

YCDI! Positive Parent Program

The YCDI! Positive Parent Online Program is built on over 30 years of work with parents. Based on the latest research from the field of positive psychology and positive parenting education and on the first-hand knowledge and experience that Michael and Patricia Bernard have gained from raising their two children, now young adults.

YCDI! Positive Parent Program for parents of children ages 0 - 7

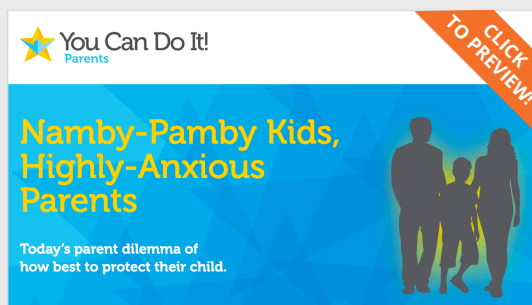
Samples

The Power of Parent Self-talk



<https://edu.youcandoiteducation.com.au/course/view.php?id=81§ion=2>

Namby-pamby kids, highly-anxious parents File



https://youcandoiteducation.com.au/wp-content/uploads/2019/07/TBG15339-YCDI_15_Namby-Pamby-Web.pdf

Parent - Elearning Programs Short and informative programs on positive and effective parenting.

Stress relief for parents

Powerful technique for managing stress used by thousands.

Flourishing Tree

Fun and empowering actions to help children thrive.

The power of parent self-talk

Learn how to use it effectively.

Teaching toddlers positive behaviour

The power of positive reinforcement.

The authoritative parent

The importance of being firm, yet kind.

Teaching children self-discipline

Building children's frustration tolerance.

Parent - Insight Articles Downloadable articles that present information on important parenting topics.

- What does it mean to be a parent?
- Responsive parenting
- Babies and crying
- Temperament and childhood behaviour
- From nurturance to setting limits
- Steps to parents managing stress
- Flourishing Menu: Daily actions
- Childhood social and emotional development
- Development of social and emotional strengths
- Become a happy, flourishing parent
- Parenting strengths that make a difference
- Five keys that unlock children's potential