

Parenting Support & Resources

Parenting Classes

Family Education and Support Services (Local)

Family Support Center of South Sound (Local)

Emotional Intelligence (EQ) for Parents (Web Based)

Parenting Websites

Parenting Topics A-Z

Parent Map Parenting Tools, Activities, Resources

Heart Mind Online

Parent Toolkit

South Sound Parent to Parent Resources & support for parents w/special needs child

Parenting Tool Videos

Raising Caring, Courageous Kids: Short Videos from Greater Good Science Center

The Four Goals of Misbehavior in Children

Active Listening Clip from Everybody Loves Raymond

Parenting FAQ

How do I deal with all the conflicts with my teenager?

ParentTeen Connect

Why does my child behave this way and what can I do about it?

8 Ways a Child's Anxiety Shows up as Something Else

4 Goals of Misbehavior

Parenting Cue Cards

My child just can't seem to calm down!

Ways to Meet a Child's Sensory Needs at Home

Why Do Kids have Tantrums and Meltdowns?

What is Active Listening and how do I do it?

A Simple Guide to Active Listening

Mental Health/Social Emotional Resources

I'm worried about my child's mental health. You can:

- **Call your child's pediatrician**
- **Call your child's school counselor for support and/or referrals to community providers**
- **If you or your child is in crisis you can access [WA State Dept of Health's crisis resources](#)**
- **Review the [Washington Listens Fact Sheet](#)**

Children/Youth mental health support needs:

[Mental Health America](#)

[Child Mind Institute](#)

[The Connection Between Anxiety and Stress](#)

[Warning Signs of Mental Illness in Children and Teens](#)

Does my child have an eating disorder?

[Eating Disorders Warning Signs](#)