

PARENTING RESOURCES: TODDLERS & PRESCHOOLERS

WEBSITES

Zero to Three

<https://www.zerotothree.org/>

Positive Parenting Solutions

<https://www.positiveparentingsolutions.com/>

Parents Matter

<http://www.parentsmatter.ca>

Child Mind

<https://childmind.org>

Connected Parenting

<https://connectedparenting.com/>

"The CALM Technique" By: Jennifer Kolari

<https://www.youtube.com/watch?v=q28lrZq14hk>

BOOKS FOR PARENTS

1-2-3 Magic: Effective Discipling for Children 2-12 By: Thomas W. Phelan

Ain't Misbehavin': Tactics for Tantrums, Meltdowns, Bedtime Blues, and Other Perfectly Normal Kid Behaviours By: Alyson Schafer

Connected Parenting: How to raise a GREAT Kid By: Jennifer Kolari

No Bad Kids: Toddler Discipline Without Shame By: Janet Lansbury

Positive Discipline for Preschoolers By: Cheryl Erwin, Jane Nelsen, and Roslyn Ann Duffy

BOOKS FOR CHILDREN:

Angry Octopus

By: Lori Lite and Max Stasuyk

Cool Down and Work Through Anger

By: Cheri J. Meiners M.Ed.

Hands are Not for Hitting

By: Martine Agassi

When I Feel Angry

By: Cornelia Maude Spelman

When Sophie Gets Angry, Really, Really Angry

By: Molly Bang

Words are not for Hurting

By: Elizabeth Verdick

Important Note: The purpose of this document is for information and self management only, not to be substitute for professional help. The information is not all encompassing and is intended for people experiencing mild symptoms. Some material should be guided by a trained mental health professional. To be used at the discretion of the provider.