

YOUR FAMILY'S GO TO RESOURCE LIST



Developmental Milestone Trackers

Skills such as taking a first step, smiling for the first time, and waving “bye bye” are called developmental milestones. Children reach milestones in how they play, learn, speak, act, and move. Milestone checklists are available online or through the CDC’s free Milestone Tracker App.



The Nebraska Early Development Network (EDN)

The EDN provides early intervention services for families with children birth to age three with developmental delays and/or health care needs and connects families to needed services. If you have concerns about your child's development, you can make a referral online.



The Nebraska Family Helpline at [\(888\) 866-8660](tel:888-866-8660) makes it easier for families to obtain assistance by providing a single contact point 24 hours a day, seven days a week. Trained Helpline operators screen calls to assess immediate safety needs, identify the potential level of a behavioral health crisis, make recommendations or referrals to appropriate resources, and help callers connect to emergency resources or providers.



S.A.F.E. Center

The S.A.F.E. Center is the Spouse/Sexual Abuse Family Education Center. The S.A.F.E. Center’s mission is to provide free and confidential services for those affected by dating violence, domestic violence, human trafficking, sexual assault, and stalking while bringing awareness and prevention efforts to all individuals across South Central Nebraska.



Collage Center

Collage is a non-profit organization that offers complimentary, community-funded medical services. Collage is a place where those facing the reality of an STD, an unexpected pregnancy, or a struggle with a past pregnancy decision can begin to discover beauty despite their circumstances.



Emergency Services Directory

Your community is working together to offer you tolls to re-build you foundation. We are helping agencies to give you a hand when you most need it. We believe you will work hard to build that foundation with these programs.

YOUR FAMILY'S GO TO
RESOURCE LIST

FOR
**PARENTING
CLASSES**

Circle of Security-Parenting (COSP) is an 8-week parenting program based on years of research about how to build a strong relationship with your children. It helps parents give their children a feeling of security and confidence so they can explore, learn, grow and build positive relationships; all essential skills for life-long success.

WWW.NECOSP.ORG



Circle of Security Classroom builds on the COSP foundations and is offered as a professional learning series to encourage the meaningful bonds between providers and children that will help them thrive as they grow.

WWW.NECOSP.ORG



Love and Logic is dedicated to making parenting and teaching fun and rewarding, instead of stressful and chaotic. We provide practical tools and techniques that help adults achieve respectful, healthy relationships with their children. All of our work is based on a psychologically sound parenting and teaching, whole-child philosophy called **Love and Logic**.

[NEBRASKA LOVE & LOGIC CURRICULUMS](#)



Above It All Mediation & Nebraska Parenting Classes Online David Christopher Holcomb is a licensed Nebraska Attorney, Mediator, and Parenting Class Educator - providing the best Nebraska Supreme Court Approved parenting class experience for his clients. He is focused on providing high-quality attorney-client legal & mediation services and will do everything reasonable and feasible to exceed your expectations!

[HOLCOMB MEDIATION COURSES](#)



Co-Parenting for Successful Kids is an automatically accepted parenting class across Nebraska. The class is for anyone who is required to complete a parenting class who is in the process of divorce, custody modification, or separation. The course provides concrete steps for parents to use to help their children succeed through the process.

[CO-PARENTING FOR SUCCESSFUL KIDS](#)



YOUR FAMILY'S GO TO
RESOURCE LIST

FOR
**CHILD
THERAPISTS
& SUPPORT**

MENTAL HEALTH THERAPISTS - CHILDREN

Midwest Encouragement and Counseling Center
220 W 15th Street, Kearney, NE 68845
(308) 236-0500

Live Well Counseling Center
3814 Avenue A
Kearney, NE 68847
(308) 234-6029

Sonya Buskirk
124 W 46th Street, Suite 204
Kearney, NE 68847
(308) 293-1385

Jeena Haffener
124 W 46th Street, Suite 204
Kearney, NE 68847
(308) 293-8700

Blue Water Counseling and Consulting
3423 2nd Avenue
Kearney, NE 68847
(308) 778-6271

A New Day Counseling Center
906 E 25th Street
Kearney, NE 68847
(308) 236-9105

Insight Counseling and Recovery
2908 W 39th Street, Suite B
Kearney, NE 68845
(308) 237-0391

PARENTAL PEER SUPPORT

Families CARE
3710 Central Avenue, Suite 14
Kearney, NE 68847
(308) 237-1102



Families CARE is a non-profit family organization providing services in Central Nebraska to parents who have children with emotional, behavioral, or mental health challenges. We support parents as the most important voice in their children's lives! Advocacy and support is provided by peers; parents who have lived experience to share with other parents.

