

Resources

- www.aaap.org – we have a blog!
- www.pandemic-parent.org – so many great resources here.
- <https://brenebrown.com/podcast/brene-with-emily-and-amelia-nagoski-on-burnout-and-how-to-complete-the-stress-cycle/>
- <https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/>
- <https://self-compassion.org/>
- <https://www.drlisadamour.com/>
- Apps: My Life and Insight Timer and Breathe Kids for elementary and younger kids
- Oregon Women Lawyers Working Parents Committee
- Journal articles:
 - First Things First: Parent Psychological Flexibility and Self-Compassion During COVID-19: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7200171/>
 - How is COVID-19 pandemic impacting mental health of children and adolescents? <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7481176/>
- <https://www.unicef.org/coronavirus/covid-19-parenting-tips>
- https://ggia.berkeley.edu/practice/a_loving_space_for_kids_emotions
- <https://www.apa.org/pubs/magination/unstuck-ebook.pdf>
- <https://letsembark.ca/time-capsule>
- <https://www.apa.org/pubs/magination/kids-guide-coronavirus-ebook.pdf>
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