

PARENTING RESOURCES FOR PARENTS AND PROFESSIONALS

Two resources are available for parents and professionals. Each is designed to help with parenting and childrearing of both children and adolescents. If you know of parents who might be interested or would like assistance in the routine challenges of parenting, please feel free to share this information.

1. FREE ONLINE COURSE

There is a free-online course entitled **Everyday Parenting: The ABCs of Child Rearing**. (ABCs stand for antecedents, behaviors, and consequences.) The course is produced by Yale University and Coursera and is designed to provide concrete tools to help parents with the normal challenges of childrearing. I provide 20+ plus sessions on many different techniques and how they can be used in the home and at school.

Course: <https://www.coursera.org/learn/everyday-parenting>

A sample session (9-minute on the special way to use praise) is available on YouTube:

<https://youtu.be/1K9L8r2U1XE>

Please note the course is free by clicking on Audit once into the site for the full course. Audit provides all of the video sessions on the parenting techniques. A payment option is provided and that allows access to quizzes to assess mastery of the sessions and at the end, a certificate that indicates mastery. Coursera has a fee of \$49 fee if you want that certificate. Yet, it is important to reiterate that by clicking Audit you receive all the sessions and there is no charge for that at all.

2. PARENTING WEBSITE

In addition, I have a new website that is designed to help with parenting. The site provides articles, videos, and more to serve as a resource on childrearing topics. The site includes sections for parents and professionals and multiple articles on topics that emerge in parenting (e.g., see Blogs for articles).

Website: www.alankazdin.com

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