

## Student Support Resources for Families

Zones of Regulation is a simple approach to developing self-regulation. Families can download the Zones of Regulation Apps from the App Store or visit their website.

[The Zones of Regulation | A Curriculum for Emotional Regulation](#)

The Magic Coat is a tool that has been developed to help create confident, calm, and caring kids who know how to problem solve, feel safe and manage their emotions appropriately so that they have good mental health and well-being. The school has multiple copies of this resource for parents to borrow.

[The Magic Coat](#)

The Bullying.No Way! website for Australian schools is managed by the Safe and Supportive School Communities Working Group which has representatives from all states and territories, including the Catholic and independent schooling sectors.

[Bullying No Way](#)

The Office of the eSafety Commissioner is committed to helping young people have safe, positive experiences online and encouraging behavioural change, where a generation of Australian children act responsibly online -just as they would offline. They provide online safety education for children and young people, a complaints service for young Australians who experience serious cyberbullying and address illegal content through the Online Content Scheme.

[Online safety | eSafety Commissioner](#)

Positive Parenting | Effective Child Discipline | 1-2-3 Magic Parenting 1, 2, 3 Magic is a positive behaviour management process designed especially for children. The emphasis of the approach is to provide children the opportunity to interrupt 'stop' behaviours enabling them to think and act appropriately. The school has multiple copies of this resource for parents to borrow.

[Positive Parenting | Effective Child Discipline | 1-2-3 Magic Parenting \(123magic.com\)](#)

Raising Children Network is the complete resource for Australian parents, taking you from pregnancy to newborns to teenagers. We offer evidence-based content you can trust on hundreds of topics about raising children and looking after yourself as a parent. Click on the Main Menu to select from the drop-down list to choose links relevant to the age and needs of your child. The special needs information is current and provides useful information about services and support.

[Raising Children Network](#)

WA Child Safety Services is Western Australia's not-for-profit provider of Protective Behaviours, Online Safety and Child Protection education and resources.

[WA Child Safety Services - Creating Safer Communities \(wacss.com.au\)](#)

Positive Parenting Program (Triple P) is the flexible, practical way to develop skills, strategies, and confidence to handle any parenting situation.

[Happier, healthier, less stressed kids & families | Triple P \(triplep-parenting.net.au\)](#)

Happy families is a parenting resource website developed by Dr Justin Coulson and provides guidance and resources to help adults to connect with children in meaningful ways and to guide children to become strong, caring whole adults. The school has a Happy Families School membership that parents can access.

[Happy Families - Parenting Resources & Advice](#)

BRAVE is a fun, easy to use, evidence-based program designed for children and teens who want to learn how to reduce stress and anxiety and improve their mood—and there's help for parents too. The BRAVE Program will help you (and your parent or carer) identify, understand, and change your worried thoughts and behaviour patterns, so you can improve the way you feel.

[BRAVE Online | Online help for worried kids \(brave-online.com\)](#)