



# Clearinghouse on Supervised Visitation E-Press



February 2020



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**Phone Conferences for the Beginning of 2020:**  
February 19, 2020 @ 12pm/11CT  
March 18, 2020 @ 12pm/11CT  
April 15, 2020 @ 12pm/11CT



# New Supervised Visitation Database Question!

Please note that a new **mandatory** question has been added to Florida's Supervised Visitation Database. This question:

## Do you have a child support case with the Florida Child Support Program?

is being included to help determine how many supervised visitation clients also have Florida Child Support Program agreements. Please choose either YES / NO / Don't Know to answer the question. It is not mandatory that clients answer YES, only that they do answer the question.

The new question will appear on the Client Information page for a Visitor and Custodian as seen in the picture below.

### Client Update for Case '2004-1-JonesMarion'

[<< Back to Clients Listing](#)   [<< Back to Cases Listing](#)

Client Type:  \*

Last Name:  \*   First Name:  \*   MI:

Date of Birth (YYYY-MM-DD):

SSN Last 4:

Gender:

**Race/ethnicity of this Client**  
(Check all that apply)

American Indian or Alaska Native

Black/African American

White

Hispanic

Other Races - If you are A and V funded, you can not choose this category.

Asian

Pacific Islander

Two or More Races

**Relationship to Child(ren)**  
If relationship is different for different children, please indicate separately for each child.

Last	MI	Date of Birth	Relationship to Child	
Jones	Jason	M	2000-03-02	Mother (Biological or adoptive) ▼

Do you have a child support case with the Florida Child Support Program?  Yes  No  Don't know

Client lives  Out of state  In state (indicate county and city)

County of Residence:  ▼

City of Residence:

Annual income - all sources (to be recorded separately for each custodian & visitor)  ▼

If you have any questions regarding the new variable, please contact Kelly O'Rourke, Database Manager at [kes2523@my.fsu.edu](mailto:kes2523@my.fsu.edu)

We received a few questions regarding the expectations for completing the new data and wanted to share the below updates to assist with implementing this new requirement.

- SAV programs do not need to re-submit quarterly reports to DCF for the Oct – Dec 2019 service period.
- Guidance received from the federal program about the new requirement was that the existing child support data element for the SAV grant has changed from “optional” to “mandatory.” A simple yes or no to the child support question is all they are asking for at this time.
- SAV programs will need to be sure that any cases with services from Oct 1, 2019 through September 30, 2020 have the new question answered in the database for Visitors and Custodians.
- For all existing cases, during the reporting year it is acceptable for programs to make changes in the database about the child support question even though the case was accepted earlier. This may include updating older or even closed cases in the database.
- The goal is to have a complete report by September 30, 2020 to indicate whether or not there is child support involvement in every case entered that year.
- FSU is working on revising the database report and expects to have it reconfigured for the next reporting cycle (January – March 2020). Once the new report is configured, the report will show red errors where this question is missing which should help the SAV programs identify cases that need to be updated, if any.
- SAV programs may want to consider adding the child support question to their intake form to obtain the information.
- FSU staff are available to the SAV programs for any questions and/or technical assistance with the new data reporting. In addition, the FSU Clearinghouse reviewed this topic on their last statewide monthly conference call for SAV programs and plan to include this topic again on their call next month. FSU contacts are Kelly O'Rourke at [kes2523@my.fsu.edu](mailto:kes2523@my.fsu.edu) and Karen Oehme at [koehme@fsu.edu](mailto:koehme@fsu.edu) or telephone # (850) 222-3845.

Thank you for your assistance with this new requirement.

## QUESTIONS FROM DIRECTORS

**We have a case with an adolescent who is developmentally delayed and nonverbal. The allegation is child abuse, but we are not sure how to offer services that can benefit the child and the parent. Do you have any advice?**

Just as every child is different, every child with developmental delays is different. Before the first visit, ask the case manager and the custodian about the capabilities of the child. Does the case manager know what the child likes to do for fun? Are there certain toys or games that the child likes? How physically active is the child (can she play ball or bean-bag toss, for example). Ask the custodian what he or she knows about the child. What keeps the child's attention? What is she afraid of – what startles her. Get background information to create a plan for the visits. And don't forget to ask about the child's relationship with the visiting parent, and at least some details about the kind of abuse alleged.

For the visit activities, be ready to use very simple language. Keep the room free of distractions, not full of toys. I recommend that the visits be one on one, so that children in a group visitation setting aren't stopping and staring at the child. Limit loud sounds and noises, like doors slamming. If the child understands how to read time, be sure to let her know how long she will be playing, and when the playtime will end. Give her some notice that the visit is wrapping up and the playtime will be over soon. (Consider having a small reward, like a sticker to show that the child has followed directions and the activity is over.)

Here are some options to consider, but don't give the child too many choices at one time.

Art projects – painting, coloring

Dancing – playing music and dancing

Matching cards that have pictures on them

Build a structure (like a fort) with large or small blocks

Non verbal children want to know what they are supposed to do, but they can't ask. So explain to them in simple language the goal of the activity or game. (You can even show them a picture of a block tower or castle, so they can see you are building a structure.)

**You'll know much more after the first visit, so stay positive and open minded for this new challenge. Please call the Clearinghouse for more advice and ideas.**

# The Importance of Failure

By: Karma Kovacs & Livia Ledbetter



## Introduction

Failure is inevitable. Everyone makes mistakes, gets disappointed, and loses out on something they expected to get. Failing and making mistakes helps develop a child's problem-solving skills, supports their social and emotional growth, and helps build their confidence. Letting children make mistakes gives them practice for the future, when they may face more serious situations with greater risk, and allows them to learn first-hand from their mistakes.

## Objectives

- Understand why failure is important
- Learn how to let children fail and provide support
- Explore TV shows for kids that provide examples of overcoming failure

## Learning to fail is important

Parents often think that protecting their child from failure, pain, and difficult emotions are in their best interest. However, studies indicate that children with parents who view failure as overwhelmingly negative were more likely to focus on their grades and performance rather than the learning process. The way children understand intelligence is related to how their parents react to failure.

"The ability to tolerate imperfection—that something is not going exactly your way—is oftentimes more important to learn than whatever the content subject is," says clinical psychologist Dr. Amanda Mintzer. "Building that skill set is necessary for kids to be able to become more independent and succeed in future endeavors, whether it's personal goals, academic goals, or just learning how to effectively deal with other people."



Shielding children from failure can create an unstable sense of self-worth. When they view their ability as changing over time rather than an innate quality, they learn to constructively handle obstacles.

Children not taught how to tolerate failure can end up struggling with anxiety. When they do eventually fail, not knowing how to cope with it may lead to a meltdown, lower self-esteem, or a lack of confidence. They may give up trying on a certain task, or give up trying new things altogether.

Learning from failure and having a positive understanding of the experience allows children to overcome hardship, expand beyond their comfort zone, develop a more realistic outlook on life, and provides the tools to learn from their mistakes.

