



...education and problem-solving for parents of toddlers to teens

ADVANCED Positive Parenting Solutions

For Parents of Children Ages 4-18

4 Sessions – 2 Hours Each

Session	Summary	Key Topics
Pre-work	Parents will complete a pre-work assignment before Session 1 the course. Ins Assignment: Complete Session 1 of The Breakthrough Course Online . You will receive instructions to access the online course with your enrollment confirmation. Note: Pre-work takes approximately 1 hour to complete.	<ul style="list-style-type: none"> • Adlerian Psychology Review • Birth Order & Sibling Competition • Parent Personality Priority
1	Parents will build on their knowledge of Adlerian Psychology to gain an advanced understanding of what motivates behavior – both positive and negative. At the end of this session, you will understand which parent responses and actions actually reinforce misbehavior and what you can do instead.	<ul style="list-style-type: none"> • Behavior & Motivation – an ADVANCED perspective • Group Problem Solving
2	We'll explore the "victim" mentality how it impacts happiness, relationships and success. Parents will learn the "Significant 7" – 3 Perceptions and 4 Skills that will ensure that children develop into emotionally healthy, RESILIENT individuals instead of being "victims" of their circumstances.	<ul style="list-style-type: none"> • Victim vs. Resilient Mentality • The Significant 7 • Group Problem Solving
3	A child's PERCEPTION of his CAPABILITY dramatically impacts emotional health and success. Discover the PARENT behaviors that <i>support</i> or <i>diminish</i> a child's perception of his capability. Parents will know how to eliminate the BARRIER behaviors and successfully implement the BUIDER behaviors. We'll take consequences to the next level in this session. Build on the 4 R's of an effective consequence as you learn an advanced formula to develop accountability, personal responsibility and decision making in children.	<ul style="list-style-type: none"> • Parent Barrier & Builder Behaviors • Creating a Consequential Environment • Advanced Consequence Formula • Group Problem Solving
4	Our job is to help our children move from <i>dependence</i> to <i>independence</i> so they can function successfully in school, college, future employment and relationships. In this session, you will learn how to teach children self-discipline, decision-making, and judgment. You'll also know what to do to ensure that your child doesn't grow up with an "the world owes me a living – or at least a new car" mentality.	<ul style="list-style-type: none"> • The Hierarchy of Intrapersonal Skills • The Self-Discipline Formula • Avoiding the Entitlement Trap • Group Problem Solving • Family Action Plans