Netmums link:

<https://www.netmums.com/support/netmums-parenting-course-welcome>

<https://www.netmums.com/support/netmums-parenting-course>

Family links free downloads:

<https://www.familylinks.org.uk/free-downloads-for-parents>

Family Links Video English and Urdu

[playlist with videos from our Parenting Puzzle DVD](http://familylinks.ctml2.com/familylinkslz/lz.aspx?p1=McFDUzNzA2UzM2OkRCNjA3MUM3RkUwNzRDNTFBNzgzNTNCMzI0Qzk1MDUx-&CC=&w=5730)

**Part one: getting the best**

This is split into six emails teaching parenting techniques and skills to get the very best out of your little ones. It's divide into the following topics:

1. [Welcome](https://www.netmums.com/support/netmums-parenting-course-welcome)

2. [Praise is magic](https://www.netmums.com/support/netmums-parenting-course-praise)

3. [Pay attention to the right things](https://www.netmums.com/support/netmums-parenting-course-pay-attention)

4. [Behaviour to ignore](https://www.netmums.com/support/netmums-parenting-course-what-behaviour-should-you-ignore)

5. [What's your parenting style?](https://www.netmums.com/support/netmums-parenting-course-whats-your-parenting-style)

6. [Managing expectations](https://www.netmums.com/support/netmums-parenting-course-managing-expectations)

 **Part two: stopping the worst**

This second part of the course takes place over seven emails and looks at how to respond when kids behave in ways we don’t like. Here are the topics covered in part two of the Netmums Parenting Course:

7. [Discipline and boundaries](https://www.netmums.com/support/netmums-parenting-course-discipline-and-boundaries)

8. [Time to calm down](https://www.netmums.com/support/netmums-parenting-course-time-to-calm-down)

9. [Family rules](https://www.netmums.com/support/netmums-parenting-course-family-rules)

10. [Managing anger and other feelings](https://www.netmums.com/support/netmums-parenting-course-managing-anger)

11. [Choices and consequences](https://www.netmums.com/support/netmums-parenting-course-choices-and-consequences)

12. [Problem-solving and negotiating](https://www.netmums.com/support/netmums-parenting-course-problem-solving-and-negotiating)

13. [The end](https://www.netmums.com/support/netmums-parenting-course-congratulations)