Qualities that come from learning to fail can include:

- Persistence
- Patience
- Positive self-esteem
- Confidence
- Self-control
- Problem-solving skills
- Knowing when to ask for help



### Letting children fail

The goal is to support children in handling the various failures, disappointments, and mistakes they will encounter throughout their developmental years so that they can successfully learn and grow from failure in adulthood.

- **Show empathy.** Change your language to show you understand what they are experiencing, not discounting their feelings.
- **Be a role model.** Share examples of times you have failed. This exposes kids to the reality that life includes mistakes and failures. Demonstrate healthy coping skills and positive self-talk when you make mistakes: "It's OK—I can try harder next time!" and take responsibility for mistakes you make with your own children: "I'm sorry that I forgot to pack your favorite toy, I will work harder to remember next time". This models accountability and lets them know that adults make mistakes too.

- **Be the guide, not the savior.** Guide your children through dilemmas and issues they face, acting as a resource and mentor rather than someone who will fix their problems for them. Ask them what they think they should do about something, and provide them with resources they can utilize.
- **View failure as a teachable moment.** Ask questions to help your children reflect on the situation, possible actions they can take, and what they have learned. Work with them to come up with solutions and create a plan, such as studying differently or talking to the teacher when it comes to school. Reframe failure as trying again, practicing, and putting in effort.



- **Manage their expectations.** It is fun to anticipate exciting plans like sleepovers, trips to the park or going out for ice cream, and it is important to provide a consistent and reliable parenting style. However, treat exciting plans that have the potential for cancellation or change as possibilities rather than guarantees. This reinforces that disappointments are a part of life.
- **Give praise less often, and for effort, not intelligence.** Overly-praised children may become too dependent on external validation. However, when praise is reserved for effort and hard work, children are less likely to give up on challenging tasks. This is because effort is something children can control. Praise for innate qualities beyond a child's control can cause them to lose motivation.
- **Take a step back.** Your child can only learn how to handle mistakes, failures, and disappointments through experiencing it themselves. Always intervening to fix their mistakes or hovering does not allow them to gain the experiences with problem-solving and tackling new challenges they will draw on when they are older.

- **Don't discount the effect of social media.** People rarely post photos or statuses to their social media to brag about failing an exam, an end of a marriage, or losing a job. Monitor the amount of time your child spends on social media and have frequent conversations about how social media can produce unreal images of people's lives, continuing to be open about failures in your own life.

It is also important to know when it is necessary to intervene as the parent. Situations that may cause your child undue humiliation or stress, put them in danger, or permit bullying, are not appropriate to let children handle on their own. Know when a situation calls for a responsible guardian to step in.

### **Television shows teaching failure**

*Younger children:*

- **Timmy Time** – a stop-motion cartoon series about a three-year-old lamb named Timmy who often gets into trouble at his pre-school, but learns from his mistakes and helps his friends when he can.
- **Big City Greens** – a cartoon series about a family from the countryside who moves to the city. It shows children it is OK to be different.
- **Milo Murphy's Law** – a cartoon series that uses Murphy's Law (whatever can go wrong, will go wrong) and puts the main character through obstacles, spinning a positive outlook on it.
- **Elena of Avalor** – a cartoon series depicting a teenage princess who has recently saved her kingdom but now must learn how to be a ruler. She learns how to lead through trial and error and learns thoughtfulness, resilience, and compassion.

*Adolescents and teenagers:*

- **Roadtrip Nation: Being You** – a documentary about adolescents who have learning and attention issues and how they learn how to manage these issues through the help of mentors.
- **Fresh Off the Boat** – a sitcom television show that follows a Chinese American family and the various obstacles they face relating being a minority in a predominately white neighborhood.
- **Alexa & Katie** – a show about two best friends excited to start high school despite the fact that one of them is battling cancer. This shows children that sometimes not everything goes as expected and how important familial support and friendship are.



- **Anne with an E** – an adaptation from Anne of Green Gables, it depicts the story of a young orphan girl who is adopted by a middle-aged pair of siblings in the early 1900s Canada. The show depicts her new life, the obstacles she faces, while also dealing with the trauma from her past.
- **The Fosters** – appropriate for older teens 14+, this family drama depicts the lives of a multi-ethnic family of biological, adopted, and foster children headed by a lesbian couple. The children and teenagers make mistakes and learn from their failures throughout the series, experiencing consequences and growing from these challenges.

## References

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# Sensory Processing Disorders in Children



## Introduction

Supervised visitation can be a challenge for a parent when their child has a sensory processing disorder. This is best defined when an individual receives either too much or too little sensory information.

An individual, whose nervous system is receiving too many messages from their senses can feel:

- overwhelmed,
- restless,
- and in pain.



It is difficult for someone with a processing disorder to cope with the high volume of information they are receiving. This can result in maladaptive behaviors such as tantrums, and uncontrolled and uncoordinated movements.

On the other hand, some individuals do not receive enough sensory information. They will often seek out more sensory information, which results in constantly wanting to touch people, and not having clear concepts of personal space. The individual may also engage in flapping, shaking or other similar movements. This is often referred to as 'stimming.'

## Research

A child who has a Sensory Processing Disorder (SPD) is often misunderstood because the disorder primarily affects *behavior*. A child with SPD will have either hypo- or hyper-responsiveness to sensory stimuli. Those who have hypo-responsiveness are experiencing a reduced/limited input of sensory information. This can result in the child craving more sensory input. For example, if the child is riding a bike they may go too

fast down a steep hill or round a corner in order to gain more sensory input from the feeling of going fast or the wind blowing on their face. Such behavior can be seen as risky or 'dare devil' activities. Another example could be excessive chewing, as the child cannot determine whether the food is sufficiently chewed or they enjoy the sensation it brings. When a child doesn't receive enough sensory input, they often will seek out more input in different ways. However, some children can experience an overload of sensory input. In particular, noise can bring some children a lot of distress: it might be too loud for them and they will become very frustrated. Additionally, smell and texture can cause them discomfort. For example, certain types of clothes may feel really itchy on their skin. Heavy perfumes can make them feel overwhelmed. The distress caused by the overload of sensory input may result in maladaptive behaviors like tantrums or dramatic mood swings.



## Challenges

Young children with SPD have poor sensory processing abilities. This can affect social, cognitive, and sensorimotor development -- which can also affect functional performance in daily life. Supervised visitation can be challenging in the following ways:

- It may be harder for the parent to form a relationship with their child if the child appears withdrawn or disinterested. A parent can become frustrated or disheartened from lack of response from the child.
- It may be difficult if the child is receiving too much sensory input, especially if they are in a new, different environment. Sensory overload can result in a making

the child very distressed. The child may engage in tantrums, or hitting or screaming.

Parents involved in these situations must also be linked to appropriate resources, as it is imperative they have healthy coping mechanisms.

