

# Valuable Parenting & Home Resources



## Parenting Solutions

**1-2-3-Magic: The 3-Step Discipline for Calm, Effective, and Happy Parenting:** The FCPS Parent Resource Center presents a 1-2-3 Magic training. 1-2-3-Magic is an evidence-based program developed by Dr. Phelan. It is an easy-to-learn and effective positive parenting solution for parents. Using this technique allows you to get back in charge of your home, enjoy your family again, and help your kids develop their emotional intelligence.

**Center for Effective Parenting:** Valuable parenting resources, including links to helpful websites and a variety of other resources.



## Managing Your Child's Behavior

**Lives In the Balance:** The Walking Tour is a series of free videos guiding parents through the key facets of the *Collaborative & Proactive Solutions (CPS) model*, as described in Dr. Ross Greene's books *The Explosive Child* and *Raising Human Beings*. There are also additional resources on this website to help you help your child.

**Behavior Management Strategies For Challenging Behaviors -- The Parent Management Training Program:** This video is a great 1-1/2 hour overview of Parent Management Training, an evidence-based approach to help children with disruptive behaviors.

**Everyday Parenting: The ABCs of Child Rearing:** Free comprehensive program from Coursera led by Dr. Alan Kazdin, the director of the Yale Children's Center and designer of the Parent Management Training program. This course is comprised of 4 weekly modules including short videos, written content and case studies, and offers practical strategies and advice on parenting during Covid-19. There are also check-in quizzes for each module and a parent forum.

**PBIS World:** geared to schools, but helpful strategies for parents as well.



## Raising Your Child's EQ

**Ted Talk -- How To Raise Emotionally Intelligent Children:** As an Aware Parenting Instructor, Lael Stone facilitates workshops and support groups that empower parents to create connections and stronger relationships with their children.

**Calm Kids:** Mindfulness tools to share with your child

**Ted Talk -- How to Raise Successful Kids—Without Over-parenting:** Julie Lythcott-

[Exploring Emotions | Sesame Street in Communities - Sesame Street in Communities](#): great activities for building a feelings vocabulary and other EQ skills

[Therapist Aid](#): Geared to mental health professionals, but there are some wonderful family resources here as well, including a Family Mindfulness activity, a Chore sheet, a Gratitude activity, Reward coupons & fun interactive feelings games for kids.



## **Building Resilience**

[Raising Children With Grit: Parenting Passionate, Persistent, and Successful Kids](#): webinar featuring the author of book of same name, Dr. Laila Y. Sanguras

[Ask The Expert: Teaching Grit, Perseverance and Frustration Tolerance To Students with ADHD](#): presented by C.H.A.D.D. Intended for teachers but great ideas to help parents build grit and executive skills in their child.

[TED Talk Developing a Growth Mindset](#): Features Carol Dweck, the Stanford psychologist who coined the term “Growth Mindset and researches ways to harness “The Power of Yet!

## **Helping your child develop great study skills!**

[“7 No-Fail Strategies for Getting Homework Done on Time and Without Drama” from Additude: Inside the ADHD Mind](#): Although geared toward parents of children with ADHD, this is a free podcast that would be beneficial to any child struggling with homework.

[“Teaching Executive Functions to Children with ADHD: A Course for Teachers \(and Parents\)” from Additude: Inside the ADHD Mind](#): Although geared toward parents of children with ADHD, this is a free podcast that would be beneficial to any child struggling with. planning, organization, time management, self-regulation and more!



## **Keeping your child safe**

**The Network of Victim Assistance (NOVA)**: NOVA will present a free parent informational session on **Monday 4/12/21 at 7:00**. The program will discuss how living in a technology-driven world can pose unique risks for children’s safety, personal development, and well-being. In particular, there is evidence of increased risk for exploitation in both online and offline settings. NOVA recognizes the importance of family involvement in teaching children personal boundaries. Empowering children to listen to their feelings, assertively say “no” in unsafe situations, and tell a trusted adult are important skills to learn. This program provides parents with information to build a foundation for a safe world on and off line. Click here [NOVA Internet Safety Presentation](#) to join us on the 12th!

[Crisis resources](#): Contact information for local mental health agencies and crisis hotlines