

Websites, Apps and Resources to Support Emotional and Self-Regulation Skills

Big Life Journal

Free weekly emails parents can subscribe to that promote growth mindset for your children. There are free parenting tips for children and tweens.

<https://biglifejournal.com/pages/freebies>

Their Blog has some of their past printables posted such as 9 Activities to Build Grit and Resilience in Children, 25 Growth Mindset Affirmations and Family Gratitude Challenge and many more helpful ideas for parents.

<https://biglifejournal.com/blogs/blog>

Calm (app and website) - All ages.

Calm is a website (and app) with some free meditations and mindfulness activities, including deep breathing and sleep stories.

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

Cosmic Kids Yoga

Brief Yoga videos for kids in YouTube

<https://www.youtube.com/user/CosmicKidsYoga>

Collaborative Problem Solving

CPS is an effective, evidence-based strategy for understanding and working with challenging behaviours.

<http://www.thinkkids.org/learn/our-collaborative-problem-solving-approach/>

Insight Timer

A free app with guided meditations.

<https://insighttimer.com/>

The Mehrit Centre (Self-Reg)

The Mehrit Centre, led by Dr. Stuart Shanker, has developed a website with a lot of information and resources for parents, educators and professionals. They have also created a self-reg parenting magazine, and a Facebook support group.

<https://self-reg.ca/>

MindMasters2 - Ages 4-9

“MM2 is a mental health promotion resource that helps children to develop social and emotional skills through relaxation, positive thinking and mindfulness”

<https://www.ottawapublichealth.ca/en/professionals-and-partners/iecmh.aspx#Mindmasters-2>

MyLife

MyLife is a website (and app) with some free meditations and mindfulness activities. They have a separate section for younger kids, and one for teens-young adults.

<https://my.life/>

OCDSB Mental Health During Covid-19

The OCDSB has compiled a list of online resources that provide factual information and tips to support student, staff and parent/guardian mental health and well-being during the pandemic.

<https://ocdsb.ca/cms/One.aspx?portalId=55478&pageId=32175502>

OCDSB Speaker Series: Dr. Michael Cheng

Dr. Micheal Cheng, a child psychiatrist at CHEO presented a Webinar for parents of the OCDSB on January 21, 2021 on screen time. For those who were unable to attend it was put on youtube for viewing.

Screen Time During the Pandemic : Why we are addicted and what we can do about it.

https://www.youtube.com/watch?v=7tpdOE_riUc

Reaching In Reaching Out

RIRO is a program that helps promote resilience in adults and young children. Their parent website is accessible to anyone, and has great information and resources for parents.

<http://www.reachinginreachingout.com/resources-parents.htm>

Strong Minds Strong Kids

Strong Minds Strong Kids, Psychology Canada is a resource through the Psychology Foundation of Canada, that is committed to promoting the mental well-being of children and youth in Canada. They have Podcasts, articles, webinars and resources about a variety of topics, including parenting during Covid-19.

<https://www.strongmindsstrongkids.org/Public/Default.aspx>