

# ParentingMontana.org

Information and tools for simple and challenging parenting issues for children at every age



Tools are based on an easy-to-use 5-step process including actions to take and the words to say to engage children.

## Search by age and issue for tools about:

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

## Find supportive informational pieces called “I Want to Know More” about:

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
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? → Cannabis and the Teenage Brain → Cannabis: 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 Cannabis
Trauma	→ Child Trauma



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Health Professionals

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