



Parenting that works for you

ParentWorks is a **free** online program for Australian parents & caregivers of children 2 to 16.

ParentWorks provides **evidence-based** parenting strategies to improve parenting skills and child behaviour. It is part of a research project at the University of Sydney.

You may find this program helpful for:

- Managing challenging child behaviours such as tantrums, aggression, noncompliance and sibling conflict.
- Increasing your confidence in parenting.
- Working as a team with your partner.

ParentWorks can be completed in your own home, at your own pace.

Find out more at parentworks.org.au



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