



1

---

---

---

---

---

---

---

---



2

---

---

---

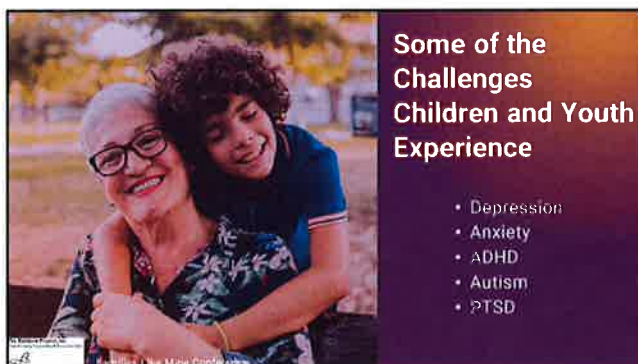
---

---

---

---

---



3

---

---

---

---

---

---

---

---



4

---

---

---

---

---

---

---

---



5

---

---

---

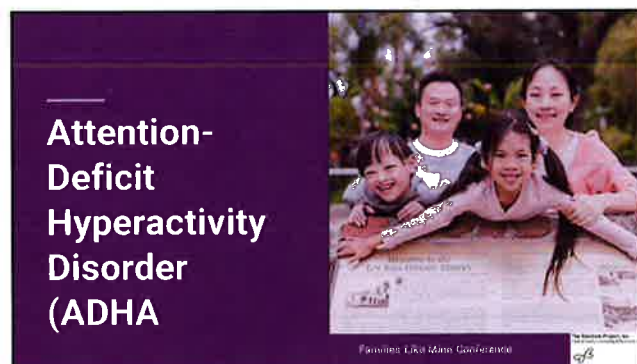
---

---

---

---

---



6

---

---

---

---

---

---

---

---



7

---

---

---

---

---

---

---

---



8

---

---

---

---

---

---

---

---



9

---

---

---

---

---

---

---


---

### Managing New Behaviors

How might the behavior benefit the child?

Why might they feel they need to react in that way?

How is this behavior protecting them in the moment?



10

---

---

---

---

---

---

---

---

Set Limits

Describe

Understand

### Connection



11

---

---

---

---


---

---

---

---

## One Supportive Person



12

---

---

---

---

---

---

---

---



13

---

---

---

---

---

---

---



14

---

---

---

---

---

---

---



15

---

---

---

---


---

---

---



# Your Adult Child:



Boundaries

Setting Limits

Your Wellbeing

Families Like Mine Conference

The Families Project, Inc.

16

---

---

---

---

---

---

---

---

# Taking Care of Yourself

17

---

---

---

---


---

---

---

---

# Make a Plan



Reflect on current self-care

What/who are your resources?

Know your triggers

Families Like Mine Conference

The Families Project, Inc.

18

---

---

---

---

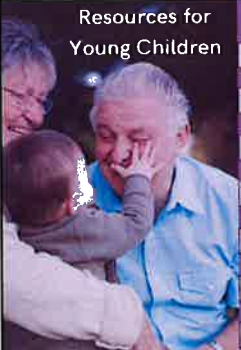
---

---

---

---

### Resources for Young Children



Home Visiting Programs
Wisconsin Alliance for Infant Mental Health
Family Resource Centers
Birth to 3
Children's Long-Term Support Program
Comprehensive Community Services
Children and Youth With Special Health Care Needs

19

---

---

---

---

---

---

---

---

### Resources for School-Aged Children



Wisconsin Office of Children's Mental Health
Pediatrician
Coordinated Services Teams
School Mental Health Services
Children's Long-Term Support Program
Comprehensive Community Services
Children and Youth With Special Health Care Needs

20

---

---

---

---


---

---

---

---

### Resources for Youth



Wisconsin Office of Children's Mental Health
Peer Support Services
School Mental Health Services
Coordinated Services Teams
Children's Long-Term Support Program
Comprehensive Community Services
Children and Youth With Special Health Care Needs

21

---

---

---

---

---

---

---

---

Resources for  
You



Wisconsin Department of Children and  
Families

Coalition for Children, youth, and  
Families

Foster Care & Adoption Resource Center

University of Wisconsin  
Extension

Wisconsin Office of Children's Mental  
Health

Wisconsin Family Caregiver Support Programs

Grandfamilie

22

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---