### **Implications for Practice**

In addition to the barriers listed above, a major barrier for parents with a child who suffers from a SPD is a lack of knowledge about available services/resources in their community. These services can help alleviate some of the stress they may encounter. Parents may also need some reassurance by getting services that can make them feel they are gaining control on their life and moving in a more positive direction. Local support groups can also help parents share information and learn new skills in a safe, nonjudgmental environment.



### **Case Scenario**

47 year old Anita is a mother to her 4 year old daughter, Jennifer who suffers from a processing disorder. Jennifer receives a sensory overload of information, which is very overwhelming. As a result of Anita's substance abuse problem, Jennifer has been removed from the home and placed with a relative. The court orders Anita to receive substance abuse treatment and supervised visitations with Jennifer. Anita is extremely upset and distressed about the situation and feels a lot of anger. She yells at visitation staff and is stressed and anxious. At every visit, Jennifer has a tantrum and lashes out. Anita is now even more distressed and angry that not only is her time with her daughter limited, but also very disruptive and unpleasant.

What can the visitation staff do?

Suggestions: Work with Anita to become more comfortable with visitation. Ensure that Jennifer and Anita can spend time in a very quiet, sparse environment that does not overwhelm Jennifer. Find local resources to provide to Anita.

## **Conclusion**

Staff should try to learn about any challenges that children have before the first visit. If one of the issues is a processing disorder, staff should work with the visiting and custodial parent to take measures to accommodate the child's needs. Staff should also work with the parents to find services and support in the community.

## **References**

Ryckman, J., Hilton, C., Rogers, C. and Pineda, R. Sensory processing disorder in preterm infants during early childhood and relationships to early neurobehavior. *Early Human Development*, 2017-10-01, Volume 113, Pages 18-22, Copyright © 2017 Elsevier B.V.

Stephens, R, Specialist Paediatric Occupational Therapist. Beacon House, Therapeutic Services and Trauma Team. *Sensory Processing, Coordination and Attachment*. April 2018.



## Reward and Threat Processing



**Last month we discussed that people who have experienced trauma may exhibit certain behaviors. Problems with reward and threat processing were two examples of those behaviors. Below is a brief discussion of reward processing and threat processing.**

### **Rewards:**

Rewards can consist of an interaction with a physical object, such as receiving food after completing a task, or a social behavior such as positive feedback. Either way, both types of rewards have similar outcomes on behavior. Positive effects of reward processing can consist of increased motivation, improved outcomes, and increased happiness. However, there are also negative effects of rewards. This can include addiction, the feeling of being entitled to rewards, and increased stress to get a reward.

**People who have experienced the promise of a reward with inconsistent outcomes and follow through may also come to distrust rewards and the people who promise them.**

### **Threats:**

The main result of threats is stress. Threats are a concern for physical safety and/or emotional wellbeing. Threats can have both short-term and long-term effects. The short-term effects of threats are increased stress and alertness. Long-term effects include increased defensive reactions, more exaggerated reactions to smaller stressors, increased caution, and possible PTSD.

**People who have experienced trauma may over-react to perceived threats, which can impair their functioning, and make them more suspicious, nervous, reactive, and even paranoid.**

## Think about:

*Have you noticed how your clients respond to “rewards” or things they perceive to be threats?*

Describe these reactions and what you have learned from them.

*Example:* Mrs. Smith has had two of her children removed from her home. She is angry at supervised visits, and insists that the staff “have it out for her.” She says the judge is biased against her. Describe some ways that the program staff can work to gain Mrs. Smith’s trust.

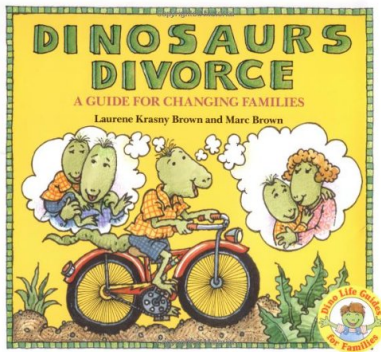


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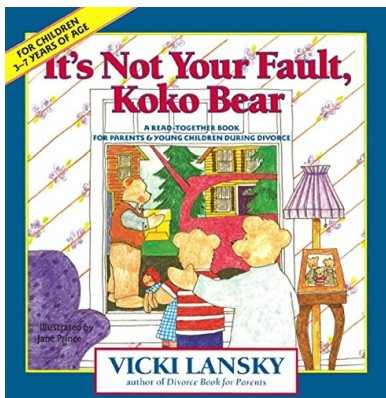
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# Children's Books on Divorce/Separation



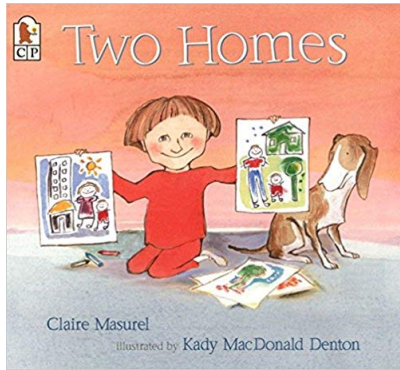
## *Dinosaurs Divorce By Laurene Krasny Brown & Marc Brown*

This book is geared towards children aged 3-7 experiencing a "changing family". Through the story of a Dinosaur family, this book explores the why parents get divorced and what happens following the divorce. It answers many questions that may arise during this transitional time in children's lives.



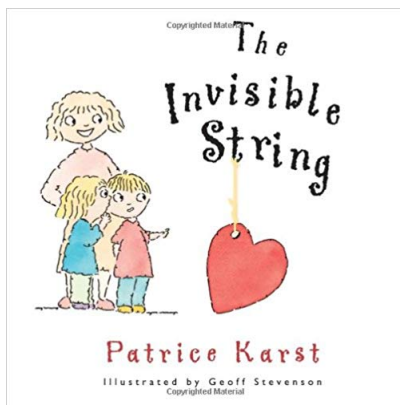
## *It's Not Your Fault, Koko Bear By Vicki Lansky*

Another book geared towards children aged 3-7, that addresses the emotions experienced following a divorce. Koko bear experiences a range of emotions from anger and guilt to confusion and sadness. This book also includes advice for parents on how they can help children identify and express the feelings surrounding divorce.



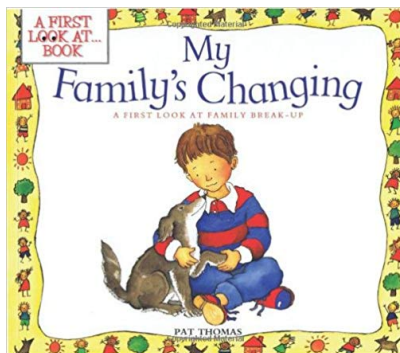
### [Two Homes By Claire Masurel](#)

Ages 3-7, *Two Homes* talks about how a child named Alex has two homes and is still loved equally by both parents, regardless of which house he is staying in. He has two sets of everything, which is an aspect he enjoys about having two homes.



