

PARENTING PRE-SCHOOLERS AND PRIMARY SCHOOL AGED CHILDREN

General Websites

Raising Children

www.raisingchildren.net.au

Australian Government website for sound general advice and direction about parenting and difficulties with children of all ages.

Parenting South Australia

www.parenting.sa.gov.au

South Australian Government website with masses of general advice about parenting challenges. For children of all ages.

Better Health

www.betterhealth.vic.gov.au

Victorian Government website with health and medical information, quality assured by the Victorian government. The Healthy living section covers children's development, nutritional and behavioural needs, family violence, safety etc.

eSafety Commissioner

www.esafety.gov.au

Australian Government's eSafety Commissioner's excellent website with information on helping children (and teens) stay safe online, talking to your family about eSafety, parental controls, cyberbullying, appropriate screen time and devices, gaming and more. Information for LGBTI+, culturally and linguistically diverse communities, and First Nations peoples.



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General Books

Every Parent: A Positive-Approach to Children's Behaviour

by Matt Sanders

Australian Psychology Professor's longstanding and practical book on building a good relationship and managing in young children behaviour.

How To Talk So Kids Will Listen & Listen So Kids Will Talk

by Adele Faber & Elaine Mazlish

Another longstanding and often recommended book on developing open communication and positive relationships with children (and teens).

The Whole Brain Child

by Daniel Siegel & Tina Bryson

Book on understanding the brain's development and promoting emotion regulation skills in children.

The Complete Secrets of Happy Children

by Steve Biddulph

Classic book with good general advice on building relationships and promoting positive mental health. See also Raising Girls and Raising Boys books.

Raising an Emotionally Intelligent Child

by John Gottman & Joan Declare

Improving emotional resilience.

The Joy of Parenting

by Lisa Coyne & Amy Murell

An Acceptance & Commitment focussed parenting guide about parenting according to values, accepting difficulties and coping with adversity.

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Online Parenting Courses, Podcasts & Social Media

Triple P

www.triplep-parenting.net.au

Free Australian evidenced-based and well researched Positive Parenting Program often used in clinical settings. Programs for developing babies' development; improving behaviour and emotion regulation in preschoolers, children and pre-teens; plus helping anxious children.

Family Man

www.familyman.movember.com

Free research-based brief parenting advice focussed on helping dads with parenting. Episodes, tips and advice.

ParentZone Pods

by ParentZone, Anglicare

Podcasts about common difficulties faced by parents and proven strategies.

Good Inside

www.goodinside.com

Psychologist Dr Becky Kennedy's fee-based parenting workshops. Informed by a range of therapeutic approaches but the program itself is not researched. Some parents find her information helpful for tuning into kids and promoting emotional regulation in sensitive ways. Dr Becky has free podcasts and YouTube videos that can be good for learning how to talk to kids. May be best used in combination with positive behavioural management strategies.

Tuning Into Kids

www.tuningintokids.org.au

Evidenced based parenting program developed by Melbourne University. This fee-based program has video episodes and information that uses an emotion-focussed framework. It aims to help parents improve their relationship with their child and help their child develop emotional regulation skills. May be best used in combination with positive behavioural management strategies.