



Parenting Support Toolkit

2021

Who is this Toolkit intended for?

This Toolkit is intended to be used by any parent or caregiver raising a child from birth to age 21 years.

What is the Purpose of a Parenting Toolkit?

Today's life stressors can be overwhelming for parents. Helping parents deal with the COVID-19 pandemic, trauma, issues of poverty and joblessness, and ongoing mental and behavioral health needs, navigating challenging conversations, self-care, and managing stress are just a few life events that can be daunting. Parents are charged with the most important task of raising healthy socially and emotionally well-adjusted children while figuring out how to navigate growing pains of parenthood. While this task may be filled with ups and downs, it can be the most rewarding experience. To have a child transition into adulthood and become a productive citizen is the end goal for many parents.

Having a user-friendly guide to refer to can be a supportive tool and sigh of relief. This toolkit was developed to help initiate proactive parenting. Most importantly, it is intended to let parents know that they are not alone in raising their children. It is our hope that parents will discover that the issues that they may be facing are more common than they realize.

This toolkit is aimed to:

- **Empower parents** to engage in active parenting by navigating and exploring topics and resolutions to some of the issues that they may be facing.
- **Support families** with identifying resources, interventions and strategies throughout a child's growth and development.
- **Provide insight** from experts, tips, videos, and more!

Table of Contents

<u>Parenting and COVID-19</u>	4-9
General Information for Parents and Kids on COVID	
Emergency Assistance	
Mental Health Resources	
Education Resources	
COVID Safety	
Keeping a Regular Vaccine Schedule During COVID	
COVID-19 Vaccination Information for Parents and Children	
Parenting and Coparenting During COVID	
<u>Infants and Toddlers</u>	10-17
Developmental Milestones	
New to Parenting (Birth to 1 year)	
Safety Resources	
Mental Health Support for New Parents	
Toddlers – Preschoolers (Aged 2-5 years)	
<u>Middle Childhood and Teens (6-17)</u>	18-25
General Parenting Information	
Education	
Safety	
Health Resources	
Dating and Sex	
Other Important Resources	
<u>Young Adults (18-21)</u>	26-27
College Bound Resources	
<u>Other Parenting Topics</u>	28-32
Fatherhood Topics	
Mental Health for Parents and Children	
Parenting Support Groups	
Parenting as Teen or Young Adult	
<u>Additional Parenting Toolkits and Useful Links</u>	33-35
<u>Appendices</u>	36-49
Appendix 1: Lurie Children’s Hospital Internal Parenting Supports	
Appendix 2: External Parenting Supports	
Appendix 3: Crime Victim Services Resource Guide	
Appendix 4: Parenting Support – Juvenile Justice Resources for Youth	

Parenting and COVID-19

General Information for Parents and Kids on COVID

Talking to Children About COVID-19: Parents and teachers are faced with the challenge of discussing the evolving coronavirus outbreak with young children. Although these may be difficult conversations, they are also important. There are no “right” or “wrong” ways to talk with children about such public health emergencies. However, these articles provide some suggestions you may find helpful.

- [Talking to Children About Coronavirus \(COVID19\)](#), American Academy of Child and Adolescent Psychiatry, David Fassler, MD
- [Discussing Coronavirus with Your Children](#), Center for the Study of Traumatic Stress, Department of Psychiatry, Uniformed Services University
- [Finding the Right Words to Talk with Children and Teens about Coronavirus](#), Center for the Study of Traumatic Stress, Department of Psychiatry, Uniformed Services University
- [Coronavirus: Clear Answers for All Kids](#), Arlen Grad Gaines and Meredith Englander Polsky
- [Top Parenting Tips: For Parents and Caregivers During COVID-19](#), Triple P Parenting Program, Matthew Sanders, AO, PhD and Vanessa Cobham

Guidelines for Holiday Celebrations and Gatherings: The CDC provides the most up-to-date information on gathering safely during the COVID-19 pandemic.

- [Holiday Celebrations and Gatherings](#), Centers for Disease Control and Prevention

Balancing Work and Family during COVID-19: The presence of COVID-19 has impacted us in many ways. For many parents, the boundaries between work and family life have changed, and balancing work and family responsibilities has never been more important. In addition, many families are facing additional stresses, such as job insecurity, financial pressure, and uncertainty about the current situation.

- [Balancing Work and Family During COVID-19](#), Triple P Guide, Triple P Parenting Program, Divna Haslam, PhD; Karen Turner, PhD; Matthew Sanders, AO, PhD

Free COVID-19 Testing Sites in Chicago

- [COVID-19 Testing Sites](#)

Parenting Support in a Changing World: Webinar

- [Evidence based parenting support in a changing world: Challenges, opportunities and future directions](#)
- Access Passcode: gw!GUd2q

General Information on COVID-19 in Spanish: Lurie Children’s se compromete a brindar información actualizada sobre el nuevo coronavirus (COVID-19) tanto a los profesionales de salud como a las familias de los pacientes.

- [Recursos relacionados con el nuevo coronavirus \(COVID-19\)](#), Ann & Robert H. Lurie Children’s Hospital of Chicago

Emergency Assistance

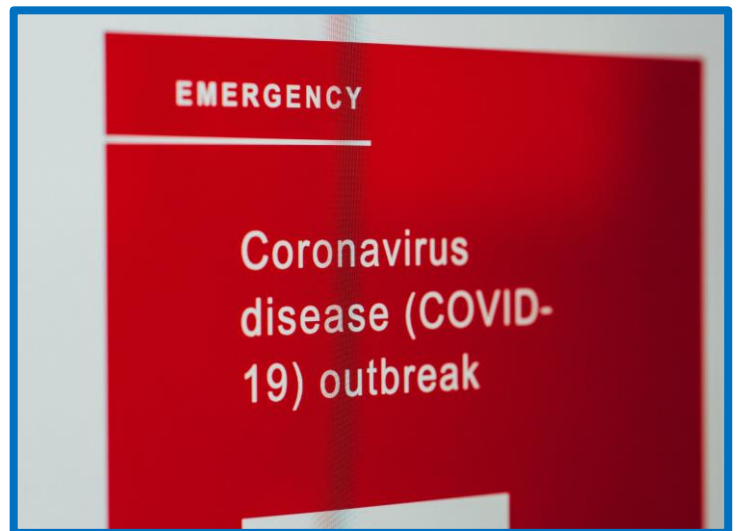
American Red Cross: Disaster Distress Helpline – Call or Text 800-985-5990: This 24/7 national hotline provides immediate crisis counseling for people who are experiencing emotional distress related to any disaster or COVID-19. The Helpline can provide emotional support, advocacy, referrals and education on COVID-related stress or mental health issues, including issues related to children.

Chicago Community COVID-19 Response Fund: The City of Chicago, The Chicago Community Trust, and United Way of Metro Chicago launched the Fund to raise money through Chicago’s philanthropies, corporations, and individuals and disburse it to the region’s health and human service nonprofit organizations. List of agencies enrolled in the program outlined via the link under funders.

- [Chicago Community COVID-19 Response Fund](#)

Chicago Department of Family & Support Services

- [Chicago Department of Family & Support Services](#)



Community Services Block Grant Program (CSBG) Rent, Food and Other Assistance: Community Action Agencies across the State provide a variety of CSBG services, including but not limited to, assistance with Rental/Mortgage, Food, Water/Sewer Payment, Employment Training/Placement, Financial Management, and Temporary Shelter. Each agency delivers locally designed programs and services based on the needs of its community. If a particular service is not directly provided by your local Community Action Agency, you will be referred to one of our partner entities for further assistance.

- [Housing Assistance](#), Community Services, Illinois Department of Commerce and Economic Opportunity

Illinois Department of Human Services Comprehensive Community Based Youth Services (CCBYS) - 24/7 CCBYS Information and Referral Line: Call or text 877-870-2663: CCBYS has the goal of increasing family reunification/preserve and stabilize families as well as to divert or minimize involvement in the child welfare and/or juvenile justice systems. Youth aged 11-17 who are at risk of involvement in these systems can access services. 24/7 services are available to youth who have been locked out of their homes or are not allowed to return home, youth who have run away from home or are beyond the control of parents and in immediate danger, and youth who are homeless without parents. The 24-hour Hotline is toll-free, confidential, and is available in multiple languages.

- [CCYBS Provider List](#)

Catholic Charities Burial Support: Funeral costs for a loved one can be a sudden and costly expense. For those who are Catholic and low-income in need of financial burial support, contact Catholic Charities. Staff members Carmen Torres (312-655-7124) or Torrie Johnson (312-655-7122) can assist

Mental Health Resources

Emotional reactions to this emerging health crisis are expected. Remind yourself, your family and your friends that feeling sad, anxious, overwhelmed, or having other symptoms of distress such as trouble sleeping is normal. If symptoms become worse, encourage them, and yourself, to reach out for support and help.

FREE Mental Health Resources in Chicago: The following are FREE mental health resources available to all Chicago residents.

- [NAMI Chicago](#) Helpline: Call 311 or contact NAMI directly at **833-626-4244**
- [Bright Star Community Outreach](#) Trauma Counseling Helpline at **833-887-6123**
- Connect to free teletherapy services at Chicago Department of Public Health Mental Health Centers by calling **312-747-1020**
- 24-hour National Crisis Text Line, which serves anyone in any type of crisis. Instructions: **Text HOME to: 741741** to access a trained crisis counselor
- Chicago Department of Public Health Tips for Managing Anxiety about COVID-19 ([English](#), [Spanish](#), [Polish](#), [Simplified Chinese](#), [Tagalog](#), [Arabic](#))

Helping Children and Teens Cope during COVID-19: Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

- [Helping Children Cope](#), Centers for Disease Control, National Center for Immunization and Respiratory Diseases (NCRID), Division of Viral Diseases
- [Helping Kids Cope While Sheltering in Place](#), American Academy of Child & Adolescent Psychiatry, David Fassler, M.D.

- [Stress Management and Teens](#), American Academy of Child & Adolescent Psychiatry
 - *Teenagers, like adults, may experience stress every day and can benefit from learning stress management skills. Most teens experience more stress when they perceive a situation as dangerous, difficult, or painful and they do not have the resources to cope. Learn how you as a parent can help.*
- [Supporting Your Child’s Eating Habits During COVID-19](#), NYU Langone Health News Hub
- [COVID-19 Children’s Behavioral Health Toolkit](#), Association of Community Mental Health Authorities of Illinois
 - *This resource consists of general tools, professional tools, schools/educators, family and caregiver tools and resources, community and more.*
- [Checking In on Your Teenager’s Mood During the COVID-19 Pandemic](#), NYU Langone Health News Hub
- [Using Behavior Activation to Fight the COVID-19 Blues](#), NYU Langone Health News Hub
 - *Whether your teen was struggling with a mood disorder before the COVID-19 pandemic, is facing typical challenges in adjusting to unfamiliar circumstances, or is somewhere in between, they—and everyone—can benefit from caring for their mood intentionally.*

General Mental Health Resources during COVID-19: The coronavirus (COVID-19) has resulted in an unprecedented crisis that affects not only our physical health and daily lives, but also our mental health.

