

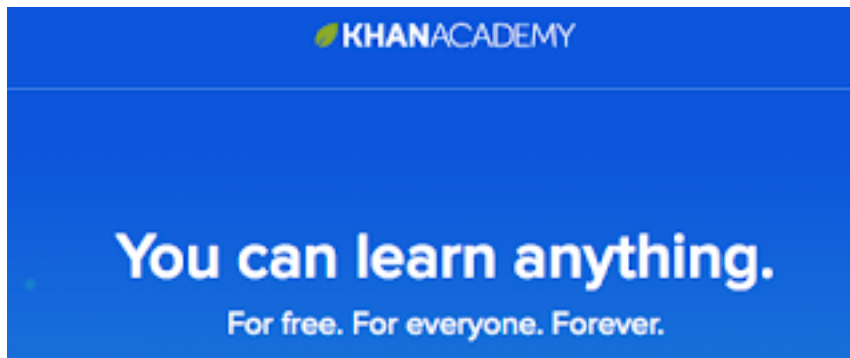
Dear MEAA Parent,

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 often difficult teen years with your child.

You should be able to get to each site by clicking on the name of the site.

We hope you find this helpful!

[Khan Academy](#)



Helps students learn through video tutorials, interactive exercises, in-depth articles covering topics such 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.

Helpguide.org

Helpguide.org has an area dedicated to helping parents of troubled teens. Click the tab “Relationships and Family” and scroll down to “Teen Issues”. This section covers problems including anger, violence, and behavioral issues. You can review details for recognizing the red flags and tips for trying to correct the situation.

namimaine.org

“Through support, education, and advocacy NAMI Maine is dedicated to building 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.