

## **PARENTING RESOURCES**

You are not alone! Having a difficult child does not mean you are a bad parent! You simply need to be taught some extra skills to manage your child's behaviour.

### **Books**

There are many great parenting books available. These are some of our favourites.

- "123 Magic Parenting" by Dr Thomas Phelan  
[www.123magic.com](http://www.123magic.com)
- The Explosive Child by Dr Ross Greene

### **Parenting Courses**

They are a variety available and can be accessed through different ways:

- Access Mental Health 403-943-1500 ext 1
- Local Parent Link centre [www.parentlinkalberta.ca](http://www.parentlinkalberta.ca)
  - Look for information on Triple P Parenting on this website.
- Local Community centre

### **Useful Websites**

- Caring for Kids
  - Select "Behaviour & Parenting", and explore the various options  
[www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)
- Healthy Children
  - Select "Family Life", and choose "Communication & Disciplines"  
[www.healthychildren.org](http://www.healthychildren.org)
- Children's Link
  - Select "Find Support Services", and choose "Behavioural Concerns"  
[www.childrenslink.ca](http://www.childrenslink.ca)
- Family and Community Resource Centre
  - Select "Resources", then "Information Prescriptions" and choose "Managing Challenging Behaviours"  
[fcrc.albertahealthservices.ca](http://fcrc.albertahealthservices.ca)

Note: This is an overview of the commonly used sources, and is an exhaustive list.