- [COVID-19 Resource and Information Guide](#), National Alliance on Mental Illness (NAMI)
 - *To address these needs, NAMI is committed to providing credible information and resources to help people navigate through this crisis. In this guide, you will find answers to questions ranging from how to manage anxiety during this difficult time, to how to access medication while in quarantine, to how to deal with the loss of a loved one to COVID-19.*
- [COVID-19 Mental Health Resources for Families](#), NYU Langone Health News Hub
 - *Provides resources on a range of topics that may be impacting the mental health of families during the pandemic*
- [Coping with Stress](#), Centers for Disease Control
- [Supporting Healthy Relationships and Managing Disagreements During COVID-19](#), Triple P Positive Parenting Program
 - *The stress of COVID-19 is a challenge as many families have been spending much more time together due to physical distancing restrictions. Family members can easily irritate each other when living in proximity for long periods of time without a break. Learn how to manage.*
- [Promoting Resilient Families During COVID-19](#), Center for Childhood Resilience, Ann & Robert H. Lurie Children’s Hospital of Chicago
 - *Current events related to the COVID-19 virus can be stressful and confusing for families and communities. When adults are distressed, it can feel overwhelming to also consider how to help your children understand this evolving situation. The Center for Childhood Resilience at Lurie Children’s has some tips for caregivers that may be helpful.*
- [Growing Our Resilience & Wellbeing During COVID-19](#), NYU Langone Health News Hub

- [Supporting Families During COVID-19](#), Child Mind Institute
 - *We know parents are struggling to balance work, childcare and self-care while keeping worries — both your children’s and your own — under control. You don’t have to do it alone. The Child Mind Institute offers a parent guide to help and has additional resources if needed.*

Education Resources

The following section provides resources for parents on educating their children during the COVID-19 pandemic.

- [Top Parenting Tips: For School Life During COVID-19](#), Triple P (Positive Parenting Program)
- [COVID-19 and Educational Activities for Children](#), Lurie Children’s Blog
- [When There is No Perfect Solution: Return-to-School and Kids with Special Healthcare Needs](#), Lurie Children’s Blog
- [Supporting Families Virtually during COVID-19 Outbreak](#), Erickson Institute
- [How to Select Appropriate Technology for Young Children during COVID-19 Outbreak](#), Erickson Institute
- [Using Technology to Support Students’ SEL for Pre-K to 3rd Grade Educators during COVID-19 Outbreak](#), Erickson Institute

COVID Safety

- [Tips to Stay Healthier Together This Flu Season](#), Lurie Children’s Blog
- [Use Masks to Slow the Spread of COVID-19](#), Centers for Disease Control and Prevention
 - *This link provides information on how to wear masks, how to store and wash masks, how to improve your masks to help protect you, types of masks, and additional important information on the benefits of mask wearing during the COVID-19 pandemic.*
- [What to Do If You Are Sick](#), Centers for Disease Control and Prevention
 - *This article provides steps to help reduce the risk of spreading COVID-19 to others in your household.*
- [Talking to Parents About Immunizations: Resource Toolkit](#), Illinois Department of Public Health
 - *This electronic toolkit can help educate parents on vaccines to help increase vaccination rates. It is primarily designed for health care providers, community health care workers, and local health departments.*

Keeping a Regular Vaccine Schedule During COVID-19

- [Keeping Your Infant and Child’s Vaccine Schedule During COVID-19](#), Lurie Children’s Blog
 - *This article provides information to parents on the importance of keeping up to date with recommended, routine vaccinations for infants and children, even during the COVID-19 pandemic.*

COVID-19 Vaccination Information for Parents and Children

- [COVID-19 Vaccine FAQ](#), Illinois Department of Public Health
 - *This site includes vaccination information for residents of Illinois including FAQs, vaccine eligibility, and more.*

- Vaccination locations
 - [Illinois](#) (search by zip code or city to see where they can make an appointment to get vaccinated)
 - [Chicago](#) (specific information on how to get vaccinated)

Parenting and Coparenting During COVID

- [Divorce, Co-Parenting & COVID-19: Challenges & Opportunities](#), NYU Langone Health News Hub
- Blog Posts and Articles about Parenting During the Pandemic
 - [Moms Are Angry and That's OK. It's a Stage of Grief.](#), Parents, Kristi Pahr
 - [Surveys Show Moms are Still Carrying the Load of Child Care and Housework During the Pandemic](#), Parents, Kristi Pahr
 - [Transgender Parents Are Left Out of the Parenting Discourse – and the Pandemic Makes That Abundantly Clear](#), Parents, David Minerva Clover

Infants and Toddlers

Developmental Milestones

Milestone Tracker App: This app, available in English and Spanish, allows parents to track their child's milestones from age 2 months to 5 years. It provides checklists, tips from CDC for encouraging child development, and offers information if parents are concerned about how their child is developing.

- [Milestone App](#), Centers for Disease Control and Prevention

Language Development: Learn the power of talking to your little one.

- [Beyond Goo-Goo & Gaa-Gaa: The Power of Talking to Your Little One](#), Lurie Children's Blog

New to Parenting (Birth to 1 year)

Picking Your Pediatrician: It can be hard for new parents to know what to look for when picking a pediatrician, so Lurie Children's Hospital put together a guide for how to go about this process.

- [Picking Your Pediatrician](#), Lurie Children's Blog

The Center for Parenting Education: A resource to help parents do the best job they can

- [Parents: Perfectly Imperfect](#), Deb Cohen, Certified Parenting Educator
- [It's About Time: Making it All Work](#), Lynne Unikel, PhD, Parenting Educator
- [Parents on the Run](#), Pam Nicholson, Certified Parenting Educator
- [Parenting: Reality VS Reality Show](#), Claire Gawinowicz, Certified Parenting Educator
- [Breastfeeding Support](#)
- [Fighting on the Same Side: Team Parenting](#), Judy Kroll, Parenting Educator
- [The Science of Parenting](#), Deanna Bosley, Certified Parenting Educator
- [Encouraging a Positive Attitude by Creating a Positive Environment](#), Nina Gallegos, Certified Parenting Educator
- [Your Needs Matter: It's Okay to Take a Turn](#)

Development: Information on the brain of a baby and how babies think

- [What Do Babies Think?](#), Bright Horizons

Sleep Deprivation: A blog post that gives some tips to new parents on how to help them get some rest after bringing home a new baby.

- [8 Ways to Combat New Moms' Sleep Troubles](#), Parents, Vanessa Geneva Ahern

Informational Webinars and Videos

- [Bringing the Classroom to Your Living Room – Teach. Play. Love. Episode 21](#), Bright Horizons

- [5 Steps for Brain-Building Serve and Return](#), Center on the Developing Child, Harvard University
 - Provides information on “Serve and Return” in video and PDF formats (available in English and Spanish)

Safety Resources

Infant Immunization Safety: CDC information addressing common concerns about vaccination including how they work, vaccine ingredients, safety assurance, explanation of side effects, and more.

- [Making the Vaccine Decision: Addressing Common Concerns](#) (English), Centers for Disease Control and Prevention
- [Tomar la decisión acerca de las vacunas: Respuesta para las preocupaciones frecuentes](#) (Spanish), Centers for Disease Control and Prevention

Common FAQ Around Infant Immunizations

- [Infant Immunizations FAQ](#), (English), Centers for Disease Control and Prevention
- [Preguntas frecuentes sobre la vacunación infantil](#) (Spanish), Centers for Disease Control and Prevention

COVID-19 Vaccination Information for Pregnant or Breastfeeding Mothers

- [Patient Education: COVID-19 Vaccine FAQ for Pregnancy and Breastfeeding](#), Massachusetts General Hospital

Child Injury Prevention: Injuries are the leading cause of death in children ages 19 and younger, but most can be prevented. The CDC has put together information on various preventable injury topics: burn prevention, drowning prevention, fall prevention, playground safety, poisoning prevention, road traffic safety, sport safety, bicycle safety, concussion information, pedestrian safety, child passenger safety, helmet safety, and teen driver safety.

- [Protect the Ones You Love: Child Injuries are Preventable](#), Center for Disease Control and Prevention

Stop the Falls: Falls are the leading cause of non-fatal injuries for all children ages 0-19, but there are steps parents can take to prevent serious falls. Lurie Children’s, with partner organizations, put together prevention information for parents.

- [Stop the Falls](#) (English), Lurie Children’s, Kohl’s Cares, Injury Free Coalition for Kids
- [¡Ponga fin a las caídas siguiendo la regla de las cuatro pulgadas!](#) (Spanish), Lurie Children’s, Kohl’s Cares, Injury Free Coalition for Kids

Car Seat Safety Information: Various resources on car seat safety, installation, proper safety seats for different ages, and other tips relating to child car safety seats.

- [A Large Online Resource Directory for Parents](#), The Center for Parenting Education
- [Car Seat Installation Checklist: For rear-facing and forward-facing car seats](#), Buckle Up Illinois
 - Provides resources on which car seat is right for your child based on type of car seat. Tips are also provided on how to install your child’s car or booster seat.

- [Car Seat Recommendations](#), Car Seats and Booster Seats, National Highway Traffic Safety Administration

- *This is a comprehensive guide that provides information on which car seat is right for your child; a calculator to determine what is best based on the child's age, height, and weight; detailed installation information; and other important information on car seat safety.*

- [Safe Kids Chicago & Illinois](#)

- *This program provides car seat classes, free car seat appointments to help parents learn how to properly use their child's car seat, and car seat inspections. Options for virtual consultation may be available. Contact Amy Hill at ahill@luriechildrens.org*



Home Safety Checklist – Kid Proof Your Home: This safety checklist is designed to be an easy, room-by-room survey that will quickly point out possible dangers. The best way to discover potential dangers is to get down to your child's level. Use this activity to check for additional hazards.

- [Home Safety Checklist](#) (English), Kohl's Safe at Home Program, Kohl's Cares, Texas Children's Hospital
- [Lista para una casa segura](#) (Spanish), Kohl's Safe at Home Program, Kohl's Cares, Texas Children's Hospital

Sleep Safety: Learn about safe infant sleep and breastfeeding through videos and handouts (available in English and Spanish) to help reduce the risk of injury of the child.

- [Safe Infant Sleep and Breastfeeding \(Videos/Handout\)](#), Safe to Sleep, Eunice Kennedy Shriver National Institute of Child Health and Human Development

Lead Exposure: This Environmental Protection Agency pamphlet explains the dangers of lead exposure in the home and how to protect your family from lead-based paint hazards. The English and Spanish versions are shared below, but the brochure is also available in Arabic, French, Chinese, Russian, Somali, and Vietnamese if needed.

- [Protect Your Family from Lead in Your Home](#) (English), United States Environmental Protection Agency
- [Protect Your Family from Lead in Your Home](#) (English), United States Environmental Protection Agency
- [Proteja a su familia contra el plomo en el hogar](#) (Spanish), United States Environmental Protection Agency

Playground Safety: Learn about risks of playing on playgrounds as well as safety checks parents can do to avoid injury and concussions.

- [A Shocking Number of Kids Suffer Traumatic Brain Injuries at the Playground](#), Parents, Melissa Willets
- [Playground Safety Tips for Parents](#), Centers for Disease Control and Prevention

Water Safety: CDC recommendations for staying safe while having fun around water. Discusses water activities and water parks while giving tips on dos and don'ts.

