

PARENTING GUIDE

How To Take Care of Your Family and Yourself



At the end of the day, you know your family and yourself the best. Parenting tools only work when you test them out for yourself to see what works and how to tweak them. Explore these resources to start building your own parenting toolkit today!"



DR. SHARON ADUSEI,
*Licensed Child Clinical Psychologist and
Clinical Strategy Lead of Outcomes & Quality
at Modern Health*

**MEDITATION SERIES****Naomi Osaka's Meditations for Children**

(for ages 5 - 9+)

Chief Community Health Advocate and soon-to-be-mother Naomi Osaka guides children to learn simple techniques to instill mental health foundations and build healthy mental habits early in life.

Listen and learn
with your kids!

**PODCAST SERIES****The Journey of Parenting**

Dr. Sharon Adusei, licensed child clinical psychologist and Clinical Strategy Lead of Outcomes & Quality at Modern Health, breaks down the most common parenting issues and how to address them.

Listen now

**COMMUNITY CIRCLES****Parenting & Caregiving: Taking Care of Your Family & Yourself**

Join this community session, led by a Modern Health provider, for a safe, supportive, and structured place to share the parenting and caregiving challenges and amplify the successes that you have been facing as a caregiver - both in terms of taking care of others and yourself.

**Mental Health Care for a Life in Motion**

In a world that never stops moving, unexpected challenges arise every day. Modern Health is here to support you wherever you are in your mental health journey. Visit my.modernhealth.com to login or register.

