

## A Conversation with a Pediatric Psychologist

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- Online Video. <https://learn.openpediatrics.org/learn/course/internal/view/elearning/5300/pediatric-behavioral-mentalhealth-anxiety>.

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- Online Course. <https://learn.openpediatrics.org/learn/course/internal/view/elearning/5300/pediatric-behavioral-mental-health-anxiety>
- Video: <https://www.youtube.com/watch?v=vQTPBeALXNc>
- Podcast: <https://soundcloud.com/openpediatrics/pediatric-behavioral-mental-health-anxiety>.

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[https://www.youtube.com/watch?v=Qw7ZVAOVt5w&list=PL9hnCXfz\\_xynkDmHXMjB7TKfC5AFqsvye](https://www.youtube.com/watch?v=Qw7ZVAOVt5w&list=PL9hnCXfz_xynkDmHXMjB7TKfC5AFqsvye)

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<https://dme.childrenshospital.org/continuing-education/ce-courses/building-bridges-of-understanding-behavioral-health-education-for-pediatric-primary-care-5-hrs/>

Miller, JH, Lee, EH, & Mann, S (2025). *Common Sense Media Digital Wellness Check-Up* [Audio Podcast]. Healthy Tech Habits for Families and Young Kids. Common Sense Media.

<https://www.youtube.com/watch?v=Ltc-OaScLhE>

Building Bridges of Understanding

- <https://www.buildingbridgesofunderstanding.org>

Common sense media

- <https://www.common sense media.org/parents-ultimate-guides>

Boston Children's Hospital Digital Wellness Lab

- <https://digitalwellnesslab.org/family-digital-wellness-guide/>

One Mind PsyberGuide

- <https://onemindpsyberguide.org/>

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### Centers for Disease Control and Prevention

- <https://www.cdc.gov/children-mental-health/data-research/index.html>

### National Center for Biotechnology Information

- <https://www.ncbi.nlm.nih.gov/books/NBK608531/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9711885>

### American Academy of Child & Adolescent Psychiatry

- [https://www.aacap.org/AACAP/Practice/Clinical Practice Center/Clinical Care and Quality Improvement/AACAP/Families and Youth/Resource Centers/Anxiety Disorder Resource Center/Home.aspx](https://www.aacap.org/AACAP/Practice/Clinical_Practice_Center/Clinical_Care_and_Quality_Improvement/AACAP/Families_and_Youth/Resource_Centers/Anxiety_Disorder_Resource_Center/Home.aspx)

### Current and Future Approaches to Pediatric Anxiety Disorder Treatment

- <https://www.psychiatryonline.org/doi/10.1176/appi.ajp.20231037>