

Bronxville B*Well Resources

Wise Mind Parenting Workshops

Dialectical Behavioral Therapy Introduction, Alec Miller

Video: https://drive.google.com/file/d/1pUx8oAefViXi4HAfNSck6pcL_OL0aYg6/view?usp=sharing

Audio: <https://drive.google.com/file/d/1Q8svSriw0nX4QeboEMLhFdcOydfhYCMx/view?usp=sharing>

How to Listen: Help Your Child Stay Calm Through Validation, Kelly Graling

Video Recording: <https://drive.google.com/file/d/1sDKzmVVjxtM2ywttoEu4PzFLOn0xsx8q/view?usp=sharing>

Audio Recording: <https://drive.google.com/file/d/1cxzsKFNV3FrkhCEp52JYv6y25JyRxSXY/view?usp=sharing>

How to Praise: Help Your Child Stay Calm Through Your Attention, Kelly Graling

Video: <https://drive.google.com/file/d/11gCmRhx2U1o7bN4W9o0Z3oft-JyMa2PZ/view?usp=sharing>

Audio Only: https://drive.google.com/file/d/1gfOShDZve_e5lbHS8XhkQd3NgTGQNGWY/view?usp=sharing

How to Stay Balanced, Kelly Graling

Recording Here: https://drive.google.com/file/d/1pUx8oAefViXi4HAfNSck6pcL_OL0aYg6/view?usp=sharing

Audio Only here: <https://drive.google.com/file/d/1Q8svSriw0nX4QeboEMLhFdcOydfhYCMx/view?usp=sharing>

Recommended Reading:

Books

iGen - [Amazon](#)

Unselfie - [Amazon](#)

The Gift of Failure - [Amazon](#)

How to Raise An Adult - Ask Me Anything Session with Julie Lythcott-Haims

Recording Here: <https://drive.google.com/file/d/1w2XTrAF3qjUx6WcXaO4BegriitccFF49/view?usp=sharing>

Audio Only Here: <https://drive.google.com/file/d/1Mek5kvIFGj2r2KqTAWK5GSY8bQL35wB3/view?usp=sharing>

Recommended Reading:

[How to Raise An Adult](#)

[Your Turn](#) (available for Pre-Order, not for students)

Anxiety

One Minute: How to Manage a Meltdown by Lisa Damour, PhD

9 steps on how to manage your child's meltdown – A **one minute** piece of priceless, practical advice.

<https://www.drlicadamour.com/wp-content/uploads/2020/05/Damour-How-to-Manage-a-Meltdown-1.pdf>

Five Minutes: Can We Help Young Brains Fight Off Anxiety?

https://greatergood.berkeley.edu/article/item/can_we_help_young_brains_fight_off_anxiety

Deep Dive: Compendium of Resources – Websites, Apps, Videos, Articles, Blogs and Books

<https://www.indieflix.com/angst/resources>

Parenting an Anxious Child - BOLD Conversation with Alexandra Yahoobi, JD [https://](https://www.bronxvillepta.org/about-5-3)

www.bronxvillepta.org/about-5-3

Communication

Article “Want to Improve Parent and Teen Communication? Try Validation”

[Validation Article](#)

Website: Center for Parent and Teen Communication

<https://parentandteen.com/>

Digital Media

One Minute: Digital Media Tips and Resources – A quick article and a list of linked resources

[Digital Media Tips and Resources](#)

Five Minutes: Article: “Constant craving: how digital media turned us all into dopamine addicts”

[Constant Craving Article](#)

Comprehensive Resources: Center for Humane Technology

- **Parent Toolkit:**
- **Article “Digital Well-Being Guidelines for Parents”** <https://www.humanetech.com/digital-wellbeing-covid>
- **Podcast: “Your Undivided Attention”** <https://www.humanetech.com/podcast>

Common Sense Media

<https://www.commonsensemedia.org/homepage>

Deep Dive: Book: [iGen: Why Today's Super-Connected Kids are Growing Up Less Rebellious, More Tolerant, Less Happy -- and Completely Unprepared for Adulthood](#)

Empathy and Ethics

“Making Caring Common” Project of the Harvard Graduate School of Education

Articles: <https://mcc.gse.harvard.edu/resources-for-families>

Book: “UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World” by Michele Borba, Ed.D.

