



Children's Mental Health Awareness Day 2020

Resource List

General Messaging and Information

- Framing: <http://eccp.civikkanopy.org/message-platform/>
- Glossary: <https://children.wi.gov/Documents/Glossary.pdf>
- Mental Health Awareness Month: <https://www.mhawisconsin.org/may>

Early Childhood Education (ECE)

- Social Emotional Learning (SEL)
 - <http://milwaukeekeesucceeds.org/what-we-do/social-and-emotional-learning>
 - <https://www.naeyc.org/resources/pubs/yc/mar2018/promoting-social-and-emotional-health#books>
 - <https://www.naeyc.org/resources/pubs/yc/mar2017/teaching-emotional-intelligence>
- Preventing exclusionary discipline
 - <https://preventexpulsion.org/>
 - <https://www.zerotothree.org/resources/series/preventing-expulsion-from-preschool-and-child-care>
 - <https://nam.edu/expulsion-and-suspension-in-early-education-as-matters-of-social-justice-and-health-equity/>
- Early Childhood Mental Health Consultation: <https://wiaimh.org/iecmh>
- Developing Relationships with Family Leaders:
 - <https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/building-partnerships-developing-relationships-families.pdf>
 - https://www.acf.hhs.gov/sites/default/files/eclkc/compendium_of_parenting_interventions_911_508.pdf
- Changing Your Mind on Challenging Behavior:
 - <https://challengingbehavior.cbcs.usf.edu/Pyramid/overview/index.html>
 - <https://www.pbis.org/topics/early-childhood-pbis>
 - <http://csefel.vanderbilt.edu/resources/strategies.html>
- Dealing with Implicit Bias:
<https://www.nea.org/assets/docs/23840%20Confronting%20Implicit%20Bias%20Thru%20Emp%20Teacher%20Prep-v2.pdf>

Supporting Families and Parent Connections

- Protective Factors: <https://fiveorfamilies.org/learn-the-5-strengths/>
- Ways to Calm Your Child: <https://uwm.edu/icfw/wp-content/uploads/sites/384/2019/05/ICFW-Handout-Coping-Techniques.pdf>
- Betty Brinn Children's Museum: <https://www.bbcmkids.org/play-cloud/>
- The Parenting Network: <https://www.theparentingnetwork.org/>
- Mindfulness & Deep breathing:
 - <https://medium.com/@KaylaEMatthews/6-deep-breathing-apps-to-keep-you-calm-and-focused-5b4beaf760f6>
 - <https://sesamestreetincommunities.org/activities/breathe-think-do/>
 - <https://www.pbs.org/parents/thrive/how-mindfulness-can-help-kids-and-parents-weather-emotional-storms>
- PBS Ready to Learn - <https://pbskids.org/learn/>

- Text4FamilyService - <https://eclkc.ohs.acf.hhs.gov/family-engagement/article/text4familyservices>

Child Development

- Milestones: <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>
- Brain Architecture: <https://dev.thebrainarchitecturegame.com/>
- Early Intervention: <https://www.mhanational.org/issues/prevention-and-early-intervention-mental-health-early-childhood-puberty>
- Developmental Delays: <https://nyulangone.org/conditions/developmental-delays-in-children/types>
- Developmental Screening: <https://agesandstages.com/>
- Are You Seeing These Behaviors?: <https://uwm.edu/icfw/wp-content/uploads/sites/384/2019/05/ICFW-Handout-Child-Behaviors.pdf>

Early Childhood Mental Health:

- Tip Sheet: <https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/what-is-early-childhood-mental-health-tipsheet.pdf>
- 5 Things to Know: <http://www.promotingmentalhealthiowa.org/pdf/5Things.pdf>
- Talk, Read, Sing: <https://www2.ed.gov/about/inits/ed/earlylearning/talk-read-sing/feelings-families.pdf>
- Kids Do Well If They Can: <https://livesinthebalance.org/step-one-first-video>
- It's Okay to Cry: <https://www.dearblackboycry.com/>
- 2016 Children's Mental Health Report: <https://childmind.org/report/2016-childrens-mental-health-report/>

Toxic Stress

- Effects of Trauma on Kids: <https://uwm.edu/icfw/tools-and-resources-3-2/>
- ACEs (Adverse Childhood Experiences): <https://uwm.edu/icfw/wp-content/uploads/sites/384/2019/05/ACEs-Handout.pdf>
- Traumatic Stress
 - https://www.nctsn.org/resources/public-awareness/childrens-mental-health-awareness?search=&resource_type=All&trauma_type=All&language=All&audience=33&other=All
 - <https://www.mhanational.org/tags/trauma>

Policies, Advocacy, and Family Leadership

- Parent Advocacy and Leadership Skills: <https://eclkc.ohs.acf.hhs.gov/family-engagement/article/enhance-parents-advocacy-leadership-skills>
- Early Childhood Organization Policy:
 - https://www.naeyc.org/sites/default/files/globally-shared/downloads/PDFs/resources/topics/Standing%20Together.Joint%20Statement.FINAL_9.pdf
 - <https://preventexpulsion.org/recommended-policies-practices/>
- NAMI Action Week: <https://namiwisconsin.org/nami-wisconsin-events/action-on-the-square/>
- What Can Advocates Do: <https://www.zerotothree.org/resources/1844-what-can-advocates-and-policy-makers-do>
- Funding SEL: <https://casel.org/funding-resources/>