

## *Parenting Resources List*

*Building trust* | the importance of building trust in parenting (Blog)

*Collaborative parenting* | resolving conflict & building trust with your kids (Tip Sheet)

*Communication is key* | tips to creating a strong family unit (Blog)

*Communicating with your family* | trust, love & happiness (Worksheet)

*Infusing manners into the daily routine* | a framework for improving manners & discipline (Blog)

*Manners & discipline* | an interview with Joshua Freeman (Podcast)

*Parenting with Emotional Intelligence* | collaborate & connect with your children (Tip Sheet)

*Setting your kids up for a good night's sleep* | tips to get your kids to sleep, with no fuss (Tip Sheet)

*Teaching discipline* | a guide to managing children's behaviour (Worksheet)

*The Melatonin link* | helping your kids get to sleep (Tip Sheet)