- [Water Safety: Injury Prevention and Safety Promotion](#), BAM! Body and Mind Classroom Resources for Teachers, Centers for Disease Control and Prevention

Screen Time: Lurie Children's Hospital compiled a list of guidelines for parents on screen time for their babies and toddlers. Tips are included for how caregivers can best set those boundaries with their children.

- [Screen Time Guidelines for Babies and Toddlers](#), Kid's Health, Ann & Robert H. Lurie Children's Hospital of Chicago

Mental Health Support for Parents

New Parent Mental Health

- [Lurie Children's Little Ones](#), Ann & Robert H. Lurie Children's Hospital of Chicago
 - *This is a comprehensive program for children ages birth to four years old in the Pritzker Department of Psychiatry and Behavioral Health.*
- [I Just Need Some Time for Me!](#), Center for Parenting Education, Claire Gawinowicz, Certified Parenting Educator
 - *This article discusses the need for self-care and alone time for parents.*
- [Being a Parent When You Have Anxiety](#), National Alliance on Mental Illness (NAMI), Vanna Winters
 - *NAMI offers support for new parents who struggle with anxiety. This resource offers tips for how to cope with anxiety with caring for children.*
- [Parenting Stress: 12 Evidence-Based Tips for Making Life Better](#), Parenting Science, Gwen Dewar, Ph.D.
- [How We Talk About Dads Adds to the Mental Load on Moms](#), Parents, Josh Levs
 - *Often concentration is on mothers as they manage being a new parent, but fathers also experience stress as new parents. This article discusses this concept and the weight of mental loads on new parents.*

Mental Load during Parenthood

- [The Mental Load Starts Long Before You're Ever a Parent](#), Parents, Maressa Brown
 - *The cognitive and emotional labor that goes into raising kids and running a household originates and evolves over the course of the parenting journey, according to experts. Read about how mental load starts before even becoming a parent and how it changes with children.*
- [How the Mental Load Sneaks Into Your Everyday Life – Whether You Realize It or Not](#), Parents, Melissa Mills
- [How to Get a Break from the Mental Load of Motherhood](#), Parents, Sarah Bradley

Infant Mental Health

- [What Is Infant Mental Health?](#), Lurie Children's Blog
 - *Learn about infant mental health and resources Lurie Children's Hospital has to offer.*
- [Fussy Baby Network](#), Erickson Institute

- *This resource helps families struggling with their infants' cry infants' crying, sleeping, or feeding. The "warm line" is open to calls from families. Home visiting is also offered to support local families. Phone consultations are free, and services are available in English and Spanish. There are also parent support groups online, in your community, or at a local hospital.*
- *Contact: Phone Support and Consultation for Parents – 888-431-2229*
- *Home Visit with an Infant Specialist – 888-431-2229 or fussybaby@erikson.edu*
- *Parent Groups Online or in Your Community – Linda Horwitz at 312-556-4466 lhhorwitz@erikson.edu*
- [Early Childhood Mental Health & Diagnostic Services – Center for Children and Families](#), Erickson Institute
 - *The Center has early childhood and mental health specialists who are dedicated to helping you better understand your child's struggles. A team of psychologists, social workers, developmental and behavioral pediatricians, occupational therapists, speech and language pathologists, and other licensed mental health professionals offer emotional and behavioral treatment options.*
 - *Locations: Downtown Chicago, Austin, and Little Village*
 - *Contact: 312-709-0508 or ccf@erikson.edu*

Toddlers – Preschoolers (Aged 2-5 years)

Parenting Toddlers

- [Positive Parenting Tips for Healthy Child Development: Preschoolers \(3-5 years of age\)](#), Centers for Disease Control and Prevention
 - *Developmental milestones, positive parenting tips, child safety, and healthy bodies are all included in this document.*
- [What Are the Best Ways to Parent Toddlers? Top Ten Tips](#), The Center for Parenting Education
- [Essentials for Parenting Toddlers and Preschoolers](#), Centers for Disease Control and Prevention
 - *Learn ways you can help build a safe, stable, and nurturing relationship with your child. Topics available on the website include communicating with your child, creating structure and rules, giving directions, using consequences, and using time-out. Additional resources are also available*
 - [Essentials for Parenting Toddlers and Preschoolers](#) (English)
 - [Aspectos esenciales para la crianza de niños pequeños y preescolares](#) (Spanish)

Toilet Training

- [Toilet Learning for Toddlers](#), The Center for Parenting Education
 - *Guidance on how to decide if your child is ready for potty training, steps in toilet learning, and helps answer frequently asked questions.*
- [When Your Child Is Scared to Poop on the Potty](#), Lurie Children's Blog
 - *Potty training can be a daunting task with many mixed emotions from children and their parents. Often, we hear that young children seem to be afraid or resistant to poop on the potty and will instead wait to go in a pull-up. It can be difficult to change this behavior and children can have problems with constipation, as a result. This article offers steps to help avoid this behavior and make children feel comfortable with toilet learning.*

Nutrition and Physical Activity for Toddlers

- [Tips to Help Children Maintain a Healthy Weight](#),

Centers for Disease Control and Prevention

- *CDC tips for parents on how to help children maintain a healthy weight through topics like developing healthy eating habits, helping children stay active, ensuring adequate sleep, and more. Information on COVID-19 food and nutrition resources are also provided. (available in English and Spanish)*

- [Preschoolers: MyPlate](#), U.S. Department of Agriculture

- *This resource provides information on health and nutrition for toddlers through topics such as healthy eating, picky eating, safe food, and additional resources.*

- [10 Tips for Parent of Picky Eaters](#), American Academy of Pediatrics

- *Picky eating is often a norm for toddlers. This article offers 10 tips for parents of picky eaters to help parents get through this stage in their child's development.*

- [Selecting Snacks for Toddlers](#), American Academy of Pediatrics

- *Toddlers use lots of energy to grow and play, that they get hungry between meals. This article offers guidance on how to stay healthy during snack time.*

- [Serving Sizes for Toddlers](#), American Academy of Pediatrics

- [How Much Physical Activity Do Children Need?](#), Centers for Disease Control and Prevention

- *The CDC provides information on how much physical activity children need as well as information on the three types of physical activity that should be included (aerobic, muscle-strengthening, and bone-strengthening). Guidance on age-appropriate activities, tips for getting children active, and how to stay active safely during COVID-19 are all provided. (available in English and Spanish)*



Education and Child Care

- Child Care Resources

- [Preparing Infants and Toddlers for New Child Care Settings](#), Start Early

- [Find Child Care](#), Illinois Action for Children

- *The best type of childcare for you and your family depends on your needs. This resource discusses three types of childcare settings to consider: childcare centers, family child care, and in-home childcare.*
- *Contact: 312-823-1100, press 3 or email referrals@actforchildren.org*
- *Also can complete a Child Care Referral Request Form [here](#)*

- [Child Care Assistance Program](#), Illinois Department of Human Services

- *This resource details eligibility for and how to apply to the childcare assistance program, offers tips to identify quality childcare, has an option to search for local childcare providers, and more.*

- Preschool
 - [How to Pick a Preschool Program](#), The Center for Parenting Education, Kim More, Marketing Coordinator
 - *Starting your child in preschool for the first time is not only a big event in their life, but it is also a big decision for parents. The Center for Parenting Education put together guidance on how to pick the right preschool program for your child and family.*
 - [Ready for Preschool: Tips to Prepare Your 3- or 4-Year-Old Child](#), Start Early
 - *To help your child get the most out of the preschool experience, this resource shares advice on how your family can prepare for preschool.*
 - [Ready for Kindergarten: 10 Tips to Prepare for the Big Day](#), Start Early
 - *By learning as much as you can about the kindergarten experience, you'll be able to better explain the transition to your child and help them understand how fun kindergarten will be.*
 - [3 Ways to Help Your Child Through This School Year: Relationship, Routines, and Rituals](#), Bright Horizons
 - *Helping children through the school year through relationships, routines, and rituals. This article particularly refers to the struggle of schooling during the pandemic.*
- Literacy
 - [12 Tips to Boost Early Literacy](#), Start Early
 - *To help parents and children get the most out of story time, early learning experts at Start Early and Educare Chicago have compiled a list of tips.*
 - [7 Books for Teaching Young Children How to Be Great Leaders](#), Start Early
 - *This list of books will help children build the traits and skills that will set them on the path to becoming a courageous and positive leader.*
 - [Reading About School: 12 Books for Kindergarteners and Preschoolers](#), Start Early
- Screens and Media
 - [Media Literacy in Early Childhood Report](#), Erikson Institute
 - *Media literacy in early childhood is the emerging ability to access, engage, explore, comprehend, critically inquire, evaluate, and create developmentally appropriate media. This resource provides information as well as tips for caregivers.*
 - [Establishing Screen Time Guidelines for Children & Teens](#), Lurie Children's Blog
 - *Screen time guidelines for children are important to establish and teach children safe behaviors online. American Academy of Pediatric recommendations regarding screen time by age group are provided.*
 - [How Young Children Learn from Screens](#), Erikson Institute
 - *This article provides information on children learning from screens, what makes learning on screens hard for children, and considerations for virtual learning during COVID-19.*

Behavior/Social Emotional Health

- [Temper Tantrums in Toddlers: How to Keep the Peace](#), Mayo Clinic
 - *Temper tantrums are a normal part of growing up. Avoid things that lead to tantrums (over-tired, hungry, over-stimulation). The Mayo Clinic put together a guide to offer advice on how to respond and what to do to prevent them.*
- [Your Child's Social-Emotional Learning](#), Bright Horizons
 - *Developing strong social-emotional skills today will make a real difference for your child tomorrow. This webinar informs about five components of social-emotional learning and your role as a parent to help your child develop in these areas and build connections with others.*
- [Social Emotional Learning](#), Erikson Institute, Amanda Moreno, PhD

Middle Childhood and Teens (6-17)

Parenting Information

General: Covers a range of topics including diseases and conditions (i.e., ADHD, Asthma, Chickenpox, COVID, Developmental Disabilities and more), safety in the home and community, raising healthy children (i.e., dental health, physical activity, school health and more), milestones and schedules, engaging parents in school health, and back to school resources

- [Information for Parents with Children \(Approximate Ages 4-11\)](#), Centers for Disease Control and Prevention

Education

Engaging Parents in School Health: Parents and school staff can work together to support and improve the learning, development, and overall health of children and adolescents. Resources on topics including parent engagement on school site, fact sheets on school districts/school administrators, teachers and other school staff, and parents/families are included.

- [Parent Engagement in School Health Fosters Healthy Students and Academic Success](#), Centers for Disease Control and Prevention

GreatSchools Educational Resources for Parents: This resource helps parents find the right school, advocate for better schools, and support their children’s learning by empowering parents with the information they need to improve educational opportunities both in their homes and communities. Topics include learning resources during COVID, raising kids, road to college, parent power, and various media to learn from (i.e., worksheets, books lists, podcasts, and videos).

- [GreatSchools.org](#)

E-Learning: Many students are learning remotely this school year and it is important children and teens maintain good posture to stay healthy. This resource provides information from physical therapists on ideal sitting positions for learning activities. Pictures are provided to better explain proper study positions.

- [Healthy Home Study Tips for E-Learning](#), Lurie Children’s Blog

Science Activities for Remote Learning: Provides age-appropriate web-based learning activities for children learning science topics including observe, question, and predict; collect, record, and analyze; collaborate and communicate.

