

Some Resources and General Acknowledgements

I come to this effort as a parent of three children. The youngest (now 19 years old) bravely faces behavioral challenges more days of her life than I like to count. I am pleased to have been invited to review, extract, and share some tips and thoughts about in-home behavior management including information provided to The Arc of King County by **BeST – Behavior Support Team @ Navos**.

I credit the parents around me first and foremost for the mutual supports we provide one another --- I find this particularly true during this time of limited access to in person professional behavior specialist support.

PLEASE stay in touch with your parenting allies or access a helping parent through Parent to Parent. You are not crazy. This is hard and you deserve to speak and share with others who understand. Many of the resources I have relied on, along my parenting path, were suggested by other parents. This short list of resources is by no means intended to be exhaustive and is shared in acknowledgement and as suggestion.

- BeST – Behavior Support Team @ Navos
- Dr. Ross Greene, The Explosive Child
- Laura Lipsky, Trauma Stewardship Institute
- Pema Chodron, Bodhisattva Mind
- Jeffrey C. Peyton LPC, CADC-II (adolescent therapist and parent coach)
- Howard Glasser, Notching up the Nurtured Heart Approach