




Anglicare
Victoria

PARENTZONE

PODS

Parenting is the toughest and most important job you will ever have.

Meltdowns vs Tantrums	Teens	Dealing with your kids' anxiety
Couples Parenting Together	Discipline	Sibling rivalry
Dads Parenting Today	School Refusal	Family meetings everyone will love
How to stop yelling at your kids	How to respond to our kids' behaviour	Getting my children to listen

Podcasts for parents, carers and those who support others with their parenting

The ParentZone Teams are delighted to bring you **TWELVE** ParentZone Pods for you and the families you support. Each Pod identifies and explores common issues parents bring to our parenting groups, and offers strategies to try in these situations.

Podcast Series 1

- Episode 1: [Family Meetings](#) - click [here](#)
- Episode 2: [Dealing with Anxiety](#) - click [here](#)
- Episode 3: [Sibling Rivalry](#) - click [here](#)
- Episode 4: [Getting Children to Listen](#) - click [here](#)
- Episode 5: [How to Respond to Kids' Behaviour](#) - click [here](#)
- Episode 6: [How to Stop Yelling at your Kids](#) - click [here](#)

Podcast Series 2

- Episode 1: [Positive Discipline](#) - click [here](#)
- Episode 2: [School Refusal](#) - click [here](#)
- Episode 3: [Parenting our Teenagers](#) - click [here](#)
- Episode 4: [Meltdowns vs Tantrums](#) - click [here](#)
- Episode 5: [Couples Parenting Together](#) - click [here](#)
- Episode 6: [Dads Parenting Today](#) - click [here](#)

NEW!

ParentZone Pods can be found on our [website](#), [Apple](#) and via [Spotify](#).

