

## **PRESS RELEASE**

For release 4th May 2015

### **ONLINE PARENTING COURSE FOR BOTH PARENTS AND CHILDCARE PROFESSIONALS A WORLD FIRST**

A new online course series for both parents and childcare professionals, entitled '**Raising Good Kids: Managing Behaviour and Emotions in 0-5's**' has been developed in Australia by Child Psychiatrist Dr Kaylene Henderson.

These courses are considered to be the first of their kind to provide both parents and professionals caring for young children with the same scientifically-informed approaches to managing young children's behaviour and emotions.

According to a 2014 report by the Productivity Commission, approximately 45% children aged under 5 attend long day care. Significantly higher numbers of 4-5 year olds attend a preschool or preschool program (83% - ABS). Given this shared responsibility for young children's wellbeing, Dr Henderson said that she recognised the need for parents and those working in the early childhood care and education sector to have a shared, consistent approach, backed by current research and delivered in a flexible format.

"It's often difficult for early childhood professionals and parents of young children to know the best way to manage young children's behaviours and emotions. Parents and professionals all want to get it right and the benefits to children when we do can last throughout their lives. I felt it was really important to find a way to share this information with parents and also with childcare providers, since a significant proportion of children spend time in both settings."

From the 4th May 2015, these video-based courses will be available online to parents and professionals. While the courses can be completed separately, they are also expected to be welcomed by parents and professionals wishing to provide young children with a consistent approach between home and daycare or preschool.

Dr Henderson added that the other groups she hopes will benefit from the online course format are those living in rural or regional areas as well as big businesses looking to provide their working parents with research-based parent education in an effort to increase staff retention and productivity.

The Raising Good Kids online course series is available on Dr Kaylene Henderson's website: [www.drkaylenehenderson.com](http://www.drkaylenehenderson.com).

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