

Parenting Resources for Effective Discipline and Beyond

Resources from Social Media and Blogs

Instagram	Authors	What it Offers
helpingfamilies thrive	Drs Jenna Elgin & Shanna Alvarez	Research-backed positive parenting tools
parentingtranslator	Dr Cara Goodwin	Translating recent scientific research into information that parents can use
themompsychologist	Dr Jazmine McCoy	Expertise in positive discipline, tantrums, potty training

Online Resources

	Link to Website	What it Offers	Other Notes
Healthy Children	healthychildren.org	Comprehensive resource on child development in different stages with a focus on health and organized by pediatricians	Resources are available in English and in Spanish
Connected Kids: Violence Prevention	https://publications.aap.org/patiented/pages/c_Connecte dKids?autologincheck=redirec ted	Contains handouts for common parenting issues related to violence prevention organized by pediatricians	Handouts available in English and Spanish
Centers for Disease Control and Prevention	https://www.cdc.gov/parents/index.html	Contains education about different stages of child development, informational videos, and interactive skills-based practice activities	Resources available in English and Spanish
ACT Raising Safe Kids	https://www.apa.org/act	Contains factsheets and handouts on different behavior problems (e.g., tantrums) and child development at different stages up to age 10	You can also check if there are any ACT program classes near you
InfoAboutKids.org	Infoaboutkids.org	Contains informational handouts on common parenting concerns, childhood issues, and development backed by research	Resources on how to tell when misbehavior is normal and when to see a psychologist
Effective Child Therapy	Effectivechildtherapy.org	Contains information on different symptoms children may have (e.g., worry, trouble focusing) and evidence-based treatments for behavioral and mental health problems in children and adolescents	Offers advice on how to choose and locate a psychologist
Resilience Booster: Parenting Tip Tool	https://www.apa.org/topics/parenting/resilience-tip-tool	Contains information about resiliency in children and resources on helping children who have experienced traumatic or adverse events (e.g., maltreatment, natural disaster)	Information to help in different settings (e.g., child care, school)

Online Parenting Classes

	Link to Website	What it Offers	Time	Cost	Other Notes
Everyday Parenting: The ABCs of Child Rearing	https://www.coursera.org/learn/everyday-parenting	Parenting class offered by Yale University that covers behavior-change techniques and step-by-step instructions and video demonstrations	14 hours	Free and paid versions (financial aid available)	Includes subtitles in English, Spanish, and Chinese. Paid version adds grading and feedback.
Play Nicely Program	http://playnicely.vueinnovations.com/	Interactive program that teaches effective discipline strategies and what to choose in different scenarios	50 minutes	Free	Available in English and Spanish
Triple-P Program	https://www.tripleparenting.com/us/triple-p/	Parent management training program with interactive learning modules for parenting toddlers all the way up to teens completed at your own pace	12 months of access	\$79.95	30-day money back guarantee