

Free Practical Parenting Resources

1. Instagram Feeds

- a. @drbeckyatgoodinside – advice with practice scripts for difficult behaviours
- b. @nurturedfirst – scripts and tips on dealing with difficult behaviours
- c. @mrchazz – breaking generational cycles in parenting
- d. @feedinglittles – brilliant tips for picky eating

2. Apps / Websites

- a. *In Love While Parenting* app; *The Happy Child Parenting* app – engaging, brief, modular learning on foundations of parenting from up to date scientific research
- b. TakingCaraBabies.com – Incredibly helpful for sleep, follow blog for free advice
- c. HealthlinkBC.ca – for basic health advice including when to see a doctor or not
- d. [Mood Meter UNH Connect](#) - using chart to improve emotional literacy

3. Podcasts:

- a. [Balanced Parent Podcast](#) – how to build lasting, intentional connection with kids
- b. Others that can help parents – The Next Right Thing, Lazy Genius, Unlocking Us

4. Kids and Parenting Books

- a. [Instagram @Rosesbookjungle](#) profiles ~100 carefully curated children’s books, mostly picture books, many available at local libraries
- b. *Anna Hibiscus* intermediate readers series (by Atinuke) – Beautiful, profound, funny; For slightly older children, Atinuke’s series *Too Small Tola* is deeper and compelling
- c. *Sadiq* beginner readers (by Siman Nuurali) – respectful kids solving problems
- d. *Gifts of Imperfect Parenting* - Brene Brown (may be only audiobook format)
- e. *Emotional Lives of Teenagers* – Lisa Damour
- f. *Highly Sensitive Child* – Dr. Elaine Aron

5. Music (all at local library)

- a. Mister Rogers – *Best of Mister Rogers Neighbourhood (2 volumes)*
- b. Raffi and Lindsay Monroe – *Nursery Rhymes for Kinder Times; Frogs and Birds*
- c. Okee Dokee Brothers – *Can You Canoe* (musically brilliant, often hilarious)

6. TV shows (either on CBC Gem, their own website, or Youtube)

- a. *Mister Rogers* – child psychologists extensively involved in his shows
- b. *Poko* - managing frustration
- c. *Theodore the Tugboat* – teaching kindness and morals
- d. *Mittens and Pants* – real life pets learning lessons, having adventures
- e. *Daniel Tiger* – having new baby in family, problem solving, conflict resolution
- f. *The Magic School Bus* – Brilliant educational show, still accurate and fun to watch
- g. Cosmic Kids Yoga – Engaging yoga from speed yoga, build a story yoga, & Disney yoga