

# ParentingMontana.org

Information and tools for parents of children at every age to address simple and challenging parenting issues using a 5-step process.

Search by age and issue to address a variety of topics like:

- Anger
- Back Talk
- Bullying
- Chores
- Confidence
- Conflict
- Defiance and Power Struggles
- Discipline
- Disrespect
- Eating
- Empathy
- Establishing Rules About Alcohol
- Establishing Rules about Marijuana
- Friends
- Happiness
- Homework
- Kindness
- Listening
- Lying
- Mixed Messages About Alcohol
- Mixed Messages about Marijuana
- Peer Pressure
- Reading
- Repairing Harm
- Resilience
- Responsibility
- Routines
- Sharing
- Stress and Anxiety
- Talking About Differences
- Tantrums

The tools give specific actions to take and the words to say for parents to build their relationship and strengthen their communication with their children.



**ParentingMontana.org** includes supportive informational pieces called “I Want to Know More” on topics like:

### **Child Care**

- How to Identify and Select a Quality Child Care Provider

### **Communication**

- Calm Down Strategies for Parents and Children
- Feelings Chart
- Infant Crying
- Intentional Communication

### **Development**

- Developmental Screenings
- Prevent Substance Use at Every Age
- Social and Emotional Development

### **Discipline**

- Guidance and Discipline for Skill Building
- Logical Consequences

### **Foster Care**

- Deciding to Become a Foster Parent?
- Preparing for a Child in Foster Care
- The first 24 Hours, Week, and Six Weeks of a Child in Foster Care Joining Your Family

### **Parenting Process**

- Parenting Process for Your Child's Success
- Parenting Process for Your Child's Success Printable Graphic

### **Relationships**

- Intentional Ways to Grow a Healthy Parenting Relationship
- Navigating High Conflict With Important People in Your Child's Life
- What Do I Do When Important People in My Life Have Different Ideas About Parenting My Child?

### **Risky Behavior**

- Alcohol and the Teenage Brain
- Healthy Risk Taking
- Is My Child Drinking? What Do I Do?
- Is My Child Using Drugs? What Do I Do?
- Marijuana and the Teenage Brain
- Marijuana: What Does the Law Say?
- Prescription Pain Medication
- Underage Drinking: What Does the Law Say?
- Why Teens Shouldn't Drink Alcohol
- Why Teens Shouldn't Use Marijuana

### **Trauma**

- Child Trauma



[www.ParentingMontana.org](http://www.ParentingMontana.org)



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