



PARENTING RESOURCES

You are not alone! Managing challenging behaviours takes extra parenting skills and support. We have gathered some great resources that fellow parents have found helpful for learning to tame difficult behaviours.

Books

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

- “123 Magic” by Phelan
- “The Explosive Child” by Greene
- “How to Talk so Little Kids will Listen” by Faber & King
- “How to Talk so Kids Will Listen & Listen So Kids Will Talk” by Faber & Mazlish
- “The Whole-Brain Child” by Siegel
- “Raising Your Spirited Child” by Kucinka
- “No Drama Discipline” by Siegel and Bryson

Parenting Programs and Courses

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

- Access Mental Health 403-943-1500
- Triple P Parenting Programs (online and in-person)
 - www.triplep-parenting.ca
- Family Resource Networks – locations across Calgary
 - Provider Search: www.alberta.ca/lookup/frn-search.aspx
 - Aspen Commons (SW): www.apenfamily.org
 - Closer to home Community Services (NW): www.closetohome.com
 - Families Matter (NE/SE): www.familiesmatter.ca
 - YW Calgary: www.ywcalgary.ca
 - McMan Calgary: www.mcmancalgary.ca
- Local Community centre

Useful Websites

- Caring for Kids: www.caringforkids.cps.ca
- Healthy Children: www.healthychildren.org
- About Kids Health: www.aboutkidshealth.ca/parenting