- [Science Activities for Pre-K-3rd Grade Remote Learning](#), Technology in Early Childhood Center, Erikson Institute

School Struggles: Regardless of your child’s age, the occasional school struggle is normal. But when that struggle becomes a pattern, it often raises concern – from parents and/or teachers. If you suspect something isn’t quite right, trust your instincts and speak up!

- [What to Do If Your Child is Falling Behind in School](#), American Academy of Pediatrics

Dropping Out: Provides information on what a parent can do to prevent their teen from dropping out of school and how to work with staff. If your teenager has made up their mind to drop out of school, be supportive!

- [When a Teen Wants to Drop Out](#), American Academy of Pediatrics

School Success: Provides strategies for parents to help their child be their best when it comes to succeeding in school. Topics include creature comforts, developing good homework and study habits, creating an environment that is conducive to doing homework, setting aside time for homework, and more.

- [Helping Your Teen Succeed In School](#), American Academy of Pediatrics

Safety

Age-Appropriate Information

- **6 Years Old:** Discuss fire safety, firearm hazards, bike safety, street safety, and car safety
 - [Safety for Your Child: 6 Years](#), American Academy of Pediatrics
- **8 Years Old:** Discuss sports safety, water safety, bike safety, car safety, and firearm hazards
 - [Safety for Your Child: 8 Years](#), American Academy of Pediatrics
- **10 Years Old:** Discuss firearm hazards, sports safety, car safety, bike safety, emergencies
 - [Safety for Your Child: 10 Years](#), American Academy of Pediatrics

Car and Driving Safety

- [Child Safety](#), National Highway Transportation Safety Administration
 - This resource provides information and prevention tips on car safety for children at all ages. Topics include heatstroke, backover, power windows, seat belt entanglement, trunk entrapment, vehicle rollaway, and more.
- [Reducing Driving Risks with Teens](#), Lurie Children’s Blog
- [A Message to Parents of Teen Drivers](#), American Academy of Pediatrics
- [Behind the Wheel: How to Help Your Teen Become a Safe Driver](#), American Academy of Pediatrics
- [Graduated Driver Licensing Laws: Information for Parents](#), American Academy of Pediatrics
 - *Illinois is one of the states that has graduated driver licensing laws which include 3 phases: learner, probationary/intermediate (allows new drivers to drive alone or with one other person) and full licensure. Learn more about graduated driver licensing laws.*
- [Parent-Teen Driving Agreement](#), American Academy of Pediatrics
 - *This resource can allow parents and teens to outline an agreement of what a new teenage driver will promise to do, restrictions on what they can do, penalties for agreement violations, and parents promises.*
- [Teen Passengers: What Parents Need to Know](#), American Academy of Pediatrics
 - *Crash risks nearly double with one passenger and increase even more with each additional passenger. This resource recommends starting your teen off with no passengers and then gradually increasing passenger privileges as your teen gains more driving experience. Additional informational resources are also provided.*

Online Safety

- [Never Fear: Ellie and Karla Talk Online Safety](#), Ann & Robert H. Lurie Children’s Hospital of Chicago
 - *This resource is on online safety and talking to young people about navigating online spaces safely and how to keep communication open.*
- [Talking to Your Child About Internet Safety](#), Go Safe Online, Cyber Security Awareness Alliance
 - *With children increasingly exposed to digital media and online technology at an early age, parents play an important role in imparting the necessary knowledge and skills to keep them safe from online dangers. Learn tips to help you get started.*

Health Resources

Hygiene: Children usually start to experience puberty between the ages of 8-14 and the hormonal changes that occur can help prompt conversations about the importance of personal care. This resource provides information on how to help your child establish a self-care hygiene routine.

- [Tween Hygiene – Establishing Responsibility and Routine](#), Lurie Children’s Blog

Reproductive and Sexual Health Education: Lurie Children’s has compiled a few lists of tips for starting the conversations about sexual health with your young person. Resources are provided where parents can find age-appropriate content.

- [Tips for Starting Conversations About Sexual Health with Your Young Person](#), Community Programs & Initiatives, The Potocsnak Family Division of Adolescent and Young Adult Medicine, Ann & Robert H. Lurie Children’s Hospital of Chicago
- [A Roadmap for Talking to Young People about Sexual Health](#), Lurie Children’s Blog



- Never Fear Talks, YouTube, Ann & Robert H. Lurie Children’s Hospital of Chicago
 - *Never Fear Talks videos are real-life examples of adults and youth having quick, meaningful chats about how to navigate sexual health. Watching and then discussing these short, informal videos together as a family is a great way to get the conversation started at home. The goal of these videos is to show that sexuality education at home doesn’t occur in one big “sex talk” but over the course of months and years via short and positive conversations that make youth feel comfortable about asking questions when they arise. To that end, it is important for the adults to model that curiosity as well; an “I don’t know; let’s find out!” is an effective way to express to a young person that it is perfectly fine not to have all the answers and to make the conversation a collaborative experience.*
 - [Belise \(15\) & Yasmin Talk Masturbation](#)
 - [Ma’ani \(11\) & Emeric Talk Sex Ed](#)
 - [Alexandrea & Laundi Talk About Puberty](#)
 - [Teji \(9\) & Dawn Talk Consent](#)

Gender Identity and Sexual Orientation

- [Coming Out: Information for Parents of LGBTQ+ Teens](#), American Academy of Pediatrics
 - *Provides information for parents and families on how to support children when they disclose their identity or are questioning. Additional resources are also provided to help parents and young people explore this topic more.*
- [Gay, Lesbian, and Bisexual Teens: Facts for Teens and Their Parents](#), American Academy of Pediatrics
- [Children and Gender Identity: Supporting Your Child](#), Mayo Clinic
 - *Understand the importance of talking with your child about gender identity and expression and how to get the conversation started. This article includes information on the basics of gender identity, how parents can support their children, discusses health care needs of gender diverse children, information about gender exploration and social transitioning, and how parents can advocate for their children.*
- [Gender Identity Development in Children](#), American Academy of Pediatrics
 - *Learn about ways parents can promote healthy gender development in children. Topics include the difference between gender and sex, how gender identity develops, what parents can do, how children typically express their gender, gender stereotypes, and resources for additional information.*
- [Gender-Diverse & Transgender Children](#), American Academy of Pediatrics
 - *This resource includes definitions on various gender related topics, helps parents learn to accept their child’s gender-diverse identity, provides tips on what parents can do, information on gender affirmative care and mental health support, information on when to talk to your child’s pediatrician, and additional resources for parents.*
- [Support Resources for Families of Gender Diverse Youth](#), American Academy of Pediatrics
 - *Having a gender diverse child can be very stressful for parents and caregivers as they deal with uncertainty and navigating schools, extended families, sibling relationships, and the world around them. This article provides resources for parents, teachers & schools, youth, and refers to advocacy organizations that can provide further assistance.*
- [Parenting a Gender Diverse Child: Hard Questions Answered](#), American Academy of Pediatrics

- [Gender Identity & Sex Development Program](#), Ann & Robert H. Lurie Children’s Hospital of Chicago
 - *This program has two arms. One provides comprehensive services for transgender, gender expansive and gender-nonconforming youth while the other offers support for children and adolescents with sex development conditions.*
 - *Appointment information for Gender Development Program, call 1-800-5437362*
 - *For additional information, contact program coordinator Gabriel Edwards at 312-227-8875*
 - *Sex Development Program, contact Danielle Lee at 312-227-6203*
- Never Fear Talks, YouTube, Ann & Robert H. Lurie Children’s Hospital of Chicago
 - [Alex \(He/Him\) & Derrick \(He/They\) talk LGBTQ+ Affirming Schools](#)
 - [Shane \(They/Them\) & Bonsai \(All Pronouns\) talk Safety for Trans Students](#)
 - [Shane \(They/Them\) & Bonsai \(All Pronouns\) talk Gender Discrimination at School](#)
 - [Laurence \(They/He\) & Bonsai \(All Pronouns\) talk Gender Fluidity](#)
 - [Laurence \(They/He\) & Bonsai \(All Pronouns\) talk Transphobia](#)
 - [Noam \(He/Him\) & Dr. Marburger \(He/Him\) talk Trust with Teachers](#)
 - [Noam \(He/Him\) & Dr. Marburger \(He/Him\) talk Sharing Your Trans Identity](#)



Health Care for LGBTQ patients

- Never Fear Talks, YouTube, Ann & Robert H. Lurie Children’s Hospital of Chicago
 - [Adam \(They/Them\) and Saleha \(She/Her\) Talk About Need to Know](#)
 - [Adam \(They/Them\) and Saleha \(She/Her\) Talk About Barriers to Care](#)
 - [Adam \(They/Them\) and Saleha \(She/Her\) Talk Asking the Right Questions](#)
 - [Jennifer \(She/Her\) and Eynne \(She/Her\) Talk The Questions We Miss](#)
 - [Jennifer \(She/Her\) and Eynne \(She/Her\) Talk Keeping it Casual](#)

Mental Health for Children and Teens

- [Range of Topics on Mental Health and Learning Challenges](#), Child Mind Institute
 - *The Child Mind Institute aims to empower parents and caregivers with the resources they need to make good decisions for their child. Whether looking for information on concerns or researching a particular diagnosis, this resource has information on a large range of topics.*
- [General Information on Children’s Mental Health](#), Centers for Disease Control and Prevention
- [Helping Your Child Develop a Healthy Sense of Self-Esteem](#), American Academy of Pediatrics
- [How to Understand Your Child’s Temperament](#), American Academy of Pediatrics
- [Shyness in Children](#), American Academy of Pediatrics
- [Signs of Low Self-Esteem](#), American Academy of Pediatrics

- [Strategies and Solutions For Handling a Difficult Child](#), American Academy of Pediatrics
- [Kids And Mental Health: Resources, Links for Families](#), NBC5 Chicago
- [Mental Health and Teens: Watch for Danger Signs](#), American Academy of Pediatrics

Substance Use Prevention

- [What Parents Should Know about Marijuana](#), Lurie Children’s Blog
- [Edible Marijuana Dangers, How Parents Can Prevent Pot Poisoning](#), American Academy of Pediatrics
- [Prescription Pain Medicine & Heroin: The Link Parents Need to Know](#), American Academy of Pediatrics
 - *Toll-free helpline to speak to a parent specialist, 1-855-DRUGFREE (1-855-378-4373)*
- [Drug Abuse Prevention Starts with Parents](#), American Academy of Pediatrics
 - *Grade school is a good time to start talking to children about drug use prevention to prepare children for when drugs may be offered. Parents first need to learn how to talk to their children about difficult topics, and this article can assist with that.*
- [For Teens: Straight Talk about Smoking](#), American Academy of Pediatrics
- [Prom and Graduation: Time to Chat with Teens about Underage Drinking](#), Lurie Children’s Blog
 - *Starting the conversation can feel a little awkward at first, but if you stick by these tips and talk about these issues consistently over time, it may begin to feel more natural.*
- [How To Find A Drug Treatment Program for Your Teen](#), American Academy of Pediatrics
- [Substance Use & Prevention Program \(SUPP\)](#), Ann & Robert H. Lurie Children’s Hospital of Chicago
 - *This program provides comprehensive and holistic care for patients and families to address complex needs of those experiencing substance use disorders. Provides assessment for youth who meet the criteria for any substance use disorder (marijuana or cannabis, alcohol, tobacco/vaping, and other drugs). Accepts new patients up to 21 years of age and may follow them until they are 25 years old.*
 - *To request an appointment: 1-800-543-7362*
 - *For additional Chicago based programs, please refer to the Crime Victims Services Resource Guide included below in Appendix 3*

