



Practices and Resources for Kinship Caregivers and Parents

This guide focuses on compiling free resources to assist parents, kinship caregivers, and childcare providers on four topics central to caring for a child. The free resources include a variety of webinars and videos, printables, blog posts, and books to best fit your needs.

This guide was compiled in hopes of reducing Adverse Childhood Experiences (ACEs) in Michigan's children and communities by providing helpful tools to build resilience in children and foster positive childhood experiences.

Resources in the guide cover one or more of the following topics:

**Understanding Challenging Behaviors:**

Learn to identify what's driving tough behaviors.

**Reinforcing Good Behavior:**

Short and long-term tools to build emotional connection and guide behavior.

**Building Coping Skills:**

Practical ways to teach kids how to handle their big feelings.

**Sleep and Daily Routines:**

How to establish consistent habits for calmer evenings and well-rested kids and caregivers.

**Michigan State University (MSU) Extension's Child and Family Development Workshops**

MSU Extension provides resources, classes, and webinars for parents and family caregivers. These modules can be completed in person or virtually, and some modules can be used for professional hours credited through MiRegistry. To stay up to date with the webinars and resources, folks can sign up for the [newsletter](#).

**ParentWell Blog – Henry Ford Health**

ParentWell is a blog managed by Henry Ford Health staff that provides advice for parents and caregivers regarding children's health. Use the search bar to find blog posts relevant to your parenting questions.

**Sesame for Families**

Sesame for Families offers printables, videos, games, and webinars to help children grow smarter, stronger, and kinder. Check out their "Healthy Minds and Bodies" section that offers resources on emotional well-being, family bonding, learning through routines, calming strategies, and more.

**ZERO TO THREE**

ZERO TO THREE offers parenting and caregiving resources to ensure that children get what they need for a strong foundation in life. View their section on responding to challenging behaviors to better understand a child's temperament and how to respond to these behaviors.





Triple P Positive Parenting Program



Support children to cope with challenges, promote emotional well-being, and make life more enjoyable with routines and rules. Triple P offers free articles and video courses on handling everyday parenting challenges and raising happy, responsible, and resourceful teens.



Parenting to Prevent and Heal ACEs



Parenting to Prevent and Heal ACEs is a simple guide that helps parents support healing and build positive brain pathways. Developed by PACEs Connection, it promotes Positive Childhood Experiences (PCEs) through education, storytelling, and community networking.



CDC Essentials for Parenting

CDC Essentials for Parenting provides research-based articles, videos, and activities that caregivers can use to build positive relationships with children, encourage good behaviors, and address common challenges. Resources are available for caregivers of young children and teens.



Michigan Alliance for Families



Michigan Alliance for Families provides information, support, and education for families who have children and young adults who receive special education services. While these resources are targeted to special education needs, it does provide a good overview of resources that can be useful for any child, especially in their behavior topics section.



MDHHS – Resources for Families and Children



This page offers workshops, workbooks, and wellness worksheets on topics of creative coping: an art-based workshop for kids and parents, how to maintain calm throughout the day, supporting teen mental wellness, coping with grief and loss, and summer wellness for families.



Sleep and Your Toddler – Michigan Medicine Health Lab

This article discusses the importance of sleep habits for toddlers and children and provides advice for common questions around building a sleep routine. It also provides recommended readings for those looking to take charge of children's sleep habits. [Health Lab](#) may have other articles on the other topics.

The following resources may not be specific to any of the four core topics but can be helpful resources around kinship care, positive experiences and relationships, and social emotional learning.

Kinship Care Resource Center

The Kinship Care Resource Center (KCRC) is a statewide program that helps kinship families in Michigan find information, resources, and services to make their lives easier. KCRC offers a platform for helpful navigation of places to find childcare, familial support, financial support, and assistance with legal issues.

Resource Books

- Social Emotional Learning and the Brain by Marilee Sprenger
- No More Teaching Without Positive Relationships by Jaleel Howard, Tanya Milner-McCall and Tyrone Howard

HOPEful Conversations Card Deck

This card deck is rooted in the HOPE (Healthy Outcomes from Positive Experiences) framework, highlighting how positive experiences like strong relationships, nurturing and safe environments, emotional growth, and engagement support lifelong resilience. It is useful for educators, parents, caregivers, youth workers, facilitators, and young people themselves.

Please visit the PARK page at miace.org to view additional resources for parents, kinship caregivers and childcare providers.

