

# MI Parenting RESOURCE

PARENTING IS HARD.
EVIDENCE-BASED TOOLS CAN HELP.
**MI PARENTING RESOURCE** IS A FREE,
ONLINE PROGRAM TO SUPPORT CAREGIVERS.





MI Parenting Resource offers a collection of videos introducing research-supported strategies for common caregiving concerns, such as how to increase child cooperation, teach children new behaviors, and identify and manage emotions. The videos feature real caregivers who explain and demonstrate the skills with their children. The program includes approximately two hours of content and is available at no-cost to families in Michigan.

**www.MIParentingResource.org**