Dating and Sex

Talking about Sex

- [Tips for Talking: When Should I Start Talking with My Kid About Sex and Relationships?](#), Planned Parenthood
 - *This article provides answers to common questions parents have about talking to their children about sex and relationships. Topics include when parents should start the conversation, how to start the conversation, how to answer questions children may have, how to help their young adult say safe and healthy in relationships and provides additional resources.*
- [Sex Education: Talking to Your Teen About Sex](#), Mayo Clinic
 - *Sex education basics may be covered in health class, but your teen might not hear — or understand — everything he or she needs to know to make tough choices about sex. That's where you come in.*

Talking about Healthy Relationships

- [Relationships](#), Planned Parenthood
 - *Provides information on what healthy, strong, and happy relationships should look like for children of all ages. This includes healthy social skills, friendships, and romantic relationships. Information and resources are broken down by age group (preschool, elementary school, middle school, high school, and overall tips for all ages). Parents can also explore my topic including bodies, identity, pregnancy and reproduction, relationships, personal safety, sex and sexuality, and more.*
- [What Is a Healthy Relationship? Talking to Your Children About Relationships](#), Talk with your Kids
 - *This article helps parents with the conversation on healthy relationships by providing information on what is important to discuss, both to parents and youth, resources to help, information on bullying/peer pressure, and resources/information on LGBTQ+ youth.*

General Resources: The Illinois Caucus for Adolescent Health works to ensure youth are safe, affirmed, and healthy. The organization has compiled a list of resources on sexual health during the pandemic, but that can also be helpful post-pandemic.

- [Sexual & Reproductive Health Resources & Services](#), Illinois Caucus for Adolescent Health

Other Important Resources

Racism: This resource breaks down how to talk to children about racism in age-appropriate ways. Conversations about racism between parents and children should start early and continue frequently to help children understand what is happening in our world.

- [How to Talk to Your Kids, Tweens and Teens about Racism](#), Lurie Children’s Blog

Racial Injustice

- [How To Talk with Your Child About Racial Injustice](#), NYU Langone Health News Hub

Brain Development

- [What’s Going On in the Teenage Brain](#), American Academy of Pediatrics

Social Life

- [A Parent’s Guide to Teen Parties](#), American Academy of Pediatrics
 - *Get the facts about teen parties, alcohol and drugs, what parents need to know, and information for parents on hosting a teen party and if a teen is going to a party*

Tattoos: Learn about laws around age limits for tattoos, tattooing methods, risks and complications associated with tattoos, preventing medical complications, after-care instructions, tattoo removal, and more.

- [Talking about Tattoos with Your Teen: AAP Report Explained](#), American Academy of Pediatrics

Gangs: Provides information on gangs in general as well as protecting teens from gangs.

- [Teenagers and Gangs](#), American Academy of Pediatrics

Family Homelessness: Learn about homelessness among families, why it happens, policy and advocacy efforts, and how organizations are working together to help.

- [The Invisibility of Family Homelessness: It's More Common Than You Think](#), Lurie Children's Blog

Young Adults (18-21)

General Information

Moving into Adulthood: Becoming a young adult is exciting, difficult, and scary for both parents and teens. It is a time of increasing independence and change, no matter what the situation. Learn tips to teach independence, how to stay connected, help teens learn responsibility, living at home, and relating as adults.

- [Next Stop Adulthood: Tips For Parents](#), American Academy of Pediatrics
- [Fostering Healthy High Achievers](#), American Academy of Pediatrics
- [We Can All Agree: Teens Still Need Their Parents](#), Lurie Children’s Blog

College Bound Resources

General Information for College Bound Teenagers

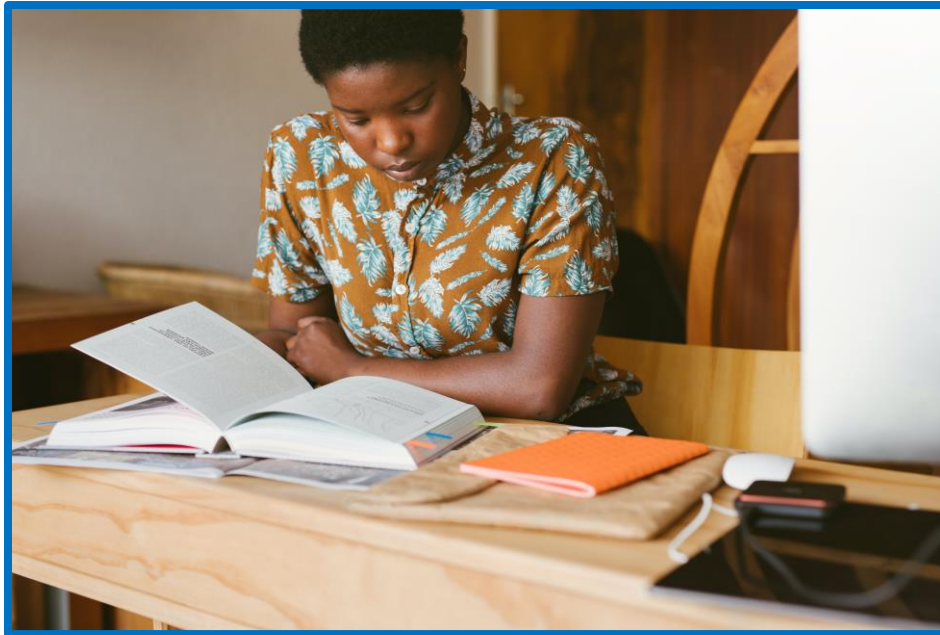
- [Are You Over-Helping Your College-Bound Teen?](#), American Academy of Pediatrics
- [Tips to Support Your Teen Graduating from High School](#), American Academy of Pediatrics
 - *The end of high school means transitions to college, into jobs, into the military, or out of foster care. All these situations bring up things to think about regarding general well-being, health concerns, and diagnoses/medications. This resource provides advice for parents and caregivers, advice for your teen, tips for new college students, mental health warning signs, and more.*
- [Advice for Seniors in an Unusual College Admissions Season](#), Bright Horizons
 - *Preparing for college and applying to college can be overwhelming, but with the help of this checklist, seniors can feel more prepared.*

Applying for College

- [Filling out a College Application: Information Typically Requested](#), American Academy of Pediatrics
- [Financial Planning for College](#), American Academy of Pediatrics
- [Common App Ready](#), Common App
 - *A complete toolkit of tips and best practices designed to help students complete their college applications successfully and on time.*
- [How Financial Aid Works](#), Federal Student Aid, An Office of the U.S. Department of Education
 - *For most students planning to attend college or career school, financial aid is essential. Learn how financial aid works, resources to pay for college, and loan repayment options*
- [How to Fill Out the FAFSA](#), YouTube, Federal Student Aid, An Office of the U.S. Department of Education

Health Concerns During College

- [Common Health Problems at College](#), American Academy of Pediatrics
 - *With students living together in dorms and apartments, eating together in cafeterias, and sitting together in classrooms, illness and infections can spread easily. Here is a brief guide to common illnesses and what you should do if you get one.*
- [Meningococcal Disease: Information for Teens and College Students](#), American Academy of Pediatrics
- [Healthy Tips for the College Freshman](#), American Academy of Pediatrics
 - *Provides tips for parents and families as well as advice for young people as they head to college on how to prepare for staying healthy and what to do once you are on campus.*
- [Taking Care of Your Mental Health in College](#), American Academy of Pediatrics
 - *Starting college can be stressful. You may be away from home for the first time and it may take time to adjust to new surroundings, new teachers, and new friends. All these things can make you feel along, overworked, and stressed out. The following article provides information on mental health.*
- [Drinking Responsibly at College](#), American Academy of Pediatrics



Other Parenting Topics

Fatherhood

Resources for Fathers

- [Power of Fathers](#)
 - *This is a program for low-income fathers, particularly men of color living in Englewood and North Lawndale to help them achieve their goals as they work to become economically self-sufficient and engaged in the lives of their children. The website offers resources for fathers such as housing, counseling, and community resources. Additionally, there is information on the Power for Fathers programming.*
- [Gerst Family Young Fathers Program](#), Metropolitan Family Services
 - *This organization offers a young fathers' program that helps young men become employed and financially self-sufficient in order to help raise their children. The program includes job readiness training and placement, money management training, parent education and co-parenting counseling.*
- [The 7 Things Everyone Should Know About Fatherhood](#), Psychology Today
- [Fatherhood Resources](#), Illinois Council on Responsible Fatherhood
- [How to Be a Good Father: Tips & Advice for Dads](#), Bright Horizons
- [Becoming a Father: An Identity Shift](#), The Family Room, A Bright Horizons Community, Sean O'Brien, Client Engagement Manager
 - *Becoming a father is a shift in one's life. This article provides suggestions on how to adjust by making a new schedule that works for you and sharing your hobbies with your children.*
- [The Work-Life Equation Podcast, Episode 16: Talking Fatherhood with Millennial Dads](#), Bright Horizons

Mental Health for Parents and Children

General Mental Health Information for Parents

- [For Parents and Caregivers](#), MentalHealth.gov
 - *Knowing what to look for when concerned about your or your children's mental health is important to recognize when help is needed. This article discusses what to look for, what to do, how to talk about mental health, and offers some resources on how to support your children.*
- [Helping Your Child Cope with Anxiety](#), Lurie Children's Blog
 - *Written by the Head of Child and Adolescent Psychiatry at Lurie Children's Hospital, this article discusses anxiety in children and what parents can look for to recognize signs in their children. Additionally, suggestions are offered on what to do if anxiety is identified.*
- [Advocacy & Support Services](#), Ann & Robert H. Lurie Children's Hospital of Chicago
 - *Child abuse is a serious issue but knowing the signs of abuse and neglect can help stop child abuse. This article provides information on how to recognize child abuse and neglect, what to do, and provides additional resources and support.*
 - *Important Phone Numbers*
 - To report suspected child abuse and neglect in Illinois: **1-800-252-2873**

- To report suspected child abuse and neglect outside of Illinois: **1-800-422-4453**
- For information about Prevent Child Abuse America: **1-800-244-5373**
- *Supportive Phone Numbers in Illinois*
 - Chicago Children’s Advocacy Center: **312-492-3700**
 - Family and Child Development Center: **312-440-1203**
 - Child Care Referral Line: **877-202-4453**
 - Blue Cross/Blue Shield BabyLine: **1-800-395-2229**
- [How I’m Normalizing Mental Health for My Black Children](#), Parents, Tiffany Eve Lawrence
 - *“When I was growing up, my family didn’t talk about mental health. It wasn’t an encouraged conversation, which is typical in the Black community. But now, I’m doing things differently with my children.”*
- Tackling Tough Topics, Start Early
 - *Start Early created a series where early learning experts give parents helpful advice on how to navigate discussing difficult topics with children.*
 - [Racism](#)
 - [Violence](#)
- [Staying Informed on Adolescent Suicide Prevention](#), Lurie Children’s Blog
 - *While it is a tough topic to discuss, knowing the signs and the facts can help save lives among young people. This article offers information and resources on understanding suicide among young people.*

