



Children don't come with a handbook, and parenting can feel frustrating and difficult at times. While there's no simple guide to parenting, **there are many time-tested skills that every parent can benefit from learning**. Created by child behavior experts, [this free series](#) features helpful articles, 1-minute videos and downloadable worksheets designed to help you sharpen your parenting skills.

Our Parenting Tips series is based on GenPMTO, a research-backed curriculum proven to increase positive parenting, marital satisfaction, child academic performance and social skills while decreasing child and parent depression, among other positive outcomes.

These tips will:

- Help you form a loving, life-long bond with your child or teen
- Show you the best ways to communicate with your child so they listen and easily follow directions
- Give you strategies to become a calmer parent and create a peaceful, loving home

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