

Behaviour resources and apps for parents and carers

FREE ONLINE RESOURCES

RAISING CHILDREN - INFORMATION

<https://raisingchildren.net.au/>

FREE PARENTING COACHING

<https://parents.au.reachout.com/coaching-eligibility>

QLD GOVERNMENT PARENT RESOURCES

<https://www.qld.gov.au/families/babies/advice/resources>

WHAT WERE WE THINKING?! - RESOURCES

<http://www.whatwerewethinking.org.au/>

STRENGTHS SWITCH

Free resources at the bottom of webpage

<https://www.strengthswitch.com/>

TRIPLE P PARENTING COURSE

Hit 'Get Started'

<https://www.triplep-parenting.net.au/qld-uken/triple-p/?itb=3b777b775721dfa8d36de2a320a03e53>

APPS

Download on Apple iTunes or Google Play store

CHORE PAD HD (USA - \$4.99)

Chore Pad is a useful app designed for parents who want to involve their kids in doing the house chores.

BE GOOD! (USA - \$1.99)

Earn rewards for behaving well.

BEHAVIOR COUNTER (USA - \$0.99)

Bare-bones tally system to track positive behaviour at home.

SYMTREND ADL (USA - \$10.99)

Parents of kids with special needs and behavioural disorders can keep up with the way their kids manage activities of daily living (ADL)

RICH KIDS - BEHAVIOR AND REWARD CONTRACTS FOR CHILD DISCIPLINE (USA - \$2.99)

Designed to help kids between the ages of three and 15 modify their behaviour and learn the importance of making the right choices.

Presented as part of Positive Behaviour for Learning (PBL) at Chinchilla State High School

PARENTLINE - 1300 30 1300

Free 'on-call' counselling to parents and carers