

**Sylmar Neighborhood Council, Education Committee Sharing information from "The Child Mind Institute".**

### **The Child Mind Institute on YouTube**

Information and tips from the Child Mind Institute's **Family Resource Center** are now on YouTube, delivered by our **expert clinicians** straight to your TV, laptop, or mobile device. Our videos help families support children who are struggling with a wide range of mental health, behavior, and learning issues.

You can find our latest videos below, and we'll be posting new ones weekly on topics from behavior challenges to screen time. Be sure to **subscribe to our YouTube channel** to be the first to know when we release our next video.

In February we explained how to monitor social media use when kids are starting out and how to help kids fall and stay asleep. Plus two videos for high school students to help them better understand their feelings and practice relaxation skills. We also have a panel discussion about how to talk to children about mass shootings.

#### **Family Resource Center**

<https://childmind.org/resources/>

#### **Expert Clinicians**

<https://childmind.org/care/>

#### **Subscribe to our YouTube Channel**

<https://www.youtube.com/channel/UCJWqhYTN2h00RsOBQSFEytg>

## **Understanding Feelings for High School Students**

Learn that better understanding and recognizing your emotions can be an important first step toward healthy coping and deeper relationships.

<https://www.youtube.com/watch?v=eTeYpQ32JP8>

## **How to Encourage Good Sleep Habits in Kids**

Sleep is essential, but many of us don't get enough of it. One of the best ways to get back on track is through better sleep hygiene; establishing habits that promote a good night's sleep, like setting a routine.

[https://www.youtube.com/watch?v=RyDiy\\_jXNBM](https://www.youtube.com/watch?v=RyDiy_jXNBM)

## **Relaxation Skills for High School Students**

Learn specific relaxation skills, such as paced breathing, that you can use when experiencing intense or uncomfortable emotions.

<https://www.youtube.com/watch?v=9IZOond9srU>

## **How to Keep Teens Safe on Social Media**

Tips to keep kids safe on social media, including turning on strict privacy settings and setting limits on who kids can talk to online and when.

<https://www.youtube.com/watch?v=CP8oFSJ8gEA>

## **The Disruptors | A Child Mind Institute Panel Discussion on ADHD**

Dr. Roy Boorady and Dr. Dave Anderson from the Child Mind Institute join the award-winning documentary's executive producer, Nancy Armstrong, for an engaging conversation with senior NBC News correspondent Cynthia McFadden.

<https://www.youtube.com/watch?v=8tPVkvmVjos>

**Shared information and Credit to "The Child Mind Institute".**