

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.

Family Resource Center - <https://childmind.org/resources/>

Expert Clinicians - <https://childmind.org/care/>

Subscribe to their YouTube Channel - <https://www.youtube.com/channel/UCJWqhYTN2h00RsOBQSFeytg>

Managing Intense Emotions — For Kids in Elementary School

It's hard to not react to uncomfortable feelings. This video teaches kids how to use their five senses to ground them when intense emotions urge them to act out.

PLAY VIDEO - <https://www.youtube.com/watch?v=PFtHZRAp8qQ>

How to Talk to Teens About Cyberbullying

Laura Phillips, PsyD, ABPdN, explains what parents can do to make talking to toddlers more effective and less frustrating.

PLAY VIDEO - <https://www.youtube.com/watch?v=NVGVPaizgXE>

Mindfulness — For Kids in Elementary School

Mindfulness is about being present without judgment. Kids will learn three mindfulness skills to increase self-awareness and compassion for themselves and others.

PLAY VIDEO - https://www.youtube.com/watch?v=x_sArFpqF0Q

What Should an Evaluation for Autism Look Like?

Alana E. Telesford, PhD, explains why autism spectrum disorder (ASD) is tricky to diagnose. You'll learn how ASD is diagnosed, by whom, and what the evaluation includes.

PLAY VIDEO - <https://www.youtube.com/watch?v=6QJVTXDjUNU>

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