

TWU Counseling Center

PARENTING RESOURCES ON THE WEB

Center For Effective Parenting http://www.parenting-ed.org/parenting_handouts.htm

This site has handouts for parents on general parenting information (e.g., talking to your child about death, how to help your child build self-esteem, how to parent your child through a divorce, how to talk to your kids about sex, how to help your child overcome stress, and much more). This site also has handouts on parental involvement in your child's education, information for newly expectant parents, discipline and intervention strategies, handouts on childhood development, and handouts to help parents deal with specific concerns (e.g., getting your child to go to bed, helping your child with a fear of the dark, talking to your child about masturbation, dealing with peer pressure, stealing, and terrorism to name a few). ***This site presents information in both English and Spanish.***

Child Care Services <http://www.city.davis.ca.us/pccs/childcare/handout/>

This site has many useful handouts on a variety of parenting concerns such as teaching your child to resist bias, back to school tips, fun things to do with your child for free, how to help your child express anger, how to teach your child non-violence, nutrition tips appropriate for your child's age, how to parent your child in a public place, how to deal with sibling rivalry, how to discipline your teenager, and how to parent as a working parent to name just a few. ***This site presents information in both English and Spanish.***

Families With Teens

<http://www.parenting.umn.edu/programs/familiesWithTeens/infoSeries/index.html>

This is a website created by the University of Minnesota. This web page has information for parents of teenagers on topics such as dealing with teen conflict between teen and parent, physical and emotional changes you can expect in your teen, teen peer pressure, teen partying, helping your teen build self-esteem, teens and depression, helping your teen survive bullying, teens and drugs, helping your teen develop responsibility and much more.

Kid's Growth <http://www.kidsgrowth.com/handouts/>

This site has information on many topics such as medical information on everything from allergies to eating disorders as well as ideas on discipline, developmental milestones and growth charts, important immunizations, parenting tips, tips to help kids handle life crises like divorce or a family member's illness, tips to help family communication and bonding, and resources for grandparents. This site has everything to answer almost any parenting question.

Parent Center: <http://parentcenter.babycenter.com/>

This site has information on multiple topics from neonatal to age eight on topics as diverse as preparing for life with a newborn, nutrition while pregnant, and fetal development to taking care of twins and multiples, single parenting, tips for dads, how to manage being a working parent, and helping your child learn among many other topics. This site also has a bulletin board to help you connect with other parents on a variety of topics such as how to connect with other parents and families that share your faith including non-Christian faiths (e.g., agnostic/atheist, Jewish, Pagan, Buddhist, and Muslim).

Parenting and Discipline <http://www.crisiscounseling.com/Parenting/1Parenting.htm>

This site has handouts on discipline issues such as helping your child keep a clean room, dealing with your child's feelings of entitlement, parenting tips for managing summer breaks, examples of age appropriate house rules for children, how to settle conflicts between yourself and your children, parenting in blended families, and many other topics.

Parenting and Family: Parenting a Child With a Learning Disability

http://www.idonline.org/indepth/parenting/verbal_communication_handout.html

This site has resources and information for parenting a child with a learning disability. Sample of topics include basic factual information on all the different learning disabilities to help you understand your child, information on navigating the special education process for your child, how you can support your child, links to ask experts their advice, information on what types of accommodations or modifications your child might need both at home and at school.

Parenting Library <http://www.parentinglibrary.com/tipsheets.html>

This site has parenting tip printout plus links to excellent sites that cover a variety of topics that cover topics from birth through age eighteen. Some topics include questions and concerns about pregnancy, childbirth, caring for a newborn, nutrition ideas for your child, how to parent pre-teens, how to talk to your kids about sex and much, much more.

Parenting Newsletters <http://www.uwex.edu/ces/flp/parenting/>

This site has information about your child's development (e.g., what you can expect during the 1st year to through pre-school, how to help your child become a reader, how to deal with your child's unique temperament, how to teach self-care skills to your child, and tips for grandparents. ***This site presents information in both English and Spanish.***

Parenting Thoughts <http://parentingthoughts.org/index.html>

This site has parenting tips for children birth to age eighteen. Information is grouped by age so you can look up information specifically for the age of your child. Examples of topics are wide and comprehensive with everything from tips on toilet training, feeding, and playing with your infant, to parenting styles, child care, parenting in the country vs. in the city, age appropriate expectations for your child, gender differences in children and parenting choices, and emotional changes you can expect in your teen.

**TWU
Counseling Center
Locations:**

*Denton
West Jones Hall
940-898-3801*

*Dallas-Parkland
FPH 120
214-689-6655*

*Dallas-Presbyterian
DPB 16
214-706-2416*

*Houston
6700 Fannin
713-794-2059*