**ADDITIONAL TRAINING WEBSITES**

**Early Childhood Mental Health**

The early years of a child's life are a critical period for their physical, cognitive, and social-emotional development.

Young child development can be negatively impacted by a number of adverse factors, including untreated parental substance use or mental health, which can lead to toxic or long-term stress. Early intervention and early childhood mental health (ECMH) services can help to prevent lifelong negative effects in young children. Treating their mental health issues promptly and within the context of their families is essential.

We are partnering to expand these services in Nebraska by offering the first Child-Parent Psychotherapy training program in the state, providing consultation and training on ECMH and the impact of trauma, and co-sponsoring the Nebraska Young Child Institute, a state-wide conference for professionals who work with at-risk young children.

[Nebraska Resource Project for Vulnerable Young Children | (nebraskababies.com)](https://www.nebraskababies.com/)

**Childhood Nutrition**

Nearly 1 in 3 children in America is overweight or obese. Despite all the focus on kids being overweight and obese, many parents are still confused, especially when it comes to what kids eat. How much does your child need? Is he getting enough calcium? Enough iron? Too much fat?

Whether you have a toddler or a teen, nutrition is important to his or her physical and mental development. Click below to find out what children need — no matter what the age.

[Childhood Nutrition - HealthyChildren.org](https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Childhood-Nutrition.aspx)

**Helping Kids Deal With Bullies**

A bully can turn something like going to the bus stop or recess into a nightmare for kids. Bullying can leave deep emotional scars. And in extreme situations, it can involve violent threats, property damage, or someone getting seriously hurt.

If your child is being bullied, you want to act to help stop it, if possible. You can help your child cope with teasing, bullying, or mean gossip, and lessen its lasting impact. And even if bullying isn't an issue right in your house right now, it's important to discuss it so your kids will be prepared if it does happen. Click below to read more about what bullying is, active warning signs of bullying and what parents can do to help.

[Helping Kids Deal With Bullies (for Parents) - Nemours KidsHealth](https://kidshealth.org/en/parents/bullies.html)