Mental Health Resource Hotline Numbers

- SAMHSA’s National Helpline: **1-800-662-HELP (4357)** or TTY, **1-800-487-4889**
 - *These are a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.*
- National Alliance on Mental Illness: **1-800-950-NAMI (6264)** or info@nami.org
- National Suicide Prevention Lifeline: **1-800-273-8255**
- Rape, Abuse, and Incest National Network (RAINN): **1-800-656-HOPE (4673)**
- The Steve Fund (support for young people of color): **Text “STEVE” to 741741**
- Trans Lifeline: **1-877-565-8860**
- **Veterans Crisis Line:** 1-800-273-8255; press 1
- **National Domestic Violence Hotline:** 1-800-799-7233
- **Child Sexual Abuse:** 1-888-773-8368
- **National Center for Victims of Crime:** 1-855-484-2846
- **Dating Abuse – Love is Respect Hotline:** 1-866-331-9474 (TTY: 1-866-331-8453) or text LOVEIS to 22522
- **Missing and Abducted Children:** 1-800-426- 5678 or 1-800-843-5678
- **National Runaway Safeline:** 1-800-786-2929 or text 66008

Trauma Resources

- [The National Child Traumatic Stress Network](#)
 - *This organization offers many great resources on seeking mental health guidance and referrals, finding help for abused or neglected children, finding help for sexually abused children, responding to disasters, victim assistance and compensation programs, and more.*
- [Typical Behavioral Responses to Traumatic Events](#), Ann & Robert H. Lurie Children’s Hospital of Chicago
 - *Lurie Children’s Hospital has created a guide for what parents and caregivers can do to help children understand and cope with traumatic or stressful experiences and what to look out for in children’s behavior.*

Parenting Support Groups

The Chicago Parent Program: This evidence-based parenting program is centered on families in community, school, and mental health settings experiencing economic disadvantage and social adversity. It has been rigorously tested and shown to strengthen parenting and reduce behavior problems in young children. It is a group-based 12-session parenting program created for parents of young children (2-5 years old) and led by trained facilitators.

- Contact: CPPinfo@chicagoparentprogram.org
- Interested in the program? Fill out a [CPP Interest Form](#)

Parents Care and Share: This program works to strengthen the parent/child relationship, promotes positive parenting, and healthy child growth and development. Services offered include weekly support group meetings (children’s groups, grand-parents’ groups, dad groups), peer support, and leadership development. Services are provided in communities throughout the state.

- Contact: Children’s Home and Aid Society of Illinois for a program near you: **312-424-0200**

Parenting as Teen or Young Adult

Resource for Teen Parents: Provides information on preparing teens for parenthood, getting young fathers involved, and information on future concerns.

- [Helping Teen Parents and Their Children Build Healthy Futures](#), American Academy of Pediatrics

Special and Individualized Education

Illinois State Board of Education: Understanding Special Education in Illinois is a document, developed by the Illinois State Board of Education for parents and other to learn about the educational rights of children who have disabilities and receive special education services. **For questions regarding educational rights and responsibilities call 217-782-5589.** *(Available in English and Spanish)*

- [Educational Rights and Responsibilities: Understanding Special Education in Illinois “THE PARENT GUIDE”](#)
- [Derechos y responsabilidades educacionales: entendiendo la educación especial en Illinois “Guía para padres”](#)

Equip for Equality Online Trainings and Special Education Resources: Equip for Equality’s mission is to advance the human and civil rights of children and adults with disabilities in Illinois through legal services, public policy, monitoring and training.

- [What is an Individual Education Plan \(IEP\)?](#)
- How to Navigate the IEP Process:
 - [IEP Process – Fact Sheet](#)
 - [Parents Report Form – Sample Letter](#)
 - [Preparing for the IEP – Parent Report Form](#)
 - [Request for IEP Meeting – Template](#)
- [Behavior Intervention Plan](#)
- [Discipline in Special Education](#)
- [Expulsion](#)
- [Interim Alternative Educational Setting](#)
- [Manifestation Determination Review – Fact Sheet](#)
- [Manifestation Determination Review – Timeline](#)
- [Transition](#)
 - *Learn about and plan for your future after high school for getting a job, going to college or trade school, and living on your own. You can also create your own transition plan, print it and bring with you to your next IEP meeting.*

Chicago Public Schools Special (CPS) Education Resources: Understanding special education process, CPS policies, multi-tiered system of supports (MTSS) and know your rights

- [Understanding Special Education](#), Chicago Public Schools

Firearm Safety

How to Navigate Firearm Conversations with Your Child

- [Talking To Your Children About Guns](#), BeSMARTforKids
- [Guns in the Home: Firearm Safety for Families](#), American Academy of Pediatrics
- [Model Responsible Behavior](#), BeSMARTforKids
 - *Videos to demonstrate how to model responsible behavior around guns.*
- [Parents Talking with Their Kids About Gun Safety](#), Project ChildSafe
 - *Videos for educators and others on how to talk to children about gun safety.*

How to Navigate Firearm Conversation with Other Adults

- [Asking About Secure Gun Storage](#), BeSMARTforKids
 - *Sample scripts for emailing or talking to other adults to ask about the presence of guns in their home and their safe storage practices.*
- [The ASK Campaign](#), Brady Center
 - *Provides additional guidance on asking family, friends, and members of your community about unlocked or loaded guns in the home to prevent family fire.*

Safe Storage Options: There are a variety of gun locking and storage mechanisms that can be obtained for use in the home.

- [Gun Storage for Your Lifestyle](#), Project ChildSafe
 - *This fact sheet provides a list of safe storage options, including average costs of gun locks, lock boxes, cable locks and storage lockers.*
- [Secure Storage Fact Sheet](#), BeSMARTforKids
 - *Provides steps for secure firearm storage, including how to unload, lock, and separate a firearm.*
- [Lock Devices Brochure](#), Lock It Up
 - *Reviews the advantages and disadvantages of the different types of firearm locking devices.*
- [Together, We Can End Family Fire](#), End Family Fire
- [Firearm Storage and Safety Assessment Quiz](#), Project ChildSafe
 - *Parents can test their knowledge on safe gun storage by taking this quiz.*

Suicide Risk and Gun Safety

- [Facts and Resources on Child Firearm Suicide](#), BeSMARTforKids
 - *Facts and resources on identifying signs of concern related to child suicide with a firearm.*
- [End Family Fire](#)
 - *Provides suicide prevention resources to reduce access to firearms when someone is in crisis. Delaying and reducing access to firearms can save a life for those in crisis.*
- [National Suicide Prevention Lifeline](#)
 - *Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Call **1-800-273-8255**.*

Firearms Disposal: If a gun owner decides that they no longer want to own their firearm, there are different options to safely part with their firearm.

- [What Can I Do with My Unwanted Firearm?](#), National Center for Unwanted Firearms
 - *Safety disposes or repurposes unwanted firearms. Firearms may be donated or sold and the organization will send a shipping label and box to securely mail the firearm in.*

[Additional Parenting Toolkits and Useful Links](#)

Edutopia, George Lucas Educational Foundation: This curated list will help parents identify several resources including blogs, articles, and videos for parents on fostering social and emotional skills like kindness, gratitude, persistence, and more.

- [A Parent’s Resource Guide to Social and Emotional Learning](#)

Ashoka Parenting Changemakers: This site offers resources and ideas for acting as a parenting change-maker with a focus on building four skills in family life including empathy, teamwork, new leadership, and change-making. Their facilitated process helps parents problem-solve for themselves and leads families and communities in addressing the issues that are most pressing to them.

- [Parenting Changemakers](#)

American Academy of Pediatrics: The American Academy of Pediatrics has created multiple toolkits and resources on a variety of parenting topics including adolescent health care, choosing a physician, drowning prevention, gun safety, immunizations, oral health, safe sleep, teen drivers, suicide prevention, and more.

- [Campaigns & Toolkits Library](#)
- [Media & Children](#)
 - *This link provides information, policies, advice, and resources about interactions with various forms of media for families and children. This toolkit is primarily designed for pediatricians and health professionals to implement American Academy of Pediatrics recommendations and to discuss this topic with parents and families.*

Center for Disease Control and Prevention: The site offers resources at all stages of life for parents including pregnancy, infants and toddlers, children (ages 4-11), and teens (12-19). Additional resources to help keep your family safe and healthy are also provided as well as additional topics related to parenting.

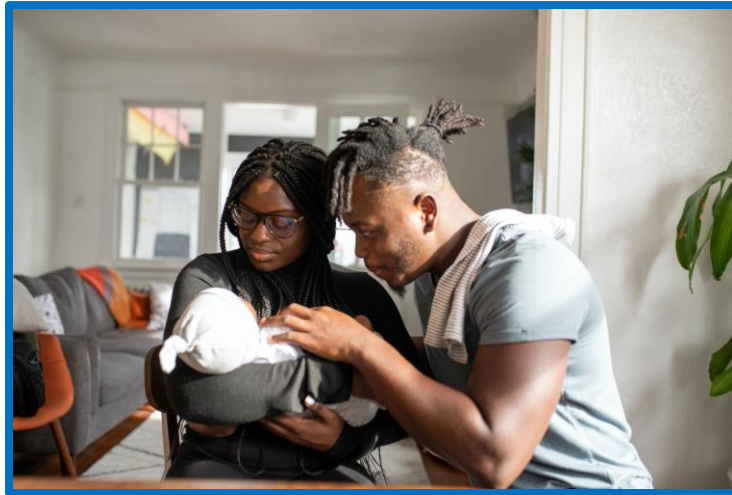
- [Parent Information](#)
- [Child Care Programs](#)

Common Sense Media: This site reviews the vast majority of movies, apps, video games, and other media available to children. Each movie, for example, lists a parent-level age rating along with a kid’s perspective of appropriate age level. In addition, it gives a summary along with positive messages and violence or scariness rankings. There is a mobile app to make it simple to review any media your children may encounter.

- [Common Sense Media](#)

Confident Parents, Confident Kids: The only site for parents that focuses explicitly on actively promoting kids’ social, emotional, and ethical development. Drawing upon research from multiple disciplines and best practices from educators, articles and resources focus on simple, practical ways to model, coach, and create practice opportunities to develop social and emotional skills in the context of family life.

- [Confident Parents, Confident Kids](#)



Family Institute: The Parent Toolkit is a one-stop resource designed to help parents and caregivers navigate their child’s growth and development from Pre-K through 12th grade in the classroom and beyond.

- [Parent Toolkit](#)

The Family & Youth Institute: The FYI Digital Parenting Toolkit offers practical tips on how to have a more proactive role in directing your child’s social media presence and use.

- [The FYI Digital Parenting Toolkit](#)

Healthy Children: Developed by the American Academy of Pediatrics, this site provides information on children’s developmental ages and stages, on healthy living practices, on safety and prevention, and on dealing with health concerns at home.

- [The AAP Parenting Website](#)

Info About Kids: Produced through a collaboration of the Consortium for Science-Based Information on Children, Youth, and Families, the site is committed to publishing resources with a solid research base. They have sections on body, mind, emotions, and relationships.

