

STRENGTHENING PARENT AND CHILD INTERACTIONS (13-18 years)



● A Blue Dot indicates agencies that are a member of the Maternal Mental Health Collaborative and/or have attended the Postpartum Support International training.

Being a parent can be very rewarding, but it can also be very challenging. Because your child is always growing, the information you need to know about parenting and child development changes constantly, too. Learning what behaviors are appropriate for your child's age and how to handle them can help you better respond to your child.

"WHERE CAN I LEARN MORE ABOUT MY CHILD'S DEVELOPMENT?"

**If you are concerned about your child's development or need more help,
contact your child's pediatrician, teacher, or school counselor.**

EMPOWERINGPARENTS.COM

Articles from the experts at Empowering Parents to help you manage your teen's behavior more effectively. Is your adolescent breaking curfew, behaving defiantly or engaging in risky behavior? We offer concrete help for teen behavior problems.

www.empoweringparents.com

AMERICAN ACADEMY OF PEDIATRICS

Adolescence can be a rough time for parents. At times, your teen may be a source of frustration and exasperation, not to mention financial stress. But these years also bring many, many moments of joy, pride, laughter and closeness. Find information about privacy, stress, mental health, and other health-related topics.

www.healthychildren.org/English/ages-stages/teen

INFOABOUTKIDS.ORG

This website has links to well-established, trustworthy websites with common parenting concerns related to your child's body, mind, emotions, and relationships.

infoaboutkids.org

AHA! PARENTING

Provides lots of great, useful advice on how to handle parenting challenges at all ages.

www.ahaparenting.com/

THE NATIONAL PARENT HELPLINE

Provides parents and caregivers with emotional support and refers them to services if necessary.

1-(855)-4A-PARENT

www.nationalparenthelpline.org/

If you feel that you are in crisis, please call:

Yolo County 24hr toll-free Access Line: (888) 965-6647 or
National Suicide Prevention Hotline: (800) 273-TALK (8255)

For emergencies call and/or text 911

or visit the Mental Health Urgent Care Clinic at 500 Jefferson Blvd #B, West Sacramento

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“MY CHILD IS IDENTIFYING AS LGBTQ. WHAT RESOURCES ARE AVAILABLE?”

UC DAVIS LGBTQIA RESOURCE CENTER

The purpose of the Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual Resource Center (LGBTQIA+ Resource Center) is to provide an open, safe, inclusive space and community that is committed to challenging sexism, cissexism/trans oppression/transmisogyny, heterosexism, monosexism, and allosexism. A place for community members from all sexes, gender identities, gender expressions, sexualities and asexualities are welcomed and celebrated.

(530) 752-2452

lgbtqia.ucdavis.edu/about

SACRAMENTO LGBT COMMUNITY CENTER

The Sacramento LGBT Community Center works to create a region where LGBTQ people thrive. We support the health and wellness of the most marginalized, advocate for equality and justice, and work to build a culturally rich LGBTQ+ community.

(916) 442-0185

saccenter.org/

LAVENDER LIBRARY

Lesbian, Gay, Bisexual, Transgender, Intersex & Asexual community library...12,000 titles of books, videos, DVDs, magazines... original documents from Sacramento LGBT activists...queer book clubs and crafternoons. Everyone enthusiastically welcomed!

(916) 492-0558

lavenderlibrary.com

GENDER HEALTH CENTER

Gender Health Center is a non-profit organization meeting the counseling/therapy needs to the most underserved communities, including the LGBTQI community and focusing on the "T" or transgender. The services embrace the psychological well-being and self-fulfillment of individuals coming out and/or beginning or in the transition process in a safe, supportive and welcoming environment.

(916) 455-2391

www.thegenderhealthcenter.org

NATIONAL RESOURCES

PFLAG (PARENTS, FAMILY, AND FRIENDS OF LESBIANS AND GAYS)

Uniting people who are lesbian, gay, bisexual, transgender, and queer (LGBTQ) with families, friends, and allies. PFLAG is committed to advancing equality through its mission of support, education, and advocacy. PFLAG has chapters all over the country.

pflag.org

COLAGE

COLAGE unites people with lesbian, gay, bisexual, transgender, and/or queer parents and caregivers into a network of peers and supports them as they nurture and empower each other to be skilled, confident, and just leaders in our collective communities.

www.colage.org/

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“WHERE CAN I GO IF I’M CONCERNED ABOUT MY CHILD’S PEER RELATIONSHIPS?”

