

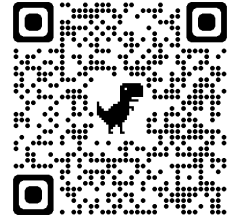
## **Online Behavior Management Resources**

### **UCSF Resilience and Emotional Well-Being Video Series**

English & Spanish language videos covering:

- Routines and Expectations
- Parent Stress Management
- Conversations to Keep Kids Safe from Risky Behaviors
- TIPP Emotion Regulation Skills
- Adopting Thoughts that Bolster You! Helpful Thinking

<https://psychiatry.ucsf.edu/copingresources/videos>

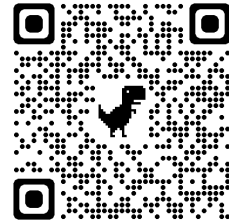


### **UCSF Collaborative Life Skills Program Website**

Tips & handouts covering:

- Establishing and Implementing Routines
- "Home Challenge" Routine System Tips and Samples
- Reward Ideas
- Tips for Parent Stress Management & Avoiding Negotiations
- Turning Homework Problems into Behavior Goals

<https://clsprogram.ucsf.edu/s/resources>



### **CHADD Teaching Online Organizational and Virtual Learning Skills (TOOLS)**

English & Spanish language videos and handouts covering:

- Creating Daily Routines
- How to Manage Emotions
- Tips for Communicating with Parents
- Tackling Unhelpful Thoughts

<https://chadd.org/stroud-umdadhdtools/>



### **SJSU Healthy Development Community Clinic Youtube**

English & Spanish & Vietnamese language videos covering:

- Self-care for Parents
- Reinforcement in Parenting & Praise
- Effective Instructions
- Time Out
- Homework Routines

[https://www.youtube.com/channel/UCGU1UNhUYVfs\\_Y8oPj4tp2A/videos](https://www.youtube.com/channel/UCGU1UNhUYVfs_Y8oPj4tp2A/videos)

