

CAREGIVING RESOURCES

Parenting Workshop

LOSD CARES | February 8, 2024



Child Development:

Neuroscience & Brain Development:

Upstairs Downstairs Brain [Handout](#)

Parts of the Brain [Coloring Sheet](#)

Dan Siegel, Hand Model

 Dr Daniel Siegel presenting a Hand Model...

Empowering Agency & Advocacy:

How to Reduce Power Struggles [Handout](#)

Setting Boundaries with Kids [Handout](#)

Collaborative Problem Solving:

Think:Kids - Collaborative Problem Solving

<https://thinkkids.org/Parents/>

Big Life Journal

[Big Life Journal Resources](#)

Articles:

Types of Parenting Styles and Effects On Children (National Institute of Health)

<https://www.ncbi.nlm.nih.gov/books/NBK568743/>

Creating Positive Childhood Experiences

https://www.cdc.gov/violenceprevention/featuretopics/prevent-child-abuse.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Finjury%2Ffeatures%2Fprevent-child-abuse%2Findex.html

Positive Parenting Tips (from the CDC)

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>

Podcasts:

Good Inside with Dr. Becky Kennedy

<https://www.goodinside.com/>

Books:

Lost at School

By Dr. Ross Greene

<https://lostatschool.org/>

Good Inside

By Becky Kennedy

The Whole Brain Child

Power of Showing Up

Dan Siegel, Tina Payne Bryson

What Happened to You?

By Oprah Winfrey and Bruce D. Perry, M.D., Ph.D.

<https://us.macmillan.com/books/9781250223210/whathappenedtoyou>

Resources:

[Mindfulness Meditation](#)

Clackamas County Crisis:

On-call crisis help (503) 655-8585

Child Abuse Hotline (971) 673-7112

or CALL 1-855-503-SAFE (7233)



This guide was made in partnership with LOSD CARES & LOSD's Elementary Behavior Specialists. Please visit our CARES website for more resources & recordings: <https://www.losdschools.org/Page/8011>

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