



NEW ONLINE COURSE

Parenting with a Good Heart: Learning to Live a Full Life Without Overindulgence

Are you concerned about giving “too much” to the children in your care? Do you want practical and easy parenting tools that you can use right away? Then the *Parenting with a Good Heart Online Course* is for you!

WHAT IS OVERINDULGENCE?

Overindulgence is giving your child too much of anything — money, space, time, energy, or attention — that can delay their development. Parents and caregivers overindulge children from a “good heart,” but it doesn't help children or families in the long run.



WHAT WILL I LEARN?

Parenting with a Good Heart Online Course explores overindulgence and how you can avoid it with your children. The course is in two parts and covers topics such as:

- Overindulgence comes from a good heart.
- Increasing our “brain awareness.”
- Identifying the three ways of overindulging and what to do instead.
- Using the Test of Four to decide if something is overindulgence.

WHO IS THIS COURSE FOR?

This course is for:

- Parents of all backgrounds who are unsure what overindulgence is or who are concerned they may be overindulging.
- Child care providers, teachers, caregivers, or other family members interacting with children.
- Professionals who work with parents, guardians, and those working with children.

***Parenting with a Good Heart Online Course* is free and each part takes one hour to complete.**

Learn more and get started today! Visit <https://z.umn.edu/goodheart>.