**PARENT SCHOOL COUNSELING RESOURCE PAGE**

Positive Parenting: <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/pdfs/middle-childhood-6-8-w-npa.pdf>

Positive Parenting Program with cost:

<https://www.triplep-parenting.com/us/parenting-courses/triple-p-online/>

Emotional Child:

<https://www.verywellfamily.com/how-to-help-an-overly-emotional-child-4157594>

Anxiety in children:

<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/#10-try-to-model-healthy-ways-of-handling-anxiety>

Managing Anxiety:

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/9-tools-for-helping-your-child-manage-anxiety>

Discipline and consequences:

<https://www.verywellfamily.com/consequences-punishments-differences-kids-1094787>

Positive Discipline:

<https://childmind.org/guide/parents-guide-to-problem-behavior/#block_64cbd9b5b5e72>

Media and kids:

<https://www.commonsensemedia.org/articles/what-are-some-basic-gaming-and-social-media-rules-for-elementary-schoolers>

<https://www.commonsensemedia.org/articles/how-much-screen-time-is-ok-for-my-kids>