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

Parenting and Child/Adult Relationships

“Tips for Raising Well-Balanced Kids” – Challenge Success (two minute read)

<https://challengesuccess.org/resources/parentingtips/>

Article: How to Deepen Your Relationships with Children

[https://greatergood.berkeley.edu/article/item/](https://greatergood.berkeley.edu/article/item/how_to_deepen_your_relationships_with_children?utm_source=Greater+Good+Science+Center&utm_campaign=457f265972-EMAIL_CAMPAIGN_GG_Newsletter_December_2_2021&utm_medium=email&utm_term=0_5ae73e326e-457f265972-74474551)

[how_to_deepen_your_relationships_with_children?](https://greatergood.berkeley.edu/article/item/how_to_deepen_your_relationships_with_children?utm_source=Greater+Good+Science+Center&utm_campaign=457f265972-EMAIL_CAMPAIGN_GG_Newsletter_December_2_2021&utm_medium=email&utm_term=0_5ae73e326e-457f265972-74474551)

[utm_source=Greater+Good+Science+Center&utm_campaign=457f265972-](https://greatergood.berkeley.edu/article/item/how_to_deepen_your_relationships_with_children?utm_source=Greater+Good+Science+Center&utm_campaign=457f265972-EMAIL_CAMPAIGN_GG_Newsletter_December_2_2021&utm_medium=email&utm_term=0_5ae73e326e-457f265972-74474551)

[EMAIL_CAMPAIGN_GG_Newsletter_December_2_2021&utm_medium=email&utm_term=0_5a](https://greatergood.berkeley.edu/article/item/how_to_deepen_your_relationships_with_children?utm_source=Greater+Good+Science+Center&utm_campaign=457f265972-EMAIL_CAMPAIGN_GG_Newsletter_December_2_2021&utm_medium=email&utm_term=0_5ae73e326e-457f265972-74474551)

[e73e326e-457f265972-74474551](https://greatergood.berkeley.edu/article/item/how_to_deepen_your_relationships_with_children?utm_source=Greater+Good+Science+Center&utm_campaign=457f265972-EMAIL_CAMPAIGN_GG_Newsletter_December_2_2021&utm_medium=email&utm_term=0_5ae73e326e-457f265972-74474551)

Podcast

Ask Lisa: The Psychology of Parenting

<https://www.drlisadamour.com/podcast/>

Parenting

Book:

How to Raise an Adult by Julie Lythcott-Haims

<https://www.julielythcotthaims.com/how-to-raise-an-adult>

Ted Talk Video: How to raise successful kids without over parenting

[https://www.ted.com/talks/](https://www.ted.com/talks/julie_lythcott_haims_how_to_raise_successful_kids_without_over_parenting)

[julie_lythcott_haims_how_to_raise_successful_kids_without_over_parenting](https://www.ted.com/talks/julie_lythcott_haims_how_to_raise_successful_kids_without_over_parenting)

Drawing on research, on conversations with admissions officers, educators, and employers, and on her own insights as a mother and as a student dean, Julie highlights the ways in which overparenting harms children, their stressed-out parents, and society at large.

While empathizing with the parental hopes and, especially, fears that lead to overhelping, Julie offers practical strategies that underline the importance of allowing children to make their own mistakes and develop the resilience, resourcefulness, and inner determination necessary for success.

The Parents We Mean to Be by Richard Weissbourd

<https://www.gse.harvard.edu/news/09/03/parents-we-mean-be>

Weissbourd examines how, despite parents' best efforts to do what's best for their children, something is still missing. When parents are spending a considerable amount of time and money focusing on their children's happiness, success, and well-being, can they potentially be causing more harm than good?

Teach Your Children Well: Why Values and Coping Skills Matter More Than Grades, Trophies, or "Fat Envelopes" by Madeline Levine

<https://madelinelevine.com>

Teach Your Children Well, a New York Times bestseller, tackles our current narrow definition of success – how it unnecessarily stresses academically talented kids and marginalizes many more whose talents and interests are less amenable to measurement.

[The Gift of Failure by Jessica Lahey](#) – How the Best Parents Learn to Let Go So Their Children Can Succeed. Raising Resilient Kids.

Videos:

Denise Pope - co-founder of Challenge Success, a research and intervention project that aims to reduce unhealthy pressure on youth and champions a broader vision of youth success. Video topics include:

- defining success,
- over scheduling,
- how to get kids to reach their full potential
- AP and Honors Classes

<https://www.kidsinthehouse.com/expert/parenting-advice-from-denise-pope-phd>

Getting Help

Book:

Maybe You Should Talk to Someone by Lori Gottlieb

<https://lorigottlieb.com/books/maybe-you-should-talk-to-someone/>

Podcast

Podcasts for 2021 Mental Health

<https://www.indieflix.com/blog/podcasts-for-2021-mental-health>

Well Being

[Keys to Well Being from the Greater Good Science Center](#)

Expert Advice You Can Trust

Lisa Damour, PhD - <https://www.drlisadamour.com> – comprehensive list of parenting articles

Greater Good Science Center –
https://greatergood.berkeley.edu/parenting_family

Madeline Levine, PhD – <https://madelinelevine.com/>
<https://www.kidsinthehouse.com/expert/parenting-advice-from-madeline-levine-phd>

Harvard Graduate School of Education
<https://www.gse.harvard.edu/news-tags/parenting>