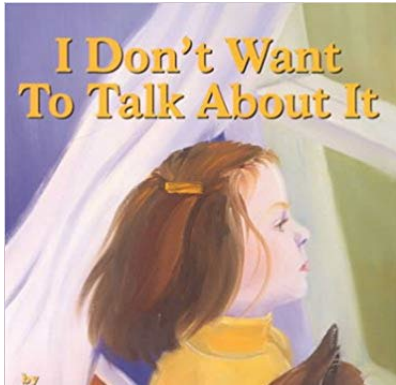
### [The Invisible String By Patrice Karst](#)

Ages 3 and up, specifies that it is meant for adults too. There is an invisible string that connects us all to the ones we love so even when we are not with them, the love is still there. Although not specifically about divorce and separation this book ties its themes to children's reactions to a changing family dynamic.



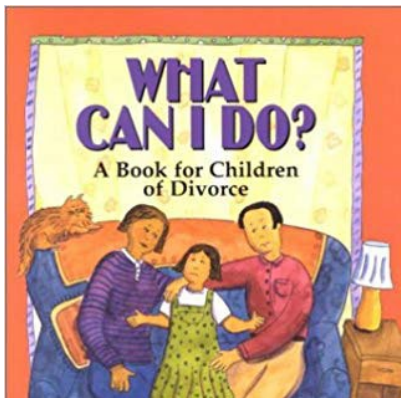
### [My Family's Changing By Pat Thomas](#)

Ages 4 and up. A picture book that introduces the concepts of divorce and the effects it can have on the family as whole. There is a section called "What about you?" where the parents have an opportunity to ask the children about how they are feeling surrounding the separation.



[I Don't Want to Talk About It By Jeanie Franz Ransom](#)

When a young girl is informed of her parents' divorce she decides she doesn't want to talk about it but rather imagine herself as animals to deal with her feelings. Both parents offer her reassurance throughout the book that their love for her remains unwavering.



[What Can I Do? A Book for Children Experiencing Divorce](#)

By Danielle Lowry

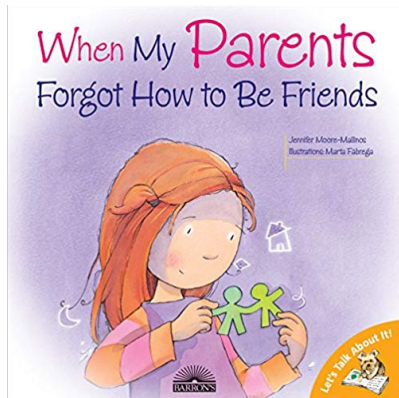
Ages 8 and up. A child, Rosie, cleans the house, gets good grades, offers her parents her piggy bank money; tries anything to keep her parents together. She joins a support group after her parents split anyway, the group shows her how life can be happy despite this life change.



[Mom's House, Dad's House for Kids By Isolina Ricci](#)

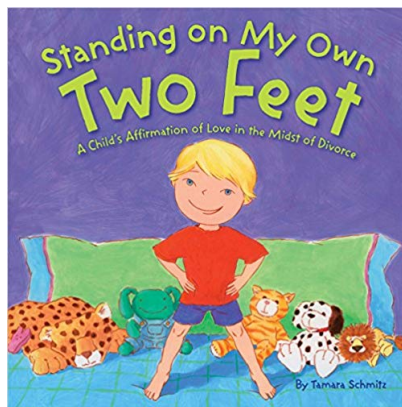
A guidebook geared more towards tween and teens (10 and up). Discusses how to deal with different house rules and schedules, trying to stay neutral when parents disagree and managing stress guilty and other emotions that come with experiencing divorce.





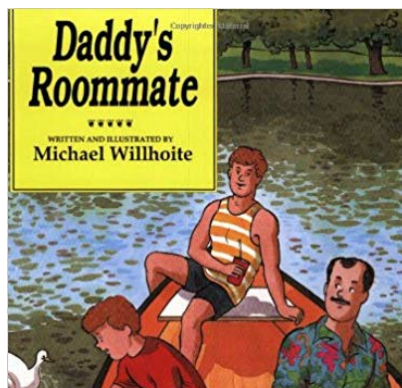
[When My Parents Forget How to Be Friends By Jennifer Moore-Mallinos](#)

Assures school children that they are not to blame for their parent's separation. Emphasis on the fact that her parents still love her even though they don't love each other anymore.



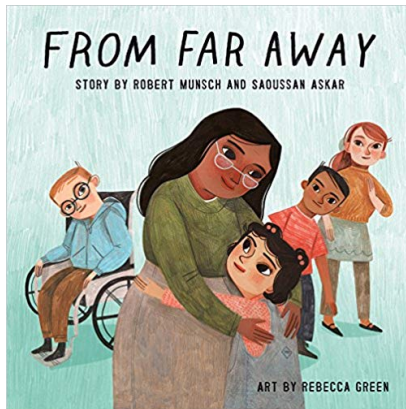
[Standing on My Own Two Feet: A Child's Affirmation of Love in the Midst of Divorce By Tamara Schmitz](#)

Tells the story of a child who understands his parents' divorce and that she has two home with two parents who love her very much. Uplifting book where the child recognizing the love in their life will be constant despite the life change.



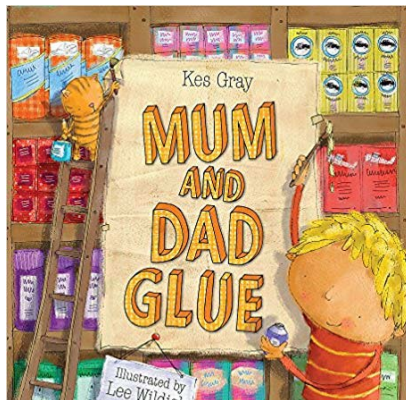
[Daddy's Roommate By Michael Willhoite](#)

The story follows a young boy whose divorced father now lives with his life partner.



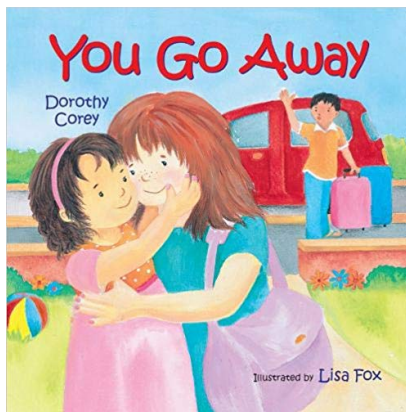
### [From Far Away By Robert Munsch](#)

This picture book tells the story of how she had to adjust to her new home in Canada. She describes the frustration of not understanding the teacher when she started school, not knowing how to ask to go to the bathroom, and being terrified of a Halloween skeleton. This is the perfect book to help kids empathize with immigrant children whose experiences are very similar to Saoussan's.



