



1 for 1 - Quick videos answers to common questions - *Listen or Watch & Learn*



Our experts have been asked a lot of questions over the years. We boiled down the one thing our team felt would make the biggest impact for you, on one issue./one solution. Watch a Flash Class Video (15 min+/-) or listen to it like a podcast. Download the helpful handouts too. Here are your classes - all are available in either English or Spanish. Click on the title and log into your Parent Center to get started

Mental Health Knowledge and Skills Library

The parent-child relationship is the most powerful mental health intervention known to humankind.

– Bessel van de Kolk

Even before the Pandemic, mental health disorders were the most common diseases of childhood. Due to the dramatic increase in children and teens entering hospital emergency departments, some are declaring a pediatric mental health emergency. Whether your child is doing fine and you want to prevent future mental health issues, or your child just doesn't seem like their usual self or has actually declared suicidal thoughts, you can help.

Increase your awareness so that you can be positive and intentional about your relationship with your child. Parents with Mental Health Literacy recognize that their own mental health affects their children's well-being and that children's behavior is sometimes a call for help. Mental health literacy is the ability to prevent, recognize and cope with mental health conditions.

Disclaimer: Information shared by Peace at Home Parenting teachers is not intended as a replacement for clinical mental health services. Your pediatrician can suggest clinical services or if your child is in crisis, go to your nearest hospital emergency room or call 911

- [Children and Therapy: Let's Talk](#)
- [School Refusal: What's Important to Know and What Can I Do?](#)
- [How Your Childhood May Affect Your Parenting Behavior](#)
- [Mental Health Literacy for Parents: The Basics](#)
- [What is My Role in My Child's Therapy?](#)
- [How Do I Know if My Child Needs Therapy and How Do I Choose a Therapist?](#)
- [Positive Connections for More Cooperation](#)
- [Peer Pressure and Bullying: What Helps](#)
- [Teens and Depression: How Can I Help?](#)
- [Children and Anxiety: How can I help?](#)
- [What is My Role in My Child's Therapy?](#)