

# Parenting

Resources and Referrals Available from NYS-Balance

*Visit the NYS-Balance website or call for these and other resources*

## Website Articles

- Building Positive Self-Esteem
- Be a Healthy Role Model for Children
- Effective Parent-Child Communications
- Helping Children Appreciate Cultural Differences
- Family Caring Project
- How Family Meetings Teach Kids Right From Wrong
- All in the Family: When Relatives Provide Care
- Children and TV: Limiting Your Child's Screen Time
- Advice for New Moms
- About Sibling Rivalry
- Parenting: Doing It Alone
- Busy Families: Establishing a Morning Routine
- Digital Grounding – Modern Discipline
- Parenting Skills: Tips for Raising Teens
- Dads are Different From Moms
- Family Mealtime – Family Unity

- VolunteerMatch
- ConnectSafely.org
- Body Mass Calculator for Adults and Children (CDC)

## Audio

- Deflate the Pressure
- Kids in Cars
- Snow Days
- Too Sick for School
- Music and Learning

## Skill Builders-Online Courses

- Choosing a Child Care Provider
- Developing a Child's Critical Thinking Skills
- Recognizing Signals of Violence in Children

## Referrals to Programs and Services

- Child Care Centers
- Adoption Agencies
- In-Home Care
- Summer Camps
- Nanny Agencies
- Before/After-School Activities

## Webinars-Archive

- Teaching Your Child Responsibility
- Raising Responsible Teens
- Co-Parenting: Doing the Best for Your Kids While Parenting Apart
- Getting Involved with Your Child's School
- Parents Taking Action
- Fun and Fitness: Get Your Children Energized

## Additional Resources

- PBS Parents Guide to Child Development
- The U.S. Centers for Disease Control and Prevention (CDC) – Child Development
- The Early Childhood Technical Assistance Center
- KnowBullying app

## Checklists

- Basic Child Care Considerations
- Choosing Child Care Checklist
- Camp Checklist
- Summer Camp Preferences Checklist

NYS-Balance, a free resource and referral service, will help you and your family with work, family, daily life, finances, health, and well-being. The NYS-Balance Program is accessible by phone or web 24 hours a day, seven days a week. The service is always confidential and is available at no cost to you or your family. NYS-Balance makes life less complicated.

Additional resources are available through your NYS Employee Assistance Program (EAP)  
For more information about EAP and other Work-Life Services benefits, please visit [www.worklife.ny.gov](http://www.worklife.ny.gov)



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