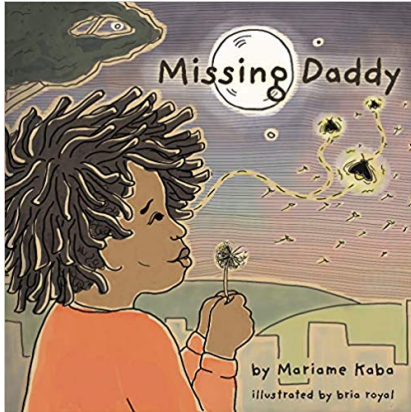
### [Mum and Dad Glue By Kes Gray](#)

A little boy is searching for a pot of glue to paste his parents' marriage back together. He then realizes despite the separation, his parents love remains as strong as it was before.



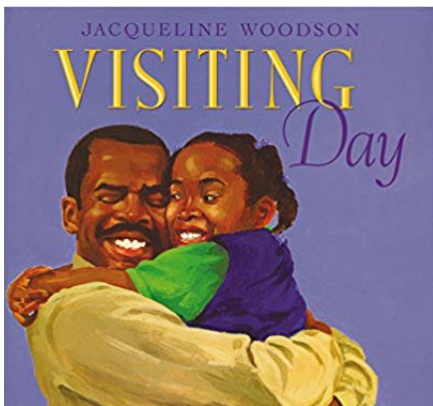
### [You Go Away By Dorothy Corey](#)

The simple story of when you go away, you come back. It reassures children that although it is hard to be apart from the ones they love, the love is still there. This book follows a variety of different experiences that deal with separations.



### [Missing Daddy By Mariame Kaba](#)

A children's book that dives into the experience of child who has parent who is incarcerated. Navigates the feelings of a child being confused, or teased at school because of this circumstance. Shares how the absence of her father affects different parts of her life. Addresses the heartache of missing a parent in any context.



### [Visiting Day By Jacqueline Woodson](#)

One day a month a young girl and her grandmother get to visit her father who is in prison. As a reader you join the community of families who make this trip together as well as an opportunity to be a part of the reunion between father and child. Ages 5-7.

# Helpful Apps for Parents and Children



## Infants/Toddlers:

### Baby Connect



Price: \$4.99

Ratings: 4.8/5

*Description:* This is an app that serves as a tool for managing your baby's sleeping schedule, feedings, any medication, and doctor visits. You can also set reminders for your baby's next feeding and share this information with a nanny or relative caring for your child while you're away.



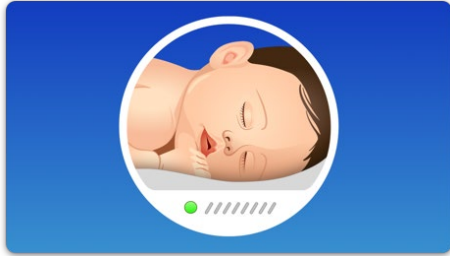
Links:

For iPhone: <https://apps.apple.com/app/id326574411>

For Android: <https://play.google.com/store/apps/details?id=com.seacloud.bc>



## Cloud Baby Monitor



*Price:* \$3.99

*Ratings:* 4.8/5

*Description:* This app will turn your phone into a baby monitor that includes live video, noise, and motion alerts that you can turn on and off. No more stressing in the other room wondering if your baby is sleeping or not. And you won't have to do acrobatics to get in and out of their room without being seen.

*Links:*

For iPhone: <https://apps.apple.com/us/app/best-baby-monitor/id432791399?ign-mpt=uo%3D4>

For Android: <https://play.google.com/store/apps/details?id=com.vigi.babymonitor>

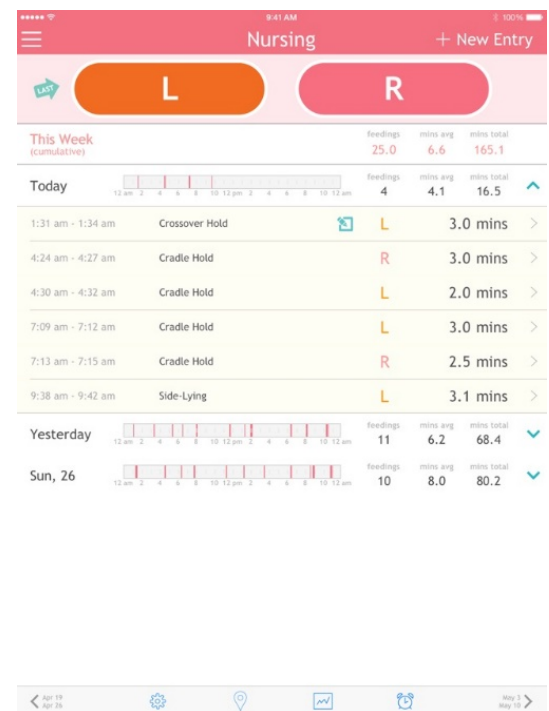


## Baby Nursing- Breastfeeding Tracking

*Price:* Free

*Ratings:* 4.3/5

*Description:* Baby-nursing is a top-notch app for monitoring your baby's feeding. Use the app to keep a close eye on how often your baby feeds and consumes during each feeding. You can also use the app to upload photos and maintain a record of your baby's height, milestones, and physical development.





*Links:*

iPhone: <https://apps.apple.com/us/app/baby-breastfeeding-tracker/id420447115>

Android: [https://play.google.com/store/apps/details?id=com.wachanga.babycare&hl=en\\_US](https://play.google.com/store/apps/details?id=com.wachanga.babycare&hl=en_US)

## **Parentune**



*Price: Free*

*Ratings: 4.6/5*

*Description:* Parentune's app provides a forum of verified parents and experts. It's excellent place for receiving age-appropriate advice. Get answers on a variety of topics, like wellness, education, and nutrition. It is useful resource whether you have a newborn or a teenager.

*Links:*

Android: [https://play.google.com/store/apps/details?id=com.parentune.app&hl=en\\_US](https://play.google.com/store/apps/details?id=com.parentune.app&hl=en_US)

## **Winnie- Parenting and Baby**



*Price: Free*

*Ratings: 4.5/5*

*Description:* This app is a huge community of like-minded parents who are willing to open up and share experiences. Are you looking for a new preschool or daycare? If so, you can use the app for local recommendations. Connect with parents and schedule playdates for your kids, or search for family-friendly restaurants and activities.

