

# I DON'T KNOW HOW TO HELP MY CHILD FIND BALANCE



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## Webinar Resources

REPLAY LINK: [HTTPS://VIMEO.COM/962678859](https://vimeo.com/962678859)



### Active Listening

Active Listening: [bit.ly/4cu3ez](https://bit.ly/4cu3ez)

### Helping children and parents calm down in the “hot” moments



Box breathing: [bit.ly/4cxKRyu](https://bit.ly/4cxKRyu)

54321 grounding skills: [bit.ly/3VQnHxZ](https://bit.ly/3VQnHxZ)

Progressive Muscle Relaxation: [bit.ly/3Xuz2Fd](https://bit.ly/3Xuz2Fd)



### Offline Resources

*When the World Feels Like a Scary Place: Essential Conversations for Anxious Parents and Worried Kid* by Abigail Gewirtz

*Raising An Emotionally Intelligent Child the Heart of Parenting* by Dr. John Gottoman

*Building Resilience in Children and Teens Giving Kids Roots and Wings* by Dr. Kenneth Ginsburg and Martha Jablow.



### Support

Find a therapist: [bit.ly/3zbGMBL](https://bit.ly/3zbGMBL)

**988 Suicide & Crisis Lifeline**  
Call or text 988 or chat [988lifeline.org](https://988lifeline.org)

**SAMHSA's National Helpline**  
1-800-662-HELP (4357)

Suicide Prevention: [bit.ly/3U0ahNJ](https://bit.ly/3U0ahNJ)

Share text crisis line with teens:  
<https://www.crisistextline.org>

