

## [Parent Toolkit](#)

- Parent Toolkit is a one-stop resource developed with parents in mind. It's produced by NBC News Learn and supported by Pearson and includes information about almost every aspect of your child's development, because they're all connected. Healthy, successful children can excel in many areas – in the classroom, on the court, and in their relationships with peers and adults. Our advice also covers important topics for navigating life after high school.

## [Child Mind Institute](#)

- The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain and empower parents, professionals and policymakers to support children when and where they need it most.

## [Healthy at Home – YMCA Newsletter \(Free!!\)](#)

- Stay active, connected and up-to-date with our brand new Healthy At Home newsletter. We are providing daily workouts, learning & literacy resources, virtual exercise classes, and even an inspirational quote or joke to keep your spirits up.

## [Aha! Parenting](#)

- Are you looking for that Aha! Moment to transform your child's behavior, or maybe your own? Whether you're wondering how to handle a specific challenge, just figuring out your child-raising approach, or ready to tear your hair out, you've come to the right place.

## [Plugged In](#)

- Plugged In is a Focus on the Family publication designed to shine a light on the world of popular entertainment while giving families the essential tools they need to understand, navigate, and impact the culture in which they live. Each month, Plugged In is visited more than 1 million times by people looking for detailed information about what's really in popular movies, videos, television episodes, songs and games. Entertainment industry ratings only tell you so much. We go deeper, diving into specific content and the meaning behind it. Our award-winning website also offers news and blogs.

## Latinx Therapy

- In April 2018, Adriana Alejandre founded Latinx Therapy, a digital platform in the form of a podcast about mental wellbeing and destigmatization in the Latinx community. This project was created after she noticed a need for more education for the Latinx Spanish speaking community, especially in audio-form. Currently, Latinx Therapy has expanded to be a trusted national, bilingual resource for the Latinx community, and this will continue to grow.