

# Emotional & Mental Wellness for Parents & Caregivers

**Emotional & Mental Wellness for Parents & Caregivers** is an interactive role-play simulation for parents and caregivers to examine strategies that help build resilience, learn how to identify potentially concerning changes in behavior, how to better support their students and overcome barriers to seeking help.

## Learning Objectives

- ✓ Examine strategies that help build resiliency
- ✓ Understand the importance of emotional & mental wellness to support flourishing
- ✓ Examine the role of parents and caregivers in supporting the emotional wellness of their children
- ✓ Identify potentially concerning changes in behavior
- ✓ Describe how to help their children recognize and verbalize their feelings, thoughts, and emotions
- ✓ Determine the best actions to take when your children verbalize their feelings, thoughts, and emotions
- ✓ Overcome barriers to help-seeking through a better understanding the role of mental health professionals and other support resources



Learners interact with  
Virtual Humans through  
interactive conversations



**Market**  
PK-12



**Audience**  
Caregiver and  
Parent/Guardian



**Topic**  
Mental Health & Well-  
being



**Duration**  
10 Minutes



## Overview

This simulation teaches parents and caregivers how to create a healthier emotional environment for children by encouraging open dialogue about emotional and mental wellness. Users learn how to respond in a constructive way to the expression of various feelings, thoughts and emotions, as well as when and where to seek additional support.



This program provides tips for creating a healthy emotional environment for children; how to respond in a helpful way to the expression of feelings, thoughts, and emotions; and when and where to seek additional support. Designed to be flexible, parents and caregivers can navigate the content based on their specific needs and concerns, coming back to the product at any time for answers to their questions. Users have access to customized national, local, and school-specific resources in addition to simulation content.

## Features

- ✓ Fully-hosted solution deployed to users in less than one week
- ✓ Technical assistance and outreach templates to drive adoption
- ✓ Usage reports and customizable online surveys to support program evaluation
- ✓ Customizable list of local and national mental health resources
- ✓ Discussion guides to support blended delivery with in-person workshops

### Fort Worth ISD Uses Kognito to Create Safer Schools

*“Not only are we using funding to acquire and to adopt professional development, but we also use it to strengthen our curriculum.”*

**– Dr. Roina Baquera, Director,  
Health and Physical Education Department**



Learn more at [kognito.com](https://kognito.com)

Contact us at [info@kognito.com](mailto:info@kognito.com) or 212-675-9234