

## PARENT RESOURCES



**The Parent Cue App**—Partnering with you as a parent is important, especially helpful in times of uncertainty. Consistent communication between our church and you builds trust between us, and it also equips you to have spiritual conversations at home. This free app gives you weekly cues that are aligned with the content of what your child has been taught or experiences in our classrooms each week. <https://bit.ly/2wTCNtG>

**Helping Kids Navigate Anxiety Podcast**—On this episode, Sissy Goff, Director of Child and Adolescent Counseling at Daystar Counseling Ministries in Nashville, Tennessee, shares tools for leaders helping kids process anxiety. <https://bit.ly/2TZx1OR>

**Managing Fear and Anxiety During a Health Pandemic**—a blog post for parents on managing anxiety during any number of life disruptions: <https://bit.ly/2Q6kJTG>

**Anxiety Conversation Guides** – These can help you if you have a child with anxiety. You can download these age-appropriate resources to find tips and practical ways to help your child.

Preschool - <https://bit.ly/33eSacq>

Elementary - <https://bit.ly/38LkjZs>

\*We will be adding to this list as we gather more resources to help our kids and families.