

# Rethink Your Reaction

Laugh • Talk • Ask

A campaign to promote safe and healthy family interaction

Information is available at  
[www.NebraskaChildren.org](http://www.NebraskaChildren.org)

## Additional Parent Resources

### Stress happens. Humor helps.

- WebMD: [Laughing With Your Child](#)
  - An article telling of the importance of laughing with your child and the stress relief it can give with the mental, physical, and emotions benefits explained.
- FamilyFun.com: [Laughing Matters](#)
  - Laughing is good for you, learn more here. Included are some jokes to download, how to tell jokes and some fun games, all for children.
- WebMD: [Humor Therapy](#)
  - Studies showing the benefits of smiles and laughter on your body, and best of all - it is inexpensive.

### Stress happens. Talking helps.

- [Talaris Parenting Counts videos.](#)
  - 60-second videos about parenting moments and problems with healthy and constructive ways to handle with them.
- Teen communication at Family Education: [Communicating with Teens](#)
  - A large list of articles that talk about how to communicate with your teen. Topics fall under: Kids in College, Tough Subjects, Expert Advice, Communicating and Your Daughter, and Staying in Touch.

### Stress happens. Asking helps.

- Bits of understanding Newsletter [signup](#). Born learning site, Sign up to get tips and ideas on how to help your child learn.
- [www.bornlearning.org](http://www.bornlearning.org)
  - Ways to help you shape your child's world. Tips, facts, and activities that will help you understand and get to know your child better.
- [Love and Logic Articles](#)
  - This site has a large amount of articles to help reduce stress and decrease discipline issues with your children.
- [Prevent Child Abuse America](#)
  - A site dedicated to promoting healthy environments with good nutrition, safe and secure homes and a nurturing environment with kind loving words and actions.
- [Parenting Teens](#)
  - A website for parents that have questions and want to learn more about their teens. Teen topics are discussed and support group directories and forums are all found on this site.
- [Parenting Teens Online](#)
  - A website for parents that have questions and want to learn more about their teens. You can find resources and articles and ask an expert any question you may have.

The Nebraska Child Abuse Prevention Partnership

