

## Pax Tools Information for Families

### **What is PAX Tools?**

“PAX Tools is the home and community companion to PAX Good Behavior Game. PAX Tools utilizes nine evidence-based strategies to help families reduce conflict, encourage self-regulation, and improve relationships” (Tummino, 2020). Your child does not need to be in a PAX school for families to be able to use PAX Tools strategies at home.

Below you will find several resources that families can use to extend the nurturing environment of PAX into their homes.

### **Resources for Families**

- PAX Tools App (available from Apple and Android app stores)
- PAX Tools on Facebook (@PAXTools ) Here parents and caregivers will find instructions, tips, and videos to support their use of the strategies.
- PAX Tools Videos:
  - <https://www.youtube.com/playlist?list=PLxmb2gVkOvyAqstsGda8CLrmIAZjaW-0I>

If you have any questions about the PAX Tools program please contact Amanda Goyer, Diocesan Pax Partner at [Amanda.goyer@rcda.org](mailto:Amanda.goyer@rcda.org)