

A photograph of two children, a girl on the left and a boy on the right, facing each other in profile. They are both sticking their tongues out towards the center. The background is a solid teal color.

Online parenting course.

Parentshop
making parenting easier

Recommended by child and family specialists.

TALK LESS listen more

Online Parenting Course

VIEW
THE FIRST
LESSON FREE!

The quick, simple and effective solution for managing children's difficult behaviour.

Learn simple strategies to improve your 2-12 year-old's behaviour by teaching them self-control.

- Help kids learn to not overreact
- Build kids' emotional maturity and resilience for greater social and academic success
- Improve your parenting confidence and build family bonds

A fast, affordable and convenient way parents can learn together.

- Immediate 24-hour online access
- Mastered in 3 hours over 15 short, self-paced video lessons
- Great for dads, who are 8 times more likely to do an online course than attend a community-based program with their partner.*

"I would recommend Talk Less Listen More to others as it is simple to understand, simple to implement and most importantly it works. Don't hesitate, just do it!"

— Julie Henry, Clinical Psychologist and mum



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* <http://www.kometprogrammet.se/uploads/files/Internetstudien.pdf>