- [InfoAboutKids.org](#)

TODAY Parenting Guides: Drawing from an experienced set of experts in a range of fields, including CASEL’s Roger Weissberg, this site provides developmental markers at each age/stage with guidance for parents on how to support each aspect of development. Resources are provided in the areas of academic, health and wellness, and social and emotional development. A supplemental application can prompt a parent on a child’s specific milestones along with tips for support.

- [Parenting Guides in Collaboration with Chan Zuckerberg Initiative](#)

Stop Bullying: A site dedicated to helping parents, educators, and community members stop bullying. There are also resources and articles specifically written for kids and teens.

- [Stop Bullying](#)

Youth Service America: A global organization that supports youth involvement as significant contributors to communities through learning, leadership, and service. They organize large scale campaigns, make grants, offer numerous resources, and give awards to support their mission.

- [Youth Service America](#)

1•2•3 Care: A Trauma-Sensitive Toolkit for Caregivers of Children: This toolkit provides resources for caregivers with the understanding of how critical early childhood experiences are to shaping the way the brain works later in life. It is organized by topics including brain development, attachment, emotions, behavior, discipline, and more. Resources and teaching aids are also provided.

- [1•2•3 Care: A Trauma-Sensitive Toolkit for Caregivers of Children](#)

Creating a Family Support Project Toolkit: The purpose of the Juvenile Justice Collaborative (JJC) Family Support Project is to promote innovative strategies to support the families of justice-involved youth. Through this project, the JJC is building and testing local practices to support families and identify interventions that address the needs of the entire family, including parents and caregivers. This toolkit is intended for organization hoping to think more strategically about providing supports for the parents of justice involved youth. Sample materials, best practices, challenges, parenting education curriculum, training, and more are all provided.

- [Family Support Project Toolkit](#)

Appendices

Appendix 1: Lurie Children’s Hospital Internal Parenting Supports

<i>Tier I: Universal Supports (e.g. public awareness campaigns; apps; educational materials distributed broadly)</i>		
<u>Department & Name</u>	<u>Summary</u>	<u>Target Audience</u>
Child Life, Rebecca Meyers	Preparatory materials for how to handle anxiety during hospitalization for parent, patient, and sibling	All Ages
NICU, Craig Garfield, MD, Hospitalist	Research with fathers (e.g. developing app)	All Ages
Adolescent Medicine Jen Leininger	<ul style="list-style-type: none"> • Parent education: Sex Health Education (workshops consistent with CPS SHE policy and curriculum, tailor to the group LurieChildrens.org/SexEdProgram), LGBTQ 101, Substance use (starting Fall 2020), HIV + PrEP • LGBTQ 101 – How to create inclusive environments for LGBTQ+ youth in communities, neighborhood, and schools • Monthly groups for trans nonbinary children and adolescents • Parent groups for parents of trans nonbinary children and adolescents • TransMentor Program (TMP): A mentorship focused on connecting trans nonbinary adolescents with adults of similar gender identities • Initiative with CPS to support PPY students <p>Never Fear Talks (videos and tips for sexuality education conversations at home at LurieChildrens.org/NeverFearTalks)</p>	<ul style="list-style-type: none"> • Teens • K-8th is the target for SHE • LGBTQ 101 – 18+ • HIV and PrEP – 12+ • Groups: Pre K-12th <p>TMP 12+</p>

PARENTING SUPPORT TOOLKIT

<p>Preventing Alcohol Abuse in Chicago Teens</p>	<p>Communications campaign targeted to parents about talking to their children about alcohol use and making positive choices</p> <ul style="list-style-type: none"> • CTA banners • School poster camp 	<ul style="list-style-type: none"> • Middle and high school age
	<ul style="list-style-type: none"> • 	

Tier II: Targeted Support (*e.g. small group; parenting classes*)

<u>Department & Name</u>	<u>Summary</u>	<u>Target Audience</u>
<p>Center for Childhood Resilience</p>	<ul style="list-style-type: none"> • Provide parent workshops on topics identified to build upon Trauma knowledge and strategies • Deliver Resilience workshops series addressing trauma, race and equity, self-care, and bullying 	<p>All Ages (Belmont Cragin & Austin)</p>
<p>Child Life, Rebecca Meyers (See also Tier I & III)</p>	<p>Art Therapist and Bereavement Coordinators – weekly art therapy group for parents</p>	<p>All Ages</p>
<p>Safety Ambassador Pilot, Amy Hill</p>	<p>Training parents and caregivers in pediatric safety best practices. (<i>Note: Train the trainer model</i>)</p>	<p>Ages 0-10</p>

PARENTING SUPPORT TOOLKIT

Safety Education Workshops, Amy Hill	<ul style="list-style-type: none"> Pediatric workshops on safety best practices, including vehicle and child-restraint training at school-based events Increase knowledge and skills of parents and caregivers trained; Provide safety devices for parents e.g. car seats etc. 	Ages 0-10
Heartlight Bereavement Program	Provide on-line support groups (through telemedicine platform) every Thursday night to families. Twice a month, the English speaking-bereaved group meets and twice a month our Spanish-speaking group meets. <i>(Note: Families have loved the on-line groups, and more are attending than in person)</i>	All Ages
MDA Clinic	Quarterly support groups for patients and their families. Hosted onsite at the hospital and offsite to meet the needs of families living outside of Chicago.	All Ages
Oncology	Monthly teen/parent night for any young person who identifies as trans/gender nonconforming and their parent/guardian. They don't have to be patients to come to group. New young people/guardians sign consents when they attend their first group	Ages 13-18
Oncology, Lindsey Tynes, Gilda's Club Social Worker	Inpatient parent group on FL17 of LCH for oncology parents, (on hold during COVID-19)	All Ages

Tier II: Targeted Support (e.g. small group; parenting classes)

<u>Department & Name</u>	<u>Summary</u>	<u>Target Audience</u>
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PARENTING SUPPORT TOOLKIT

<p>2018 Family Support Project Strengthening Chicago’s Youth, Juvenile Justice Collaborative</p>	<p>Family Support Project: Grants to 10 service provider partners to implement parenting support services for parents of justice-involved youth. Programs included services based on three area of support:</p> <ol style="list-style-type: none"> 1. Enhance parent engagement with the court process 2. Increase parents’/guardians’ knowledge of how to support their child; and/or 3. Meeting parents’ basic needs (e.g. emergency fund; mental health services or other support). 	<p>Ages 12-18, justice-involved youth</p>
<p>Psychiatry – Littles Ones program</p>	<ul style="list-style-type: none"> • Supports around fussiness, sleep schedules, feeding, toileting, anxiety, and behavioral issues • Offer free parenting seminars for the above issues periodically (although we have not hosted one since COVID-19 but considering doing virtual ones). www.luriechildrens.org/littleones also has a list of services, resources and supportive videos for parents and PCPs 	<p>Birth to 4 years old and their parents</p>
<p>Psychiatry – Target program</p>	<p>Provides support and intervention for children ages 3 years-12 years and their caregivers. This is done through group sessions divided by age group and the groups run several times throughout the year.</p>	<p>3 years – 12 years and their parents</p>
<p>MAACC (Mood, Anxiety, ADHD Collaborative Care)</p>	<p>Capacity building of community-based primary care physicians</p>	<p>All Ages</p>

Tier III: Tailored or Intensive Individualized Supports (*e.g. individual counseling; services/supports tailored to an individual parent/caregiver*)

<p><u>Department & Name</u></p>	<p><u>Summary</u></p>	<p><u>Target Audience</u></p>
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PARENTING SUPPORT TOOLKIT

Almost Home Kids	Short-term transitional care in a home-like setting, family training and respite care	All Ages
Child Life	Child Life Specialists – goal of reducing anxiety for parents while in the hospital (parents with increased anxiety has kids with more anxiety)	All Ages
ConnecTeen, Katelyn Kanwischer	Connecting pregnant and parenting youth (PPY) to home visiting (HV) programs	All Ages
SAILS Supporting Adolescence with Independent Life Skills, Angela Berger, LCSW Social Worker and Transition Specialist, Parag Shah, MD, Transition Team Director	Six-week program to teach teens to prepare for their future in work and college as well as their healthcare management. There are also sessions for parents to provide additional information and support	Teens 15-20
NICU, Craig Garfield, MD, Hospitalist	Fatherhood clinic at Lawndale Christian	All Ages
Psychiatry	<ul style="list-style-type: none"> • Intensive inpatient and outpatient services • Parent training and clinical groups for children and their parents 	All Ages
Spinal Muscular Atrophy (SMA)	<ul style="list-style-type: none"> • SMA Groups • CureSMA Holiday Party – big holiday party each year for families with SMA 	All Ages
Psychiatry – Trauma Team	Provides support and intervention for children and families dealing with a traumatic event. They offer varied levels of services and supports, and tailor to each family's needs.	Children and families

Appendix 2: External Parenting Supports

Tier I: Universal Supports (e.g. public awareness campaigns; apps; educational materials distributed broadly)

Name	Summary	Target Audience	Target Outcomes
Stroger Hospital of Cook County	<p><u>Communication Campaign</u></p> <ul style="list-style-type: none"> • Posters on CTA and train lines and buses • Campaign normalizes parenting issues and sparks a desire for parents’ interest and positive change (PPP messaging) • Outlines services that are beneficial <p><u>External Resources Used</u></p> <ul style="list-style-type: none"> • PCA (Preventing Child Abuse IL) - Free statewide training and focus on public awareness and education • ACES Connection • CDC 	All ages	Raise awareness about ACEs & positive parenting
Ounce of Prevention Fund	<ul style="list-style-type: none"> • Helping Parents Provide Quality Education at Home • Provide resources for easy and engaging educational experiences • Tips for navigating COVID-19 discussions 	Birth to 5 years old	Keep children on track educationally during the COVID-19 crisis
Educare: Ounce of Prevention Fund	<ul style="list-style-type: none"> • Educare centers in communities across the country • Ensures financially disadvantaged young children have best possible opportunities for success 	Birth to 5 years old	Improve educational opportunities for disadvantaged children
Ounce of Prevention Fund	<p><u>Snapshot: Family & Social Support Professional Learning Community</u></p> <ul style="list-style-type: none"> • Birth-to-college newsletter • Family & Social Support PLC video • Illustrate the varied ways parents show involvement while facing challenges 	<ul style="list-style-type: none"> • Parents of children birth through 3rd grade • Teachers and family support staff 	<ul style="list-style-type: none"> • Reveal that teachers and support staffs’ beliefs do not take parent’s varied involvement into consideration • Develop supports necessary for parents to make use of best practices

Tier I: Universal Supports (*e.g. public awareness campaigns; apps; educational materials distributed broadly*)

<u>Name</u>	<u>Summary</u>	<u>Target Audience</u>	<u>Target Outcomes</u>
Chicago Public Schools	<p><u>Diverse Learners Parent Advisory Council</u></p> <ul style="list-style-type: none"> • Volunteer parents/caregivers meet with Office of Diverse Learner Supports and Services (ODLSS) to discuss issues and provide input • Together produce educational workshops, websites, and learning materials for parents of diverse learners 	<ul style="list-style-type: none"> • Parents of Pre-K – 12 graders • Meetings open to general public 	<ul style="list-style-type: none"> • Represent all interests in new district policies • Foster collaboration between parents and school/district staff