YOUR FAMILY'S GO TO
RESOURCE LIST

FOR
**SPECIFIC
BEHAVIORS**

ONLINE RESOURCES

Anxiety

A Child Therapist's Favorite
Resources for Calming Anxiety

[CLICK HERE](#)

Biting

Understanding and Responding
to Children Who Bite

[CLICK HERE](#)

Coping Skills for Kids

Practical Ways to Help Kids
Handle Big Feelings

[CLICK HERE](#)

Sensory Processing

Sensory Processing, Coordination
and Attachment

[CLICK HERE](#)

BOOKS

Hitting



Hands Are Not for Hitting
by Martine Agassi, Ph.D.

Impulsivity, Inattention



*8 Keys to Parenting Children with
ADHD* by Cindy Goldrich

YOUR FAMILY'S GO TO
RESOURCE LIST

FOR
**MENTAL
HEALTH
MEDIA**

YOUTUBE VIDEOS

Early Childhood Mental Health
Center on Developing Child at
Harvard University

[CLICK HERE](#)

Brené Brown on Empathy
The RSA

[CLICK HERE](#)

**Communication Skills:
Empathetic Listening**
Academy of Social Competency

[CLICK HERE](#)

**Kristin Neff: The Three
Components of Self-Compassion**
Greater Good Science Center

[CLICK HERE](#)

PODCASTS



*The ADHD Smarter Parenting's
Podcast*

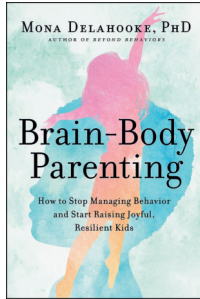


*Good Inside
with Dr. Becky*

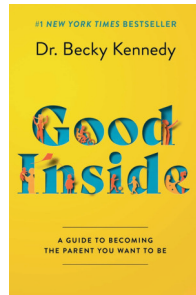


*The Baffling Behavior Show
with Robyn Gobbel*

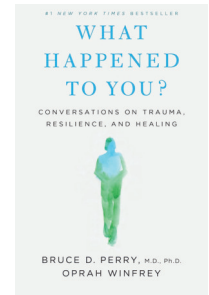
BOOKS



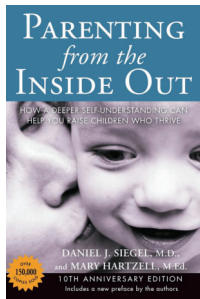
Brain-Body Parenting
by Mona Delahooke, PhD



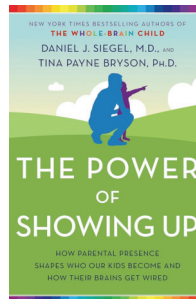
Good Inside
by Dr. Becky Kennedy



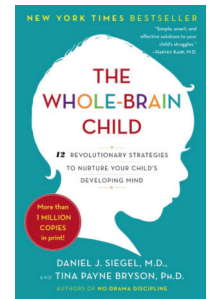
What Happened to You?
by Bruce D. Perry, M.D., Ph.D.



Parenting from the Inside Out
by Daniel J. Siegel, M.D.

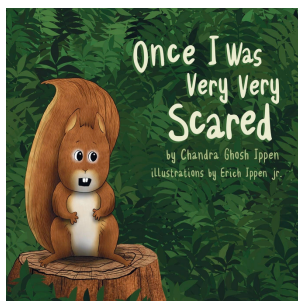


The Power of Showing Up
by Daniel J. Siegel, M.D.



The Whole-Brain Child
by Daniel J. Siegel, M.D.

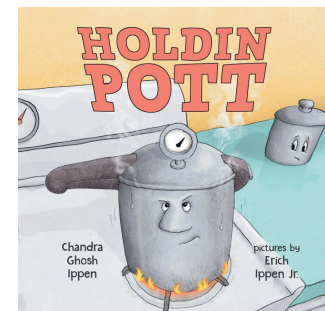
CHILDREN'S BOOKS



Once I Was Very Very Scared
by Chandra Ghosh Ippen



Hey Warrior
by Karen Young



Holdin Pott
by Chandra Ghosh Ippen