



**Parent/Caregiver
Emotional Wellness
High School Preparation Resources**

Articles:

- [American Academy of Pediatrics: Tips to Promote Social-Emotional Health Among Teens](#)
- [How to Prepare Your Child for Boarding School](#)
- [Helping Children Transition Into a New School Environment](#)
- [Resilience Guide for Parents and Teachers](#)
- [Ten Ways to Help Your Teen Say Goodbye To High School \(but works for Middle School too!\)](#)
- [Helping Your Child Adjust](#)
- [How to Help Your Child Succeed at School](#)
- [How to Let Go as They Grow](#)

Courses:

- [UNC Parent-Child Self-Compassion Courses](#)

Books:

- [The Conscious Parent](#)
- [The Blessing of a Skinned Knee](#)
- [The Gift of Failure](#)