

Dear MeAA Parent,

Below you will find a few websites that might be helpful to you and your child. Some sites will help your student with academics, some may help you maneuver through those teen years with your child.

We hope you find this helpful!

[Khan Academy](#)



Helps students learn through video tutorials, interactive exercises, in-depth articles covering topics such as math, science, economics, history, and more.

Aha! Parenting

At *Aha! Parenting* you can get parenting advice for newborns through teenage years. When you **visit the website**, you might want to begin by clicking on the bars from the top navigation, select "articles" and then "ages and stages." Here you will find numerous helpful articles on a variety of topics geared for the age you select.

KidsHealth From Nemours

The KidsHealth from Nemours site also provides information for parents who have children of various ages. But the advice offered for parents of teens is extensive. With articles on understanding your teen better, choosing your battles, and knowing the warning signs of trouble, you have options for a variety of important topics. You might want to start by clicking on the "For Parents" tab and then "School and Family Life".

Helpguide.org

Helpguide.org has an area dedicated to helping parents of troubled teens. A few of the articles under the “Mental Health” tab cover addiction, eating disorders and depression. Under the tab “Children and Family” the section “Teen Issues” covers problems with anger, violence, and behavioral issues. You can review details for recognizing the red flags and tips for trying to correct the situation.

namimaine.org

The goal of National Alliance on Mental Illness–Maine, (NAMI Maine) is to provide support, education, and advocacy to help build better lives for the one in four Mainers who are affected by mental illness.

At this site under “Resources” you’ll find an extensive list of “Fact Sheets” on mental health topics.