

PAT Parent Educator Resources and PAT Parent Handouts

Options to use when discussing the ChEW with families for HFM programs who use the PAT Curriculum



PAT PARENT EDUCATOR RESOURCES

SUBSTANCE MISUSE

- Developmental Effects of Substance Use
- Substance Use in Families with Young Children

MENTAL HEALTH

- Treatment for Clinical Postpartum Symptoms
- Mental Health Screening and Early Intervention
- Postpartum Adjustment
- Supporting Moms with Severe Postpartum Conditions

INTERPERSONAL VIOLENCE

- Intimate Partner Violence

OTHER RESOURCES

- Family Well-Being
- Stress and Resilience
- Trauma and Families
- Attachment and Brain Development
- The Importance of Touch
- Supporting Prenatal Attachment



RELATED PAT PARENT HANDOUTS

SUBSTANCE MISUSE

- Keeping Healthy – Now and Later
- The Effects of Substance Use on Children

MENTAL HEALTH

- Adjusting After Your Baby's Birth
- Baby Blues? Or Something More?
- Family Support for Parental Depression
- How Am I Feeling?

INTERPERSONAL VIOLENCE

- When Control Becomes a Pattern
- Reflections on a Healthy Relationship

OTHER RESOURCES

- What's on Your Mind? Exploring Hopes, Desires, Questions, and Concerns
- Circles of Support
- Helping Your Child Cope After a Crisis
- Pretend Play After Scary Events
- Ways to Build Attachment with Your Baby
- Prenatal Attachment
- Attachment Is Good for Your Baby's Brain
- What Is Your Role in Helping Your Child Develop Secure Attachment
- What Shapes Your Parenting?
- Coping with Stress
- Relaxation Breathing and Other Ways to Release Stress