

Helpful Videos for Parents

Title	Webpage
Circle of Security “connection” video	Circle of Security International -- Connection - YouTube
How to Repair with a Child After a Rupture	How to Repair with a Child After a Rupture - YouTube
What Does it mean to Look Beyond Behaviors?	What Does it mean to Look Beyond Behaviors? - YouTube
Co-regulation: What It Is and Why it Matters	Co-regulation: What It Is and Why it Matters - YouTube
“Flipping the lid” Dr Daniel. J. Siegel	https://www.youtube.com/watch?v=gm9CIJ74Oxw
“Being-With and Shark Music” Circle of Security International	https://www.circleofsecurityinternational.com/resources-for-parents/
How To Practice Self Compassion	Parenting with LOVE: Self-Compassion - YouTube
Five Steps of Emotion Coaching	Five Steps of "Emotion Coaching" Preschoolers - YouTube
Emotion Coaching	Emotion Coaching - YouTube
Emotion Coaching - Gottman, J. & Talaris Research Institute (2020)	https://www.youtube.com/watch?v=jWJIRTi7YH8
Coaching - Sista Girl Productions (2016) Tuning in to Kids: Koori parenting	https://vimeo.com/164937888
Payne Bryson, T. (2014) How to effectively discipline your child.	https://www.youtube.com/watch?v=XhqHOHis-IY
De Marchi, K. (2014) 4 steps to setting limits with your kids.	https://www.youtube.com/watch?v=WucjqIQc-kY