



Free | Online | PMTO - Informed Parenting Tools

[www.MIParentingResource.org](http://www.MIParentingResource.org)

MI Parenting Resource is a free, online program meant to support caregivers across the state of Michigan in strengthening their parent-child relationships and gaining new tools for enhancing positive child behaviors.

The parenting strategies featured in MI Parenting Resource are based on foundational content from GenerationPMTO, an evidence-based parenting intervention supported by more than 50 years of research.

Through MI Parenting Resource, caregivers can access a collection of parenting videos introducing research-supported strategies for common caregiving concerns, such as how to increase child cooperation, teach children new behaviors, and identify and manage emotions. In the videos, real caregivers who have completed the PMTO intervention explain different parenting skills and demonstrate them in real-life situations with their children. The video-based curriculum includes approximately two hours of content.



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