**Parenting in a Pandemic Resource List**

**Books**

1. *Beyond Consequences Logic and Control: A Love-based Approach to Helping Children with Severe* *Behaviors*, Volumes 1 & 2, Heather Forbes, 2006, 2008.

2. *Building Resilience in Children and Teens: Giving Kids Roots and Wings*, Kenneth Ginsburg, 2014.

3. *Dare to Love: The Art of Merging Science and Love into Parenting Children with Difficult Behaviors,* Heather Forbes, Volume 3, 2009.

4. *Help for Billy: A Beyond Consequences Approach to Helping Challenging Children in the Classroom,* Heather Forbes, 2012.

5. *How to Be a Person: 65 Hugely, Super Important Skills to Learn Before You’re Grown Up, Catherine* Newman, 2020.

6. *It’s Complicated: The Social Lives of Networked Teens*, Danah Boyd, 2015.

7. *Grit: The Power of Passion and Perseverance*, Angela Duckworth, 2018.

8. *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*, Nadine Harris Burke, 2018.

9. *The Explosive Child,* Ross Greene, 2014.

10. *Mindful Parenting*, Kristen Race, 2014.

11. *Survival Mom: How to Prepare Your Family for Everyday Disasters and Worst-case Scenarios,* Lisa Bedford.

12. *The Art of Screen: Digital Parenting Without Fear*, Anya Kamenetz, 2020.

13. *Unconditional Parenting: Moving Rewards and Punishments to Love and Reason*, Alfie Kohn, 2005.

**Websites**

1. Beyondconsequences.com

2. Childmind.org

3. Commonsensemedia.org – teens and screen time, coronavirus support

4. Compassionresiliency.com – Fun Activities for Kids During a Pandemic

5. Cosmickids.com

6. Gonoodle.com

7. Gozen.com

8. Kahoot! -learning game website

9. kiddycharts.com – free downloadable “My 2020 Time Capsule” Worksheets

10. Mindfullittles.org – quarantine response

11. Parentandteen.com

12. Parents.com – On-line support groups for parents during COVID-19

13. Parentsupportduringcovid19.com

14. Readworks.org – academic online learning site for parents who are now teachers)

15. Themindfulparent.org

16. Virtual Summer Camps for Kids – outschool.com, varsitytutors.com, activityhero.com

**Podcasts**

1. The Longest Shortest Time – Hillary Frank & Sticher

2. Unruffled – Janet Lansbury, respectful parenting

3. Zen Parenting Radio – Todd & Cathy Adams

**Helplines**

National Parenting Helpline: **855-427-2736**

Boys Town National Hotline: **800-448-3000**

Crisis Text Line: **Text STRENGTH to 741741** crisistextline.com

National Alliance on Mental Illness (NAMI) Helpline: **800-950-6264**

National Disaster Distress Helpline: **1-800-985-5990**

National Domestic Violence Hotline: **1-800-799-7233**

National Sexual Assault Hotline**: 800-656-4673**

National Suicide Prevention Lifeline: **1-800-273-8255**

**TED Talk**

How Childhood Trauma Affects Health Across a Lifetime, Dr. Nadine Burke Harris, 2015.

Kay Glidden 8-2020

