

## Podcasts to Support Steady and Balanced Parenting

*Tip – To view a resource without leaving this page, **right-click on the link and select ‘Open in New Tab.’***

### ★ Go-To Parenting Podcasts

[Raising Good Humans](#)  
[Mindful Parenting Podcast](#)  
[Ask Dr. Lisa](#)  
[Parenting with Impact](#)  
[Calm Parenting Podcast](#)

### ★ Standout Episodes

#### [Podcast on Parenting and Toxic Achievement Culture Part 1](#)

*Ask Lisa: The Psychology of Parenting*

Jennifer Wallace, author of *Never Enough*, explores how toxic achievement culture impacts families and offers strategies to counteract it. She emphasizes that children thrive when valued for who they are and given opportunities to contribute meaningfully.

#### [Is Gentle Parenting Actually Good? Here's The Truth](#)

*Raising Good Humans*

Dr. Aliza Pressman and Dr. Tina Payne Bryson unpack the confusion around modern parenting labels – particularly the backlash against “gentle parenting.” They clarify that while emotional responsiveness is essential, it must be paired with clear boundaries to support healthy development. The conversation re-centers *authoritative* (‘sturdy’) *parenting* – a balanced, research-backed approach that blends warmth and structure – as the enduring gold standard. They push back on the pressure to parent perfectly, emphasizing that connection, flexibility, and steadiness matter far more than following any one method.

#### [The Power of Good Enough: Progress over Perfection](#)

*Parenting with Impact*

Hosts Elaine and Diane discuss the complexities of perfectionism, exploring how it manifests in both children and parents and its impact on emotional well-being. They explore the “never good enough” mindset – emphasizing how these patterns can lead to avoidance, decision

fatigue, and self-worth struggles. They stress the importance of shifting to a progress-based mindset, helping children embrace effort over outcome.

### [Peaceful Parenting Secrets: How to Build Trust and Raise Confident Kids Without Control](#)

*Parenting with Impact*

Parenting coach Sarah Rosensweet discusses her perspective on raising confident and securely attached kids without relying on control. She highlights how peaceful parenting is *not* about permissiveness, but rather about building respectful, trusting relationships where children feel seen and valued. Listeners come to understand that what really matters is showing up with steadiness, curiosity, and belief in your child and in yourself.

### [The #1 Relationship Strategy with Dr. Becky Kennedy](#)

*Good Inside with Dr. Becky Kennedy*

Dr. Becky discusses an integral strategy for parenting and any relationship – repair. She explains how revisiting hard moments with love and connection transforms disconnection into growth. Dr. Becky also explores the critical differences between repair and apology, showing how true repair fosters deeper connection.

### [How to Not Raise an @\\$\\$h0le - Part 2](#)

*Good Inside with Dr. Becky Kennedy*

In this episode, Dr. Becky Kennedy explores the roots of entitlement in children, explaining that it stems not from materialism but from an inability to tolerate discomfort or frustration. She shares strategies to counter entitlement by exposing children to manageable frustrations, validating their feelings, and building their ability to endure discomfort.

### [Connect to the Good Kid Underneath the Bad Behavior](#)

*Good Inside with Dr. Becky Kennedy*

In this episode, Dr. Becky explores the power of connection in parenting, emphasizing that it's not a reward for good behavior but actually the key to emotional regulation and cooperation. Dr. Becky encourages parents to separate behavior from identity and shares simple strategies to strengthen connection.

### [Three Shocking Thoughts Strong-Willed Kids Want to Share With You](#)

*Calm Parenting Podcast*

Host Kirk Martin dives into the inner world of strong-willed children, explaining why traditional authoritarian or permissive parenting can often lead to power struggles. He

highlights the importance of calm, confident leadership and shares what a strong-willed child wishes their authoritative parent could understand. Parents learn how to support these kids more effectively by using a strengths-based approach.

### [Defiance, De-escalation & Discipline](#)

#### *Calm Parenting Podcast*

Kirk Martin shares strategies to help parents address challenging behavior without escalating conflicts. He emphasizes calming ourselves first, using an even, matter-of-fact tone, and engaging in simple activities to create space for connection. By exploring the triggers behind a child's actions and building routines that reduce stress, parents can support emotion regulation while strengthening the parent/child relationship.