Tier II: Targeted Support (e.g. small group; parenting classes)

<u>Name</u>	<u>Summary</u>	<u>Target Audience</u>	<u>Target Outcomes</u>
Chicago Parenting Centers	<ul style="list-style-type: none"> Operated through CPS Parental involvement is utilized to promote healthy development and education for both the parent and child 	<ul style="list-style-type: none"> Low-income families Parent and child Preschool age 	Commonly cited as a model child-parent program
Parenting 4 Nonviolence	<ul style="list-style-type: none"> Works with Archdiocese of Chicago Educational material from Active Parenting that is video and active participant based One 2-hour class per week for 6 weeks 	Parents of 2-12-year old's	Works to empower parents with proven skills to raise children in emotionally healthy ways
Parenting Fundamentals	<ul style="list-style-type: none"> Operated out of Metropolitan Family Services in Chicago Runs 8-12 weeks of in-group sessions Translated into different languages 		<ul style="list-style-type: none"> Improvements to home environment proven Proven improvement of parenting skills Proven improvement of child behavior
Family Engagement Training	<ul style="list-style-type: none"> Operates out of Illinois Action for Children's Chatham office Builds on strengths of parents and families to support them Home to community model Workshops, model Family Child Care home setting, family engagement groups 	Teen parents 19 years old and younger	<ul style="list-style-type: none"> Parents explore personal leadership Improve outcomes in the community for children
Family Neighborhood Partnership: Illinois Action for Children	<ul style="list-style-type: none"> Family and neighborhood partnerships Deepen relationships between families and local providers 	Teen parents 19 years old and younger	Connect parents with resources in the community

Tier II: Targeted Support (e.g. small group; parenting classes)

<u>Name</u>	<u>Summary</u>	<u>Target Audience</u>	<u>Target Outcomes</u>
ReCharge Family and Youth Opportunities Program	<ul style="list-style-type: none"> Through Illinois Action for Children Free summer fitness and wellness program 	<ul style="list-style-type: none"> Children between ages 6 and 14 Families in the Chicago Housing Authority (CHA) Developments 	Improve health outcomes for children
Illinois Action for Children/Faith-based program	<ul style="list-style-type: none"> Faith-based program to connect parents to early learning and school-age services Partners with churches to educate communities on importance of education 	Teen parents 19 years old and younger	Connect parents to quality care and education for children
Ounce of Prevention Fund	<ul style="list-style-type: none"> Trained doula usher in a healthy start for babies 24 sites throughout Illinois serve teen parents 	Teen parents	Provide healthy start for newborn babies
Parent Leadership Institute (PLI)	<ul style="list-style-type: none"> Through Chicago Public Schools 8-week parent leadership development program 		Link family and community engagement to school success
Parent Advisory Council (PAC) / Parent Leadership Network (PLN)	<ul style="list-style-type: none"> Through Chicago Public Schools Collaborative meeting as a parent engagement initiative 	CPS parents	<ul style="list-style-type: none"> Partnership-building Learning and leadership experience of parents is relational, developmental, collaborative, and linked to learning

Tier II: Targeted Support (e.g. small group; parenting classes)

<u>Name</u>	<u>Summary</u>	<u>Target Audience</u>	<u>Target Outcomes</u>
UCAN’s FamilyWorks Program	<ul style="list-style-type: none"> • Increase economic independence, develop academic achievement, increase earning power, stability and quality of life for residents and families • Outreach and engagement, career services, clinical services, case management 	Chicago Housing Authority residents in mixed/scattered Housing Choice Voucher housing on West and near Northwest sides of Chicago	Families achieve economic and social self-sufficiency
Maryville Academy	<ul style="list-style-type: none"> • Parent support programs offered in Austin neighborhood at Augustus Tolton Peace Center • Resource center available for computer/internet access • Be the Flow Wellness program featuring meditation, yoga, and fitness training 	<ul style="list-style-type: none"> • Birth to 5 years old • Teen parents 	Help families reach potential by cultivating growth
Parent Cafés	<ul style="list-style-type: none"> • Through Maryville Academy • Six Parent Café classes over 3 months that offer dinner with transformative conversations following • “Children’s Corner” for children to play and learn while parents participate 	Families from the Austin Community	<ul style="list-style-type: none"> • Help parents achieve greater success in parenting initiatives • Form partnerships and opportunities for parents to learn from each other
CYC-Chicago Youth Center	<ul style="list-style-type: none"> • Variety of workshops, mentoring opportunities, and one-on-one meetings throughout the year • Encouraging volunteering at Centers to build bonds with their children and develop supportive network 	Parents of school age children	<ul style="list-style-type: none"> • Ensure children receive needs to meet behavioral and cognitive milestones • Develop parenting skills

Tier II: Targeted Support (e.g. small group; parenting classes)

<u>Name</u>	<u>Summary</u>	<u>Target Audience</u>	<u>Target Outcomes</u>
New Moms	<ul style="list-style-type: none"> • Partner with young moms and kids • Offers 40 apartments of transitional housing and 18 of permanent supportive housing • Best-practice 16-week paid job training program at Bright Endeavors • Family Centered Approach (racial equity lens) 	<ul style="list-style-type: none"> • Moms and kids under 25 years old • West side (Austin area) 	<p>“2-Generation” approach puts moms in driver’s seat to construct foundation for family’s well-being</p>
Power of Fathers	<ul style="list-style-type: none"> • Collaboration between Children’s Home & Aid, Family Focus, Metropolitan Family Services, and Fathers, Families and Healthy Communities • Develop a toolkit to promote effective father engagement in social sector • Job preparation, life skills training, health services, parenting skills development, financial planning 	<ul style="list-style-type: none"> • Low-income fathers • Particularly men of color in great Englewood and North Lawndale communities 	<p>Fathers become economically self-sufficient and fully engaged in the life of their child(ren)</p>
NAMI Support Group	<p>Support group for parents of children suffering from school phobia, ADHD, sleep disturbances, smoking and drugs, other mental health struggles</p>	<p>Parents of Children & Adolescents</p>	<p>Help parents cope with and assist children with mental health struggles</p>
Young Parents Program	<ul style="list-style-type: none"> • Home visiting and peer group services • Age-appropriate activities to promote positive cognitive, emotional, physical, language, and social development in children • Book clubs, volunteer hours, peer mentoring, college tours 	<p>Teen parents ages 12-19</p>	<p>Healthy attachment and positive relationship between teen parents and children</p>

Tier III: Tailored or Intensive Individualized Supports (e.g. individual counseling; services/supports tailored to an individual parent/caregiver)

<u>Name</u>	<u>Summary</u>	<u>Target Audience</u>	<u>Target Outcomes</u>
Chicago Public Schools Juvenile Court Program	<ul style="list-style-type: none"> Operated out of Illinois Action for Children Twice monthly personal visits to teach parenting skills using <i>Parents as Teachers</i> curriculum Monthly group sessions Child developmental screenings Childcare program 	<ul style="list-style-type: none"> Teen mothers 19 years and younger On probation referred by Cook County Juvenile Court 	<ul style="list-style-type: none"> Improve parenting skills Child stays on track developmentally
Ounce of Prevention Fund	<ul style="list-style-type: none"> Home visiting programs provide child-development and parenting information Model positive and language-rich relationships Connect families to medical, dental, and mental-health supports 	Teen parents	Teen parents create safe, stimulating home environments
UCAN High-Risk Infant Program	<ul style="list-style-type: none"> Provides preventative and supportive services Transportation, in-home support, and referrals 	<ul style="list-style-type: none"> Birth – 5 years old Families coping with high-risk pregnancies and premature or multiple births 	<ul style="list-style-type: none"> Prevent high-risk families from becoming involved with child welfare Create support network
UCAN Teen Parenting Service Network	<ul style="list-style-type: none"> Provides full scope of clinical services designed to increase youths’ functioning through coping with trauma Clinical counseling, educational coaching, leadership training, new birth assessments and doula assistance 	Pregnant and parenting youth in DCFS care	<ul style="list-style-type: none"> Provide seamless service and full continuum of care Enhance parenting capacity of youth

Tier III: Tailored or Intensive Individualized Supports (e.g. individual counseling; services/supports tailored to an individual parent/caregiver)

<u>Name</u>	<u>Summary</u>	<u>Target Audience</u>	<u>Target Outcomes</u>
Austin Friends of the Children	<ul style="list-style-type: none"> Children at highest risks receive a professional mentor to stay with them for 12.5 years Mentors build relationships with parents connecting to basic needs and resources 	<ul style="list-style-type: none"> Parents of children kindergarten to 12 years old Children at highest risk of continuing cycle of poverty 	Help youth develop skills to become contributing members of society
New Moms	<ul style="list-style-type: none"> COVID-19 Response connects with families virtually with home visits and parent support groups via Zoom Deliver essential items (food, diapers, formula, etc.) Connect participants with mental health resources 	Parents and kids under 25 years old	Provide young families with what they need throughout the crisis
Children Home and Aid	<ul style="list-style-type: none"> Parents with young children may receive free counseling, parent education and referrals to support services PEPAC program provides transportation to prenatal/post-natal appointments, job search strategies, communication skills development 	Parents of children under 3 years old	<ul style="list-style-type: none"> Help new parents reduce stress and post-partum depression New parents successfully find jobs
Thresholds Mothers Project	<ul style="list-style-type: none"> Behavioral health services Thresholds high school Residential and transitional living Child care services 	<ul style="list-style-type: none"> Homeless pregnant and parenting youth 16-23-year-olds with mental health challenges Homeless families headed by parent of any age with serious mental health condition 	Ensure well-being and mental health outcomes of children who are homeless and have parents with SMHCs

Tier III: Tailored or Intensive Individualized Supports (*e.g. individual counseling; services/supports tailored to an individual parent/caregiver*)

<u>Name</u>	<u>Summary</u>	<u>Target Audience</u>	<u>Target Outcomes</u>
Chicago Public Schools Bilingual Advisory Committees (BACs)	Bilingual Advisory Committees (BACs) empower parents of English Learners (ELs) to participate in their student's education and advocate for the academic, social, and cultural development of all ELs.	Parents of English Learners (ELs)	Help parent effectively participate in the overall governance of bilingual education.
DePaul Child – Adult Relationship Enhancement Workshop Training	CARE involves two phases: First, following the child’s lead to build a strong relationship, and second, giving effective directions to help improve compliance.	Training model for caregivers and professionals who care for and work with children	Learn techniques that are foundational in caregiving and interaction skills for promoting positive behaviors in children, while increasing their ability to follow directions.

Appendix 3: Crime Victim Services Resource Guide

Crime Victim Services Resource Guide: This resource guide includes information on mental health services, substance use services, legal support, housing services, sexual and domestic violence support, LGBTQ+ resources, refugee/immigrant resources, food resources/pantries, parent support groups and programs, professional development resources, 24-hour immediate assistance hotlines, youth in crisis, and more. All services and programs are Chicago-based.

- [Crime Victim Services Resource Guide](#)

Appendix 4: Parenting Support – Juvenile Justice Resources for Youth

Juvenile Justice Resources for Youth and Families: This document provides resources and program options for young people on a variety of topics including employment, education, mentoring, counseling, legal resources, and more.

- [Juvenile Justice Resources for Youth and Families](#)