

## Resources

### Websites

Military OneSource: <https://www.militaryonesource.mil>

Sesame Street for Military Children (ages 2-6):

<https://sesamestreetformilitaryfamilies.org>

Military Kids Connect (ages 6-17):

<https://militarykidsconnect.health.mil>

Military Child Education Coalition: <https://www.militarychild.org>

USUHS Center for the Study of Traumatic Stress:

<https://www.cstsonline.org/fact-sheet-menu/children-and-families>

DHA Child and Family Behavioral Health Parent Handouts:

<https://info.health.mil/sites/hro/CMT/BH/CAFBHS/layouts/15/WopiFrame.aspx?sourcedoc=/sites/hro/CMT/BH/CAFBHS/Documents/CFBH%20Family%20Pamphlet%20Series.pdf&action=default>

Child Mind: <https://childmind.org>

National Academies Press, NASEM

<https://www.nap.edu/resource/other/dbasse/wellbeing-tools/interactive/>

American Psychological Association <https://www.apa.org>

American Academy of Child and Adolescent Psychiatry

<https://www.aacap.org>

American Academy of Pediatrics <https://www.aap.org>

## **Calming and Wellness Mobile Apps**

(Note – some apps are free, some have a free trial then have a fee)

Breathe, Think, Do with Sesame

Breathe2Relax

Mind Shift

Calm

Happify

Headspace

Moodnotes – Mood Tracker

## **Resources/Books for Parents**

### **Positive Parenting:**

Triple P (Positive Parenting Program) – Online positive parent training program

<https://www.triplep-parenting.com/us/triple-p/>

### **Depression:**

Raising a Moody Child: How to Cope with Depression and Bipolar Disorder

Fristad, M., & Goldberg Arnold, J.S.

Child Mind Institute

<https://childmind.org/article/how-to-help-your-depressed-teenager/>

(Note: Child Mind website has many resources for parents/patients)

### **Anxiety:**

Helping Your Anxious Child: A Step-by-Step Guide for Parents

Rapee, R.M., Wignall, A, Spence, S.H., Cobham, V., & Lyneham, H.

Freeing Your Child From Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias.

Chansky, T.E.

Parenting Your Anxious Child with Mindfulness and Acceptance

McCurry, C.

**ADHD:**

Taking Charge of ADHD  
Barkley, R.A.

**Noncompliant Children:**

The Incredible Years: A Troubleshooting Guide for Parents of  
Children Aged 3-8 Years  
Webster-Stratton, C.

Your Defiant Child: 8 Steps to Better Behavior  
Barkley, R.A., & Benton, C.M.

The Kazdin Method for Parenting the Defiant Child  
Kazdin, A.E.

Parenting the Strong-willed Child  
Forehand, R., & Long, N.

The Explosive Child  
Greene, R.W.