

Family Partnerships That Support Health and Mental Health

RESOURCE GUIDE

Support families to:

- Find a medical home for their child
- Care for their children's oral health and dental care needs
- Identify community health resources
- Meet their children's need for sleep and help their infant learn to self-soothe
- Breastfeed, if possible
- Wait until the infant is developmentally ready to introduce solid foods
- Provide proper nutrition, including plenty of vegetables and fruits
- Choose whole foods when possible
- Limit foods high in sugar
- Provide opportunities for fun, active play
- Limit screen and TV time



Support parents to:

Seek care for mental health concerns, including postpartum mood disorders such as Baby Blues, Postpartum Depression, Postpartum Anxiety Disorder, and Postpartum Psychosis

- Do not diagnose or provide therapy
- Provide resources and help families access them
- Encourage them to stick to the treatment plan
- Report concerns over care of the children to your supervisor and the appropriate reporting agency (e.g. Child Protective Services)
- Talk with your supervisor in supervision about how to best approach the topic of mental health with families

Resources

Chapter 1: Welcome

Chapter 2: Health and Mental Health Overview

- Well child exams and immunizations - [Video](#)
- Immunization Resource Library, healthychildren.org, American Academy of Pediatrics
 - Recommended immunization schedules, healthychildren.org website – [English](#) and [Spanish](#)
 - How do vaccines work? healthychildren.org website – [English](#) and [Spanish](#)
 - Vaccine preventable diseases, healthychildren.org website – [English](#)
- Health and Mental Health Quiz answer key – [Handout](#)
- Oral Health and Dental Care – [Handout](#)
- A Guide to Children’s Dental Health – [Handout](#)
- Schedule of Childhood Immunizations - [Resource Handout](#)

Chapter 3: Meeting Children’s Need for Sleep

- Healthy Sleep Habits, Mark Weissbluth, MD - [Video](#) and [Transcript](#)
- Recommended Amount of Sleep by Age Group – [Handout](#)
- Infants and Sleep – [Handout](#)
- Safe Sleep - [Video](#)
- Children and Sleep – [Resource Handout](#)
- Newborn Sleep Tips - [Resource Handout](#)

Chapter 4: Meeting Children’s Nutritional Needs

- The Benefits of Breastfeeding – [Handout](#)
- When to Start Solid Foods - [Video](#) and [Transcript](#)
- Whole Foods, Good Choices - [Handout](#)
- Nutrition Resource Library, www.healthychildren.org, American Academy of Pediatrics
 - 1-year-old – [English](#) and [Spanish](#)
 - 2-year-old – [English](#) and [Spanish](#)
 - 3-year-old – [English](#) and [Spanish](#)
 - Dietary Fat and Toddlers – [English](#) and [Spanish](#)

Chapter 5: Child Obesity

- Child Obesity – [Handout](#)
- Child Obesity Resource Library, Centers for Disease Control and Prevention - [Handout](#)
 - Defining Childhood Obesity – [Webpage](#)
 - Child Obesity Causes and Consequences - [Webpage](#)
 - Child Obesity Facts - [Webpage](#)
 - Strategies to Prevent Obesity - [Webpage](#)
- Parental Advice on Keeping Children Healthy - [Video](#)
- Barriers to Health Care - [Handout](#)

Chapter 6: Mental Illness Overview

- Mental Illness Introduction – [Handout](#)
- Postpartum Mood Disorders – [Handout](#)
- Postpartum Mood Disorders - [Video](#)
- Postpartum Depression - [Resources](#)
- Pregnancy and Postpartum Mental Health Overview, Postpartum Support International - [Website](#)
- Edinburgh Postnatal Depression Scale Screening Tool - [English](#)

Chapter 7: Mood and Anxiety Disorders

- Mood Disorders and Bipolar Disorder – [Handout](#)
- Depression TED Talk, Andrew Solomon - [Video](#) and [Transcript](#)
- Bipolar Disorder TED Talk, Laura Bain, Living with Bipolar Type II - [Video](#)
- Women and Depression Resource Library – [Handout](#)
- Anxiety Disorders - [Handout](#)

Chapter 8: Other Mental Disorders

- ADHD and Schizophrenia – [Handout](#)
- ADHD as a Difference in Cognition, TED Talk, Stephen Tonti, - [Video](#) and [Transcript](#)
- A tale of mental illness from the inside (schizophrenia), TED Talk, Elyn Saks, - [Video](#)
- Borderline Personality Disorder - [Handout](#)

Chapter 9: Implications of Mental Health Disorders

- Appropriate and Inappropriate Boundaries – [Handout](#)
- Impact of Mental Illness on Parenting Video - [Video](#)
- Possible Effects of Parent Mental Illness - [Handout](#)