping bullying
[The Choice - be a buddy not a bully video](#) – YouTube video about how Bullying affects students
[To This Day poem](#) - You tube video poem about bullying
- Sexting and Social Media
[Common Sense Media](#) – Good media resource for parents. Tips on social media usage, app/game/movie/etc. reviews, blog, videos...

Community Resources/Agencies

www.atcaa.org To help individuals in Amador and Tuolumne counties toward self-sufficiency. “People Helping People”

[Center for a Non Violent Community](#) – Education, resources, and counseling for survivors of Domestic Violence and Sexual Assault.

[Ices agency.org](#) Infant/Child Enrichment Services, Inc. was created to provide a variety of child care and parenting support services to families in Tuolumne and Mariposa counties.

[Early-childhood-services](#) Head Start Pre School information

[Mentoring-Works](#) Mentoring Works matches caring adults in a One-On-One relationship with children ages 7-17 identified as at-risk, to serve as friends, guides, and positive role models.

tuolumnecounty.ca.gov Tuolumne County Youth Centers

<http://www.tcsos.us> Tuolumne County Superintendent of School Office