

Favourite Mindful Parenting Resources

Bringing Up Great Kids (including FREE Mindful Parenting booklet) <http://bringingupgreatkids.org/en/>

Positive Discipline <https://www.positivediscipline.com/>

The Mindful Parent: www.themindfulparent.org

MindUP & 10 Mindful Minutes: www.thehawnfoundation.org

Mindful Awareness Parenting: <http://www.maplinc.com.au/>

Left Brain Buddha <http://leftbrainbuddha.com/>

Self-Compassion: www.self-compassion.org

Dan Siegel http://www.drdansiegel.com/resources/video_clips/parenting/

Susan Kaiser Greenland <http://www.susankaisergreenland.com/>

Sara's Mindfulness Blog <http://littlemindfulmoments.wordpress.com/>

Other Great Parenting Resources:

Keeping Kids Safe Online <http://themodernparent.net/>

Maggie Dent <http://www.maggiedent.com/>

Elevating Childcare <http://www.janetlansbury.com/>

Positive Discipline (Articles, Podcasts, Resources) www.positivediscipline.com

What is Positive Discipline? <http://www.positivediscipline.com/what-is-positive-discipline.html>

How To Talk So Kids Will Listen www.fabermazlish.com

Michael Grose www.parentingideas.com.au

Child Development & Articles <http://raisingchildren.net.au/>

Baby Signing <http://www.australianbabyhands.com/>

Auslan <http://www.auslan.org.au/>

Hands Can Talk - find on Facebook!

Bilby Publishing <http://www.bilby.net/Sign/Products/BabySign.asp>

FREE BABY SIGN RESOURCES: <http://www.signplanet.net/BabySign/BabySignPrint.asp>

Benefits of Baby Signing In

Childcare <http://www.careforkids.com.au/childcarenews/february09/story3.html>

The Artful Parent <http://artfulparent.com/>

Hand In Hand Parenting <http://www.handinhandparenting.org/>

Depression / Anxiety in Teens/Kids

Beyond Blue <https://www.beyondblue.org.au/supporting-someone/parents-and-guardians>

Reach Out <https://au.reachout.com/sites/thetoolbox>

Headspace Free counselling / GP for 12-25 year olds <http://headspace.org.au/>