### [The Yes Brain - Dr. Dan Siegel](#)

#### *Mindful Parenting Podcast*

Hunter Clarke-Fields speaks with Dr. Dan Siegel about the concept of the *Yes Brain* – a state of openness and connection – in contrast to the reactive, rigid, or chaotic *No Brain*. Siegel also explains the “window of tolerance,” the range within which kids can manage emotions without becoming overwhelmed or shutting down. He introduces *Inside Out Parenting*, as well – a framework that emphasizes doing the internal work of addressing our own emotional triggers in order to practice empathy, reflection, and repair during challenging moments with our children.

### [Emotional Regulation for Kids & Parents: Mona Delhooke](#)

#### *Mindful Parenting Podcast*

Guest Dr. Mona Delhooke discusses how to understand kids' behavior through the lens of the brain/body connection. Delhooke explains that many challenging behaviors aren't intentional, but rather stress responses that reflect the state of a child's nervous system. She encourages parents to move beyond traditional approaches like timeouts or ignoring behaviors and instead focus on compassion, connection, and co-regulation.

### [Everything You Need To Know About Discipline with Dr. Tina Payne Bryson](#)

#### *Raising Good Humans*

Dr. Tina Payne Bryson redefines discipline as an opportunity to teach essential skills rather than as punishment. She emphasizes the importance of connection, empathy, and emotional responsiveness in helping children feel safe and develop emotional regulation. By viewing behavior as communication, parents can shift from frustration to teaching, balancing clear boundaries with nurturing support.

## [The Neurobiology of the Parent-Child Relationship and What It Teaches Us](#)

### *Raising Good Humans*

This episode explores how a caregiver's presence directly shapes a child's ability to regulate emotions. Drawing on brain research, it highlights how simple, repeated moments of connection – like a held hand or a supportive glance – calm the stress response and strengthen emotional regulation over time. Listeners are reminded that emotional growth comes not from perfection, but from consistent, responsive caregiving.

## [The Critical Need for Deep Connection \(Niobe Way, PhD\)](#)

### *Pulling the Thread with Elise Lohnen*

Dr. Niobe Way, a developmental psychologist, explores the profound importance of connection in fostering autonomy and emotional resilience, emphasizing that independence thrives when rooted in secure relationships. Drawing from key research, she critiques societal norms that perpetuate "thin stories" about gender and advocates for societal models rooted in equity and connection, emphasizing emotional literacy and empathy as keys to individual and societal well-being.

## [Emotional Intelligence: Improving Self-Awareness, Self-Regulation, and Empathy](#)

### *Being Well*

Hosts Forrest Hanson and Dr. Rick Hanson explore the topic of emotional intelligence. They discuss three key components: *self-awareness*, *self-regulation*, and *empathy*, emphasizing that emotional growth is possible for everyone. Through practical examples, they show how curiosity about emotions, the ability to name and manage feelings, and the capacity to empathize with others all strengthen emotional awareness and adaptability.

## [The Conscious Discipline Methodology, with Dr. Becky Bailey](#)

### *TILT Parenting*

In this powerful episode, Dr. Becky Bailey shares how adult self-regulation is the foundation for helping children manage their own emotions and behaviors. Drawing from neuroscience and decades of experience, she explains that children don't just need consequences or correction; they need connection and relational safety, especially when they're dysregulated. She emphasizes that the way adults respond in challenging moments shapes a child's developing nervous system and ultimately impacts a child's sense of self.

## [Why Smart Kids Struggle in School – and What Executive Function Has to Do With It](#)

### *Parenting with Impact*

Elaine and Diane explore why bright, capable kids can still struggle in school – often not because of intelligence, but because of challenges with executive function skills like emotional regulation, task initiation, focus, and working memory. Parents are encouraged to shift from focusing on outcomes to supporting the process – meeting kids where they are, getting specific about what is *truly* causing each child's unique set of challenges, and building skills over time.