*Links:*

iPhone: <https://apps.apple.com/us/app/winnie/id1066620030>

Android: [https://play.google.com/store/apps/details?id=com.winnie&hl=en\\_US](https://play.google.com/store/apps/details?id=com.winnie&hl=en_US)

## Elementary-High School

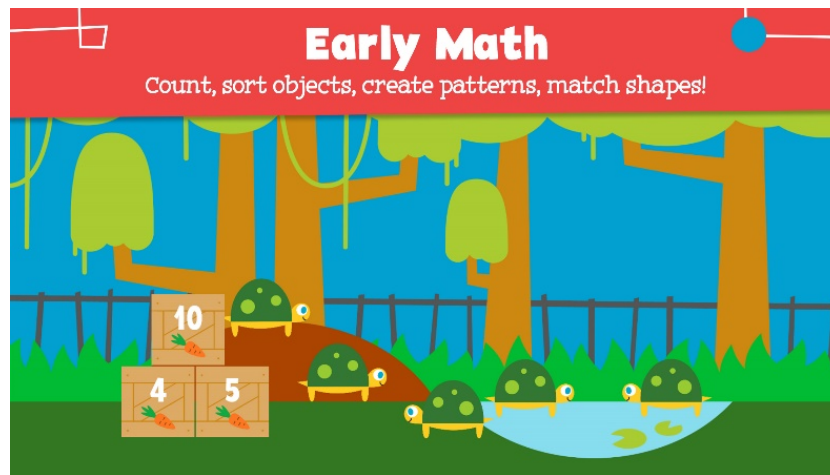
### PBS Parents Play & Learn



*Price:* Free

*Ratings:* 3.6/5

*Description:* PBS's first app designed specifically for parents, PBS Parents Play & Learn provides more than a dozen games parents can play with their kids, each theme-based interactive games and simple hands-on activities that connect math and literacy skills to everyday experiences. The app is designed to build on a child's natural curiosity about his or her everyday world and to encourage dialogue between kids and parents.



*Links:*

iPhone: <https://apps.apple.com/us/app/pbs-parents-play-and-learn/id605542914>

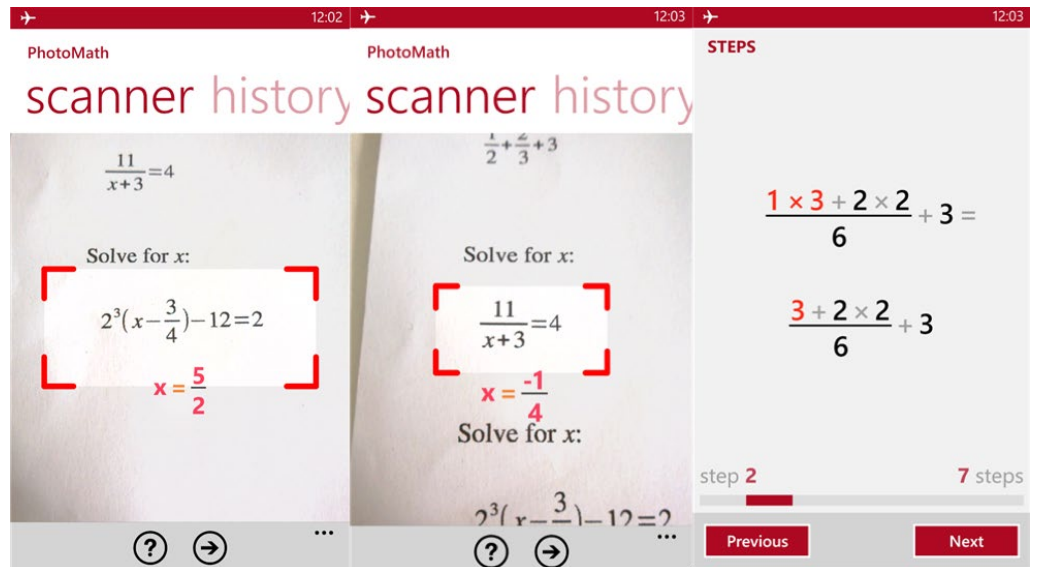
## Photomath



Price: Free

Ratings: 4.8/ 5

Description: This is an app that helps you with your kids' math homework. Simply take a picture of the problem, and it will give you the answer and step-by-step instructions for solving it.



Links:

iPhone: <https://apps.apple.com/us/app/photomath/id919087726>

Android: <https://play.google.com/store/apps/details?id=com.microblink.photomath>

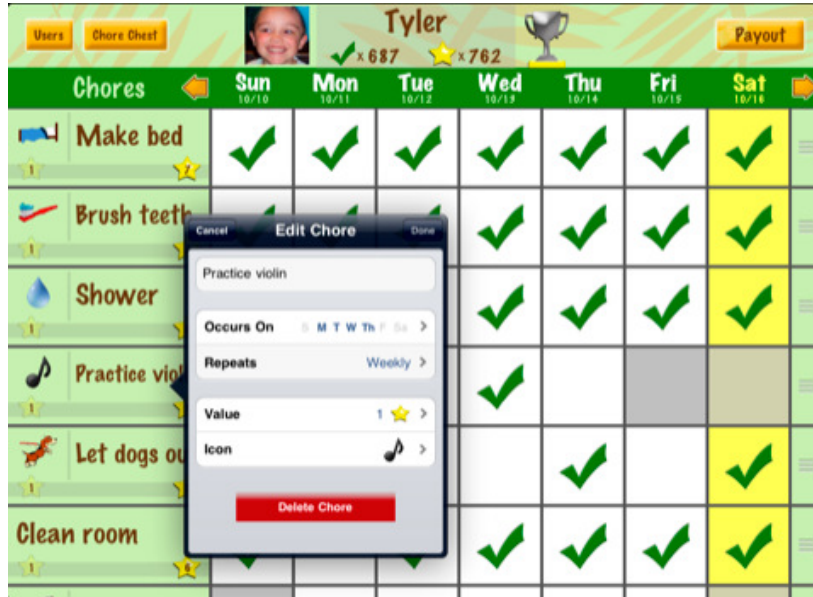
## Chore Pad



Price: \$4.99

Ratings: 4.3/5

*Description:* Chore Pad is an easy, fun way to get kids involved with housework. It uses sound, animation, and a reward system to stimulate excitement. You can also customize chores for each family based on their ability.



*Links:*

iPhone: <https://apps.apple.com/us/app/chore-pad-chores-rewards-beautifully-themed/id384854237>

## ChoreMonster



*Price:* Free

*Ratings:* 4/5

*Description:* An app for the parents who has watched their child flop into a limp mass of hysteria on the floor when asked to pick up their room. This app lets parents make a list of chores for their kids and keep track of them, and the kids have a separate log-in to see the chores, check them off, and earn points. You can even add rewards that your kids can purchase with their points after they have accumulated a certain amount.



