

Behavioral Health Tools for Rural Pediatric Care

Free, ready-to-use handouts, medication charts, and waiting-room posters from the Illinois Chapter of the American Academy of Pediatrics (ICAAP) with no login, no cost, and no wait.

Rural clinicians are seeing more behavioral health concerns than ever, sometimes with the nearest specialist hours away. These resources are ready for print and written with your patients in mind. Everything below is free to download and share.



Resources for Patients and Families

Cognitive Behavioral Therapy (CBT) and Relaxation Techniques:

Practical coping strategies families can start using at home. Available in [English](#) and [Spanish](#).

CBT Apps for Kids & Teens: A vetted app list for between-visit support. Available in [English](#) and [Spanish](#).

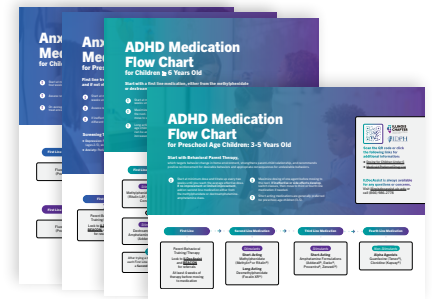
CBT Books & Workbooks:

Recommended reading by age and concern.

For Your Reference

ADHD Medication Charts: Dosing and formulation guidance for preschool (ages 3–5) and ages 6+. [Ages 3–5](#) | [Ages 6+](#)

Anxiety & Depression Medication Charts: Dosing and formulation guidance for preschool (ages 3–5) and ages 6+. [Ages 3–5](#) | [Ages 6+](#)



For Your Waiting Room

Autism Email Series Poster (11x17): Waiting-room poster promoting a free 7-day email guide for parents covering early signs, the diagnosis process, early intervention, school rights, and Illinois-specific resources. Under 10 minutes a day. In English and Spanish.

Teen Mental Health Email Series Poster (11x17): Waiting-room poster promoting a free 6-day email guide for parents of pre-teens and teens covering normal moods vs. red flags, social media and screen time, when to seek support, and conversation starters to try at home. In English and Spanish.



Scan to download what you need.

Every resource on this page is hyperlinked and ready to print.

Firearm Safety

Playdates & Gun Safety:

Clinician guidance for starting the conversation.

Preparing for Playdates (11x17):

Waiting-room poster that helps parents make “are there unsecured firearms in the home?” a routine playdate question, with scripts to open the conversation and options when the answer isn’t reassuring.

Take Control of Your Child’s

Safety: Patient-facing handout on secure storage.