

## Newsletter, 29.05.2024

The mission of Tooled Up is to connect parents and people who work with children with up-to-date research and practical advice from experts across a whole range of fields. This week, as we're about to reach **900 resources** and **26,000 subscribers**, we've been looking at which resources have been most popular with our members. What articles, activities, webinars and podcasts have the most visits and the broadest appeal?

### Articles & Activities:

The most popular Tooled Up resource of all is our [Coping Menu](#), an invaluable list of suggested activities for children experiencing strong or difficult emotions such as anger, sadness, fear or anxiety. Next up is Dr Kathy Weston's article on [Children's Self-Esteem](#), a list of ten things for parents to ponder including parenting style, digital diets and body image. Finally, every family should be familiar with our list of [Exercises to Relax and Control Anxiety](#), great for getting anxiety quickly under control..

### Wonderful Webinars:

This webinar on [Busting Neuromyths](#) is our most-watched webinar ever! Professor Jo Van Herwegen debunks many of the myths surrounding autism and ADHD, and which can lead to misunderstanding, poor practice and ineffective support. Tooled Up regular Dr Anna Colton's webinar on [Understanding Children's Anger](#) is a close runner-up. Dr Colton helps viewers understand anger better and provides tips on supporting children and teens when they get angry. And the final spot on the webinar podium is taken by Dr Rebecca Gordon on the topic of [Understanding Dyslexia](#). Dr Gordon explores the science behind dyslexia, its causes and impacts, and addresses some common misconceptions.

### Popular Podcasts:

Dr Kathy Weston's conversation with Dr Rachel Hiller on [Sleep Difficulties in Primary-Aged Children](#) from back in 2020 is still our most popular podcast! Second place goes to this podcast on [Childhood Anxiety](#) with Professor Cathy Creswell, and finally Dr Thomas Curran on [Perfectionism In Young People](#).

Finally: remember the [support button](#) is always available if you have a question or need our help.

Don't forget to follow us on social media to stay up-to-date with all of our latest updates and resources. Find us on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#).





My Coping Menu



Children's Self-Esteem



Exercises to Relax and Control Anxiety



Busting Neuromyths



Understanding Children's Anger



Understanding Dyslexia



Sleep Difficulties in Primary-Aged Children



Childhood Anxiety



Perfectionism in Children

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