



San Diego Unified School District

Counseling and Guidance Department

Resources for Parents

- The Harold J. Ballard Parent Center: <http://sandi.net/parent/programs/ballard/ballard.html>
- Inform San Diego Parenting Link: <http://informsandiegofamilies.com/Parenting/Index.asp>
- San Diego Parenting Advice Directory from MyDaffodil:
<http://www.mydaffodil.info/parenting-classes/parenting-class-san-diego.html>
- 6 Seconds Emotional Intelligence Network: <http://www.6seconds.org/>
Website designed for families, schools, and communities to help explain the importance of emotional or “EQ” skills that can lead children and adults to more joyful, complete, productive, and healthy lives. These learnable skills include emotional literacy, optimism, empathy, management of impulses, and resiliency.
- Children’s Health: Resources for Parents and their kids at the San Diego Public Library:
<http://www.sandiego.gov/public-library/pdf/childrenshealth.pdf#search='San%20Diego%20Resources%20for%20Parents'>
- San Diego Police Department Juvenile Services; Juvenile Resources:
<http://www.sandiego.gov/police/about/juvresource.shtml>
- Medical/Health Tips from Rady Children’s Hospital San Diego:
<http://www.chsd.org/body.cfm?id=742>