

Hi JHCS 3rd & 4th Families,

As we continue through this world wide pandemic I love technology and the ability to be able to teach your children in the classroom. We are continuing talking about mental health and how to be mentally strong. I have included many links below for parents. I strongly encourage you to watch them. There are many resources that can help you as a parent of young children, as your child grow and if you have older children.

Thanks for being so wonderful,

Sam Grabert

Parent Resources:

How to talk to your child about suicide

<https://www.youtube.com/watch?v=eN-cpfK3lx8>

Recognizing Teen Depression

<https://ufhealth.org/recognizing-teen-depression>

NPR- How to help a child struggling with anxiety

<https://www.npr.org/2019/10/23/772789491/how-to-help-a-child-struggling-with-anxiety>

Anxiety and Children - American Academy of Child & Adolescent Psychiatry

https://www.aacap.org//AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/The-Anxious-Child-047.aspx

Depression in Children and Teens - American Academy of Child & Adolescent Psychiatry

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/The-Depressed-Child-004.aspx

Suicide Prevention - National Institute of Mental Health

<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

National Alliance on Mental Illness - below is a link for free NAMI classes. There is also a link for a video on what is taught in the classes by parents who are taking the class.

NAMI Program Information

<https://www.nami.org/Find-Support/NAMI-Programs>

NAMI Program Video

https://www.youtube.com/watch?v=k_AmuZ8vS0A

Why do we lose control of our emotions?

<https://www.youtube.com/watch?v=3bKuoH8CkFc>

Cookie Monster Practices Self-Regulation

https://www.youtube.com/watch?v=i0YDE8_jsHk

Teaching young children how the brain works

<https://www.youtube.com/watch?v=VOBYs-LN5bY>

Be a Mr. Jensen

https://www.youtube.com/watch?v=4p5286T_kn0

The Human brain educational video for young children

<https://www.youtube.com/watch?v=1aCYsYSM1MA>

Homeless Marine playing piano

<https://www.youtube.com/watch?v=PjYUODTUsvc>

Donald Gould -story

<https://www.youtube.com/watch?v=9tABgIZaMa8>

Donald Gould's son finds out he's alive

https://www.youtube.com/watch?v=IK_rpBSYU3w

Donald Gould meets his son

<https://www.youtube.com/watch?v=oBRhZERbUsY>

What makes you happy

<https://www.youtube.com/watch?v=1Y5R8K7OKSo>

Music Video - Justin Bieber: Life is worth Living

<https://www.youtube.com/watch?v=e934LuQIAeg>