

Useful websites

Emotion Coaching focus

Tuning in to Kids - www.tuningintokids.org.au

Hand in Hand Parenting - www.handinhandparenting.org

The Gottman Institute - www.gottman.com The Gottman Institute has a program of research that increases the understanding of relationships and adds to the development of interventions that have been carefully evaluated. There is a section on the website on parenting with some useful resources.

Tina Bryson - <http://tinabryson.com/> (No Drama Discipline and The Whole Brain Child)

Dr Dan Siegel - <http://www.drdansiegel.com/home/> Author of *The Whole-Brain Child*, Dr Siegel is a prominent researcher in this field and has an excellent website offering scientifically researched information about using such strategies in your parenting.

Emotional Intelligence and parenting

Parenting Counts - <http://www.parentingcounts.org>

Talaris Research Institute - www.talaris.org The Talaris Institute works to improve the healthy social, emotional and cognitive development of children from the prenatal period through age five by providing parents and other caregivers with tools to raise their children effectively. **Parenting Counts** is the research-based family of products developed by Talaris Institute to support parents and caregivers in raising socially and emotionally healthy children

Understanding children's development and general parenting advice

Brain Rules for Baby – www.brainrules.net This website includes materials from Brain Rules for Baby - exploring research on brain science, child development and parenting.

Kids Count – www.kidscount.com.au This is the Australian Childhood Foundation's website for the Bringing Up Great Kids program.

Kids in the House - www.kidsinthehouse.com

Parenting Counts - www.parentingcounts.org As part of the Talaris resources, Parenting Counts has an excellent Developmental Timeline for 0 – 5 years on a range of aspects of development including physical, social, learning and communication.

Raising Children - www.raisingchildren.net.au/ This Australian parenting website addresses a range of issues relating to child development and parenting.

Zero to Three – www.zerotothree.org This US research based resource on early child development has been developed for both parents and professionals.

Local blogs for fathers

<http://www.tacklenappy.com/>

<http://reservoirdad.com/>