

Managing Challenging Behaviour Resources

Title	Resource	Time
No Drama Discipline	Book/audio book (Key theories and approaches to no punishment discipline)	8 hr 18min
Principles of 'No Drama Discipline'	Video (short summary of the above book by Dr. Tina Payne Bryson)	20min
Hand Model of the Brain Hand Model of the Brain- For Kids!	Video (Hand model of the brain by Dr. Dan Siegel)	3min
Behaviour Management for Children- A Positive Approach 1-8yrs	Website (Positive strategies for behaviour management)	15min
Emotional Regulation: 5 Finger breathing	Video	3min
Parents with Confidence parentswithconfidence.com	Social Media + Website (free courses, articles, blogs)	-
'Parental as Anything' Episode: Discipline without Punishment	Podcast Series (All things parenting, tricks and tips)	30min