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Looking for more support? Often times books, podcasts, and various websites can help you find the support, information, and ideas that you are seeking. Please note that while we personally have found the following to be helpful to ourselves and patients; we cannot specifically endorse any of them for your specific child or circumstance. “Take what fits and throw out the rest”.

This list will be updated regularly: Last updated- March 2022

Parents

Podcast Recommendations-

Inappropriate Questions: Is it appropriate to ask this question to someone? What might be a better way to get to know the person without causing offense, harm, etc. Great podcast to listen to people from varied backgrounds speak to their experience

First Name Basis: Podcast from a former teacher on how to raise children to be inclusive, spotlights on race, religion, and culture

Happy as a Mother: Psychotherapist talks on a wide variety of topics centering on motherhood and how to maintain your mental health through all the difficulties that come along with it

Food Psych Podcast with Christy Harrison: How to approach food with peace, reject dieting, and encourage intuitive eating in ourselves and kids

Untangle: Podcast that interviews others on the impact of mindfulness and meditation on their life

Codeswitch: Conversations about race and its impact on all facets of life

A Hilarious World of Depression: Comedians speak about depression. Learn more about depression, and laugh along the way

Motherhood Sessions: Psychiatrist sits down with moms and lets them share their stories about the hard parts of motherhood

Unlocking Us with Brene Brown: Talking about all the messy parts of being vulnerable and facing shame head on

Dr Ross Greene: Each week he talks to parents who are implementing the Collaborative Problem Solving approach in their families and helps walk them through any set backs

ACAMH: Puts academic studies in the field of mental health into bite sized episodes that are easy to understand and put into practice

Where You Are: real stories and expertise about various mental health topics

Book Recommendations-

All books by Berne Brown. Start with the Gifts of Imperfection
The Explosive Child by Dr. Ross Greene
Intuitive Eating by Elyse Resch and Evelyn Tribole
Life Without ED by Jenni Schafer and Thom Rutledge
Parenting From the Inside Out by Daniel Siegel and Mary Hartzell

The Whole-Brain Child by Daniel Siegel and Tina Payne Bryson
The Anatomy of Peace by The Arbinger Institute
Leadership and Self Deception by The Arbinger Institute
Boundaries by Henry Cloud
More than a Body by Lindsay and Lexie Kite

Website Recommendations-

www.livesinthebalance.org
www.feedinglittles.com
www.morethanabody.org

Kids

Podcast Recommendations (These are a mix of mental health and just interesting for kids in general)-

Brains On! : Science podcast
Forever Ago: History podcast
StoryNory: Story podcast
Goodnight Stories for Rebel Girls: True stories of great women
Tumble Science Podcast for Kids
Little Stories for Tiny People: Anytime and Bedtime stories
But why?: A podcast of questions for the curious
Peace Out: Mindfulness stories for kids to learn social-emotional skills

Classics For Kids: Introduces classical music for kids
Wow in the World: Latest in news and innovation
Stories Podcast: Bedtime stories for kids
Story Pirates: Stories from kids made into awesome audio productions with songs, sound effects, and more
Duolingo Podcasts: Helpful in learning foreign languages

Book Recommendations-

Body autonomy:
 I Said No! By Zach and Kimberly King
 Miles is the boss of his body by Abby Schiller
Bullying:
 Chrysanthemum by Kevin Henkes
 Say Something by Peter Reynolds
Feelings:
 In My Heart by Jo Witek
 Alexander and the Horrible, Terrible, No Good Day by Atheneum

 The Boy with Big, Big Feelings by Brittney Winn Lee
 Happy-Sad Today by Lowry Britain
Grief:
 The Invisible String by Patrice Karst
PTSD/ Trauma:
 A Terrible Thing Happened by Margaret M Holmes
Anxiety

What do you do with a problem? By Yamada
Worry Says What? By Allison Edwards
The Worrysaurus by Rachel Bright
Anger
The Bad Seed by Jory John
Perfectionism
Ish by Peter Reynolds
The Good Egg by Jory John

Perfect by Max Amato
Mindfulness
Belly Breathe by Leslie Kimmelman
Self Esteem
All Because You Matter by Tami Charles
The Magical Yet by Angela DiTerlizzi
Only One You by Linda Kranz

Website Recommendations-

Apps (These are a mix of mental health and just interesting for kids in general)-

PBSkids
KahnAcademy
Calm
SuperBetter

Teens

Podcast Recommendations (These are a mix of mental health and just interesting for kids in general)-

Revisionist History: Malcolm Gladwell takes a second look at various things throughout history that we might have gotten wrong the first time

Science Vs: This podcast explores what science says against fads, TikToks trends, and pop culture. Do the things we take as fact actually have basis in science?

Tracks to Relax: Meditative music, sounds, stories, and questions. Good for stress relief and to help fall asleep.

This is Normal: Teens speak about their experience with mental health challenges

Supergirls Podcast: Weekly episodes focused on encouraging self worth and self esteem

You Inside Out: Straight talk to teen girls about issues they face (bullying, mental health struggles, peer pressure, etc)

Book Recommendations-

Wonder by RJ Palacio
The Curious Incident of the Dog in the Nighttime by Mark Haddon
Turtles all the way down by John Green
Life Without ED by Jenni Schafer and Thom Rutledge
Feelings by Manjit Thapp
More Than A Body by Lindsey and Lexie Kite

Website Recommendations-

Apps-

Calm

SuperBetter