Links:

iPhone: <https://apps.apple.com/us/app/id532344230>

## HabitZ: Kids Learn Good Habits

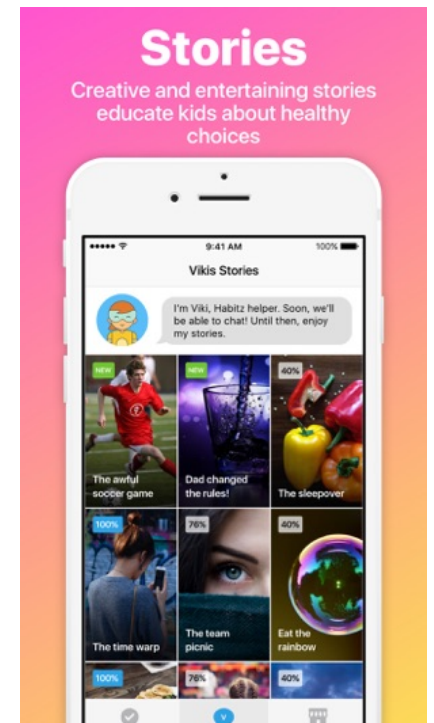
Price: Free

Ratings: 4.5/5

*Description:* HabitZ is a fun-to-use app that empowers kids to develop healthy habits and stick them for life. HabitZ uses the knowledge and research and methods of leading pediatric dietitians, sport coaches and behavioral psychologists to provide parents with a critical tool to help their children lead healthier lives.

Links:

iPhone: <https://apps.apple.com/us/app/habitZ-kids-learn-good-habits/id1225446637>





## For Parents:

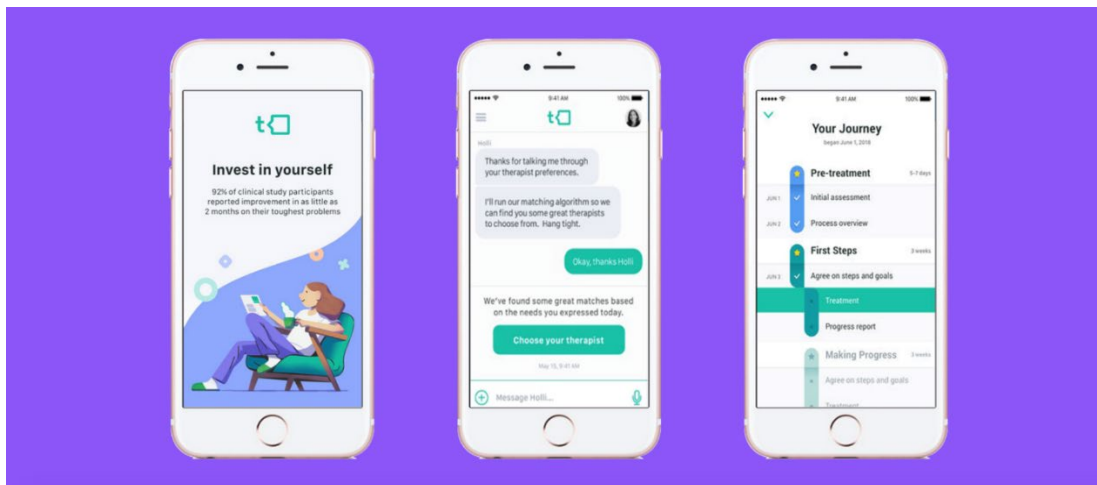
### Talkspace



*Price:* Free

*Ratings:* 4.2/5

*Description:* Talkspace is an app that will connect you with a licensed therapist. Moms and dads often struggle their way through parenting- suffering along with things like postpartum depression and self-doubt. Talking to a therapist is always helpful, and this app will help you connect you with one from the privacy of your own home.



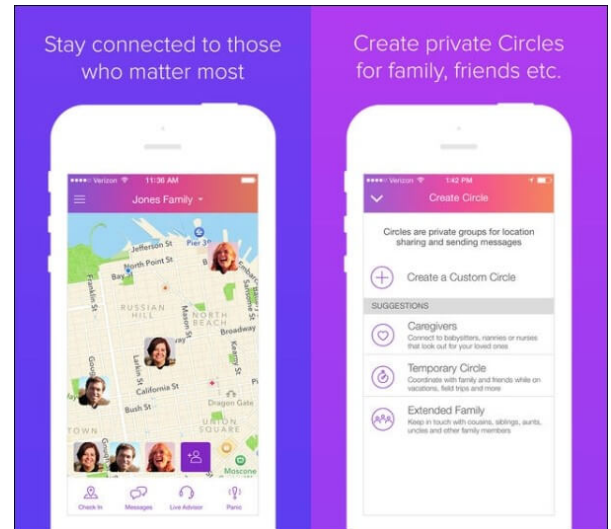
### *Links:*

iPhone: <https://apps.apple.com/us/app/talkspace-online-therapy/id661829386>

Android:

[https://play.google.com/store/apps/details?id=com.talkspace.talkspaceapp&hl=en\\_US](https://play.google.com/store/apps/details?id=com.talkspace.talkspaceapp&hl=en_US)

## Life360



*Price:* Free

*Ratings:* 4.5/5

*Description:* This app is for the parent is just trying to keep up with where their kids are at any given moment. With this app, kids can check in when they arrive places, and parents can just open up the app and see on a map where everyone in their private circle is at the moment. Life360 also offers a Driver Protect version for teens learning to drive, so you can make sure they are being safe on the roads.

*Links:*

iPhone: <https://apps.apple.com/us/app/life360-find-family-friends/id384830320>

Android:

[https://play.google.com/store/apps/details?id=com.life360.android.safetymapd&hl=en\\_US](https://play.google.com/store/apps/details?id=com.life360.android.safetymapd&hl=en_US)

## Cozi



*Price:* Free

*Ratings:* 4.4/5

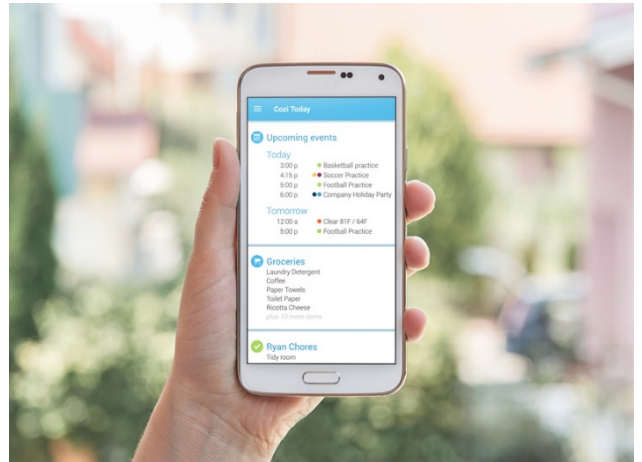
*Description:* A website and an app that helps families stay organized. Its feature include allowing multiple family members to manage schedules with one account, as well as organize and update shopping and to do lists.

*Links:*

iPhone: <https://apps.apple.com/app/apple-store/id407108860>

Android:

[https://play.google.com/store/apps/details?id=com.cozi.androidfree&referrer=utm\\_source%3DCoziHP%26utm\\_medium%3Ddesktop](https://play.google.com/store/apps/details?id=com.cozi.androidfree&referrer=utm_source%3DCoziHP%26utm_medium%3Ddesktop)



## Parentship



*Price:* Free for the first month, then \$39.99 per year or \$3.99 per month

*Ratings:* 4.1/5

*Description:* Parentship has everything you need to commit to organized co-parenting: a customized dashboard to show upcoming events, reminders to ensure you never forget those events, coordinated calendars, a profile for each child, and a digital document center for things like insurance providers, birth certificates, social security numbers, and passport.

