Welcome to the Mental Health Part of the Night...

Facilitated By:
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What is helpful for kids?
How We Respond To Our Children Is Important...
Keep Calm:
"A dysregulated adult will NEVER help regulate a dysregulated child"
You can't pour from an empty cup.
Take care of yourself first.
1. Are you in your Lizard Brain or Wizard Brain right now?
2. I’m noticing some Red Flag Warning Signs right now with you, do you need a break?
3. What are some strategies you can use right now to calm down or come down the emotions elevator?
Warning Signs
Resources

- Jefferson Center for Mental Health (303) 425-0300
- Safe2Tell 1-877-542-7233
- Grief Support:
  - Judi's House [https://www.judishouse.org/](https://www.judishouse.org/)
  - National Alliance for Grieving Children [https://childrengrieve.org/resources/about-childhood-grief](https://childrengrieve.org/resources/about-childhood-grief)
  - The Center for Loss [https://www.centerforloss.com/](https://www.centerforloss.com/)
  - The Denver Hospice - [http://thedenverhospice.org/ourservices/grievanceservices/Pages/FootprintsChildrensGriefCenter.aspx](http://thedenverhospice.org/ourservices/grievanceservices/Pages/FootprintsChildrensGriefCenter.aspx)
  - Camp Erin - [https://elunanetwork.org/camps-programs/camp-erin/](https://elunanetwork.org/camps-programs/camp-erin/)
- Attention/Distractibility
  - Smart and Scattered - [https://www.amazon.com/Smart-but-Scattered-Revolutionary-Executive/dp/1593854455](https://www.amazon.com/Smart-but-Scattered-Revolutionary-Executive/dp/1593854455)
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  - [https://www.additude.com/](https://www.additude.com/)
  - National Center for Learning Disabilities [https://www.ncld.org/](https://www.ncld.org/)
  - [https://www.amazon.com/Everything-Children-Executive-Functioning-Disorder/dp/1440566852](https://www.amazon.com/Everything-Children-Executive-Functioning-Disorder/dp/1440566852)
  - [https://efpractice.com/](https://efpractice.com/)

- **Co-parenting/Divorce**
  - [www.amazon.com/Karen-Bonnell/e/B00M8VZXCE](http://www.amazon.com/Karen-Bonnell/e/B00M8VZXCE)
  - [https://kids247.org/](https://kids247.org/)
● Bullying and Conflict
  ○ https://www.stopbullying.gov/resources
  ○ Guide for Parents -
tparents_can_do_guide_for_parents.pdf
  ○ https://www.psychologytoday.com/us/blog/passive-aggressive-diaries/201211/is-it-rude-is-it-mean-or-is-it-bullying

● Middle School Preparation
  ○ https://www.chalkbeat.org/posts/co/2013/08/23/seven-ways-to-prepare-for-the-transition-to-middle-and-high-school/#.V00cFl9ViMo
  ○ https://www.edutopia.org/blog/transition-resources-teachers-matt-davis