


Parent

# EMOTIONAL LITERACY



## **Strategies to Support and Encourage Social-Emotional Growth**

Description: Gain multiple perspectives on how to encourage social-emotional growth in your child with these strategies.

Link: <https://bit.ly/3KhJ7g3>

## **Helping Kids Identify and Express Their Feelings**

Description: The reality is that kids aren't born knowing how to identify and express their feelings.

Learn how to help your child free their feelings!

Link: <https://bit.ly/3CvL7zl>

## **Walk in Our Shoes - Parent Resource**

Description: As a parent, your role is critically important in learning about, early identification of, and accessing support and treatment for mental illness.

Learn how to create stigma-free environments for your children.

Link: <https://bit.ly/3TaynEc>