**PARENTHSHIP**  
Effortless scheduling for all families

As the modern day family gets more diverse, managing children's schedules becomes stressful, emotional, and complicated. Parenthood is a stress-free solution for getting everyone on the same page.

Download now for a **FREE** 1 month trial

Download on the **App Store** | GET IT ON **Google Play**

Links:

Android: <https://play.google.com/store/apps/details?id=com.labs108.teddy>

**WebMD**

**WebMD**<sup>®</sup>

Price: Free

Ratings: 4.5/5

*Description:* When a member of your family is not feeling well, WebMD is app to use when you need to diagnose and treat common health issues and discover useful information about important health matters.

Links:

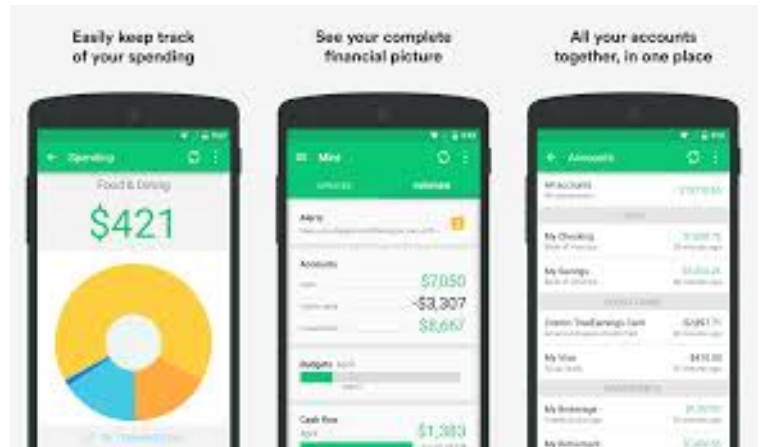
Android: [https://play.google.com/store/apps/details?id=com.webmd.android&hl=en\\_US](https://play.google.com/store/apps/details?id=com.webmd.android&hl=en_US)

## Mint



*Price:* Free

*Ratings:* 4.5/5



Description: An app that allows you to track, plan and budget your family's income. There are so many features that allow you to see and work out the smallest detail of your spending, helping you stay on track.

*Links:*

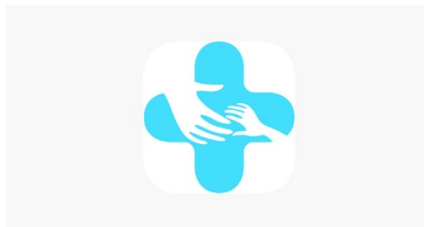
iPhone: <https://apps.apple.com/us/app/mint-personal-finance-money/id300238550>

Android: [https://play.google.com/store/apps/details?id=com.mint&hl=en\\_US](https://play.google.com/store/apps/details?id=com.mint&hl=en_US)

## Positivity Promoter

*Price:* Free

*Ratings:* 4.8/5



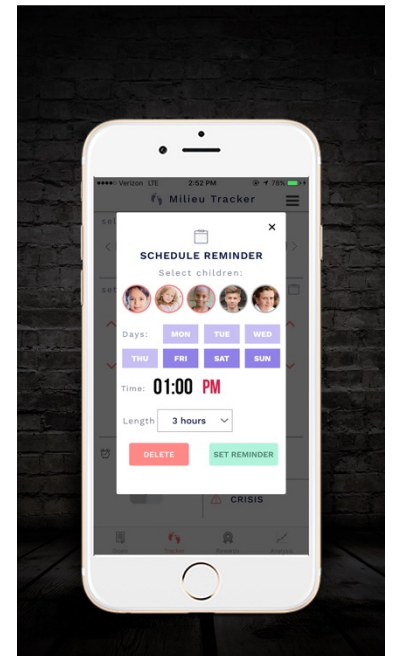
Description: A parenting app created by board-certified child psychiatrists and pediatricians. Using existing research in child development and behavioral psychology, this app gives clear, easy to understand guidance in creating an environment that encourages children to make good, positive choices.

*Links:*

iPhone: <https://apps.apple.com/us/app/positivity-promoter/id1306359116>

Android:

[https://play.google.com/store/apps/details?id=com.nits.positivity.promoter&hl=en\\_US](https://play.google.com/store/apps/details?id=com.nits.positivity.promoter&hl=en_US)





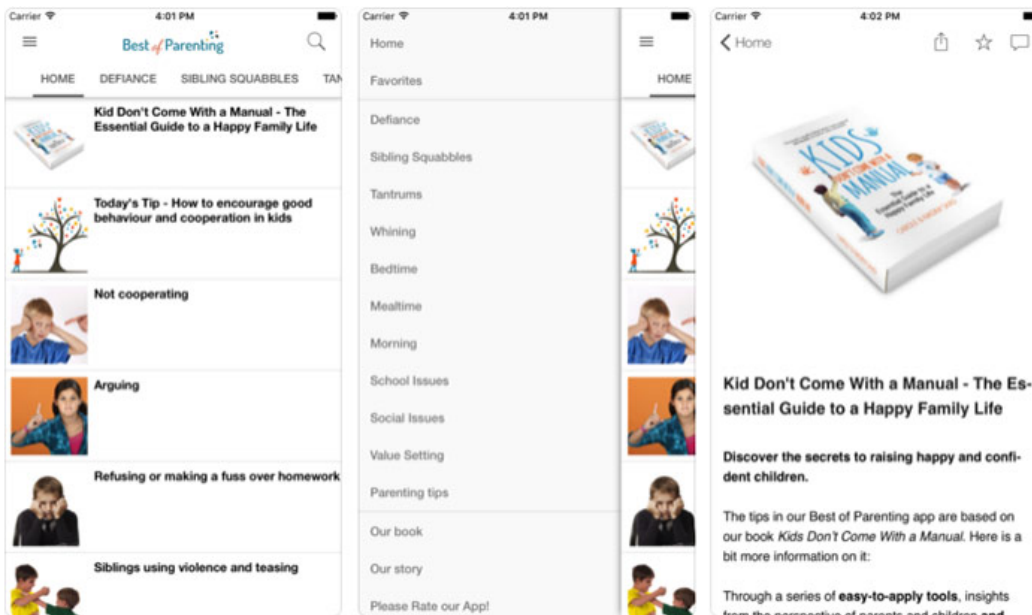
## Best of Parenting



*Price:* Free

*Ratings:* 4.9 out of 5

Description: This app is designed to tackle most parenting challenges effectively and to create a more enjoyable and less stressful family life. It offers easy to use tools and weekly tips selected from the best parenting methods worldwide.



Links:

iPhone: <https://apps.apple.com/us/app/best-of-parenting/id784691687>

**Contact the Clearinghouse at  
850-644-1715**

