APPENDIX 3. Parenting Resources

NAME	DESCRIPTION
GENERAL PARENTING	
CANADIAN PAEDIATRIC SOCIETY'S CARING for kids site https://www.caringforkids.cps.ca/ Section on behaviour and parenting https://www.caringforkids.cps.ca/handouts/behaviour-index	Parenting section with age-appropriate information on emotional wellness, behaviour, positive parenting, and media use.
HEALTHY FAMILIES BC Section on pregnancy and parenting https://www.healthyfamiliesbc.ca/parenting	Health information site for families. Parenting section includes child development stages, parenting across different ages, and bullying.
FAMILIES CANADA multilingual parenting Information http://www.welcomehere.ca	Tip sheets on guiding children's behaviour using positive parenting. **Languages include**: • Arabic • Chinese • Spanish • Tagalog • Tamil • Urdu • Vietnamese • Farsi • Hindi • Portuguese • Punjabi • Russian • Somali
RELATIONSHIPS	
PREVNET https://www.prevnet.ca/	Canadian national network of leading researchers and organizations on promoting relationships and preventing violence. Information on signs, types, facts and solutions, with tips for kids, teens and parents/caregivers.
HEALTHY CHILDREN https://www.healthychildren.org/English/family-life/work-play/Pages/What-Parents-Can-Do-to-Support-Friendships.aspx	American Academy of Pediatrics Healthy Children site: What parents/caregivers can do to support friendships.

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NAME	DESCRIPTION
INTERNET SAFETY/CYBERBULLYING (see also Caring for Kids site)	
PUBLIC SAFETY CANADA INFO SHEET ON CYBERBULLYING https://www.publicsafety.gc.ca/cnt/rsrcs/pblctns/2015-r038/index-en.aspx	Provides information on how to handle cyberbullying, including advice for parents.
PREVNET CYBERBULLYING RESOURCES FOR PARENTS/CAREGIVERS http://cyberbullying.primus.ca/cyberbullying-resources/	List of cyberbullying resources that have been vetted for accuracy. Sections include general info, parents/caregivers and cyberbullying, and legal issues. Resources are mostly Canadian.
PREVNET HOW KIDS USE TECH http://cyberbullying.primus.ca/how-kids-use-tech/	Tips for parents/caregivers on how to guide child's use of technology based on child's development.
NEEDHELPNOW.CA https://needhelpnow.ca	Canadian Centre for Child Protection site. Provides practical steps for dealing with cyberbullying, alienation and harassment. Includes information on how to remove sexual videos/pictures. Aimed at teens and their parents/caregivers/supportive adults.
EVIDENCE-BASED PARENTING COURSES	
EVERYDAY PARENTING: THE ABCS OF CHILD REARING http://alankazdin.com/everyday-parenting-the-abcs-of-child-rearing/	FREE, online course from the Yale Parenting Center. Training videos and demonstrations of parenting strategies. Focuses on creating a nurturing environment and provides step-by-step instructions to improve effectiveness in changing behaviour.
TRIPLE P PARENTING www.triplep-parenting.ca	Provides some tips online about positive parenting. Offers programs across the country. Website provides locations.
STAR www.starparent.com	Online classes (fee).