**Public schools must have an anti-bullying policy. It should be on the school website, but if it’s not, talk to the school office and ask them to send it to you.
If your child is being bullied, request a meeting with school officials.**

STOPBULLYING.GOV

Provides information about what bullying is and what it is not, the warning signs of bullying, and what steps to take for preventing and responding to bullying, including how to talk to children about bullying, prevention in schools and communities, and how to support children involved.

[Stopbullying.gov](http://stopbullying.gov)

“I’M CONCERNED ABOUT MY CHILD’S MENTAL HEALTH. HOW CAN WE GET HELP?”

If you are concerned about your child’s mental health, contact your child’s pediatrician, school counselor, or call Yolo County’s 24-hour Mental Health Crisis & Access Line for help: (888) 965-6647.

ASK TEEN CRISIS LINES

The Allied Services for Kids (ASK) teen line provides 24-hour availability to teens and families in crisis. Whatever the problem, teens are welcome to call this confidential and anonymous crisis line for support.

From Davis: (530) 753-0797

From Woodland: (530) 668-8445

From West Sacramento: (916) 371-3779

www.suicidepreventionyolocounty.org

AMERICAN ACADEMY OF PEDIATRICS

Find many articles about various mental health issues that can affect your child, including anxiety, eating disorders, and depression.

www.healthychildren.org/English/health-issues/conditions/emotional-problems/

NURTURING CHILDREN DURING TIMES OF STRESS: A GUIDE TO HELP CHILDREN BLOOM

We all feel stressed sometimes. Some stress is a normal, healthy part of life. It can help us stay safe, try harder, or make us grow stronger. However, intense stress that doesn’t go away can be too much to handle without help. As a parent or caregiver, there are ways you can help your child handle intense stress. Much like a seed that overcomes a difficult environment to grow and flower, you and your child can bloom even in challenging times. This guide has nurturing tips and resources that can protect you and your child from the effects of intense stress. These ideas will also help you connect with your child. This guide is for parents and caregivers who want to learn how to bloom even in stressful times while helping children do the same! The guide, which was produced by Yolo County Children’s Alliance as a project of the Yolo County Child Abuse Prevention Council, is available in English, Spanish, and Russian.

www.yolokids.org/forfamilies

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“I THINK MY CHILD IS USING ALCOHOL AND/OR DRUGS. HOW DO I TALK TO THEM ABOUT IT?”

Your child’s pediatrician or school counselor can provide you with resources and support. You can also call Yolo County’s 24-hour Mental Health Crisis & Access Line for help: (888) 965-6647.

SAMHSA’S NATIONAL HELPLINE

SAMHSA’s National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

1-800-662-HELP (4357)

www.samhsa.gov/find-help/national-helpline

AMERICAN ACADEMY OF PEDIATRICS

The American Academy of Pediatrics page on substance use has many articles related to substance use, how to help teens resist pressure to try drugs, and how to find a drug treatment program.

1-800-662-HELP (4357)

www.healthychildren.org/English/ages-stages/teen/substance-abuse/

“HOW DO I MONITOR MY TEEN’S TECHNOLOGY USE?”

AMERICAN ACADEMY OF PEDIATRICS

The Media page of the American Academy of Pediatrics has dozens of articles related to your child and technology, including how to support healthy digital media use, how to bond with your child through media, and how to handle advertising and cyberbullying.

www.healthychildren.org/English/family-life/Media/

“I’D LOVE IDEAS ABOUT THINGS I CAN DO WITH MY TEEN.”

TALK+PLAY=CONNECT TOOLKIT FOR FAMILIES

This resource from Yolo County Children’s Alliance has many ideas for how you can connect with your child. The toolkit contains information about why talking and playing are so important for your child’s development and tips that can help you and your child communicate better. It also has fun, easy ideas for how to play and connect with your child at 3 times of the day: in the morning, at mealtimes, and at bedtime. Ideas are divided by your child’s age (baby, toddler, preschooler, school-age, and teenager) so you can get the most helpful information for you and your child! The toolkit is available in English, Spanish, and Russian. Read through the tips and ideas and see which ones feel right to you and your family. Try one of them out today!

www.yolokids.org/forfamilies