

Dept. of Health Services: OCMH offers parenting advice during challenging times

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Recognizing that the pandemic has taken a toll on many parents, the Wisconsin Office of Children's Mental Health Infant Toddler Immediate Needs of COVID-19 Team recently developed a series of informational flyers and short videos to provide helpful tips on parenting. These have been added to already existing [web page of parenting resources](#) on the OCMH website.

The newly added resources focus on "Helping Parents with What They Need" and provide three flyers and four videos. The flyers offer easy to understand tips and are available in English and Spanish. The short videos feature advice from a parent and a professional, and one is in Spanish. Direct links for the new flyers and videos are below.

- Flyers
 - Responding to Challenging Behaviors - [English](#) | [Spanish](#)
 - Self-Care/Self-Help - What You Need to Show Up as Your Best Self - [English](#) | [Spanish](#)
 - Social Connections - [English](#) | [Spanish](#)
- Videos
 - [Responding to Challenging Behaviors](#)
 - [Self-Care/Self-Help - What You Need to Show Up as Your Best Self](#)
 - [Basic Needs - Parents Can't Parent if Basic Needs Aren't Met](#)
 - [Necesidades Básica - Los Padres no Puede Criar si no se Satisfacen las Necesidades Básicas](#)