



## Parenting Resources

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

2) *A Collaborative Approach* | resolving conflict & building trust with your kids (Article Review)

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

4) *Communication 101* | activity for trust, love & happiness (Worksheet)

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

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

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

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

9) *Teaching discipline* | a guide to managing children's behaviour (Tip Sheet)

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

11) *Listen or Tell* | a different approach to diffusing conflict (Article Review)