

PARENTING RESOURCES

You are not alone! Having a difficult child does not mean you are a bad parent! You simply need to be taught some extra skills to manage your child's behaviour.

Books

There are many great parenting books available. These are some of our favourites.

- "123 Magic Parenting" by Dr Thomas Phelan
www.123magic.com
- The Explosive Child by Dr Ross Greene Parenting Courses

Useful Websites

- Caring for Kids
- Select "Behaviour & Parenting", and explore the various options
www.caringforkids.cps.ca
- Healthy Children Select "Family Life", and choose "Communication & Disciplines"
www.healthychildren.org