



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



The Breakthrough Course

For Parents of Children Ages 1-16
6 Sessions – 2 Hours Each

Course pre-work assignment will take approximately 30 minutes to complete.

Session	Summary	Key Topics
1	<p>Throughout this course, it will become clear that the misbehaviors you see on the surface are not the full story.</p> <p>Begin the process of digging deeper to understand what <i>really</i> motivates behavior and how your personality plays a role in your child’s misbehavior. You will also learn the first and most powerful tool in The Tool Box.</p>	<ul style="list-style-type: none"> • Adlerian Psychology Overview • Birth Order & Behavior • Parent Personality Priority Survey • Ego States of Personality
2	<p>Part of the “parent job description” is <i>training</i> our children on how to behave properly and to function independently in the adult world. Prepare to be amazed by how self-sufficient and independent he will become.</p> <p>Turn a “chore” into a “choice”! Yes, all kids (as young as 2 and as old as 18) can and <i>should</i> make meaningful contributions in the family! Learn how to get your child helping more and battling less.</p>	<ul style="list-style-type: none"> • Rewards, chores...and motivation???? • Are you raising a praise junkie? • Take Time for Training • Effective Use of Allowance
3	<p>Power Struggles! You will learn why they begin and how to avoid them. You’ll no longer have to repeat, remind, argue, nag or yell! You’ll learn how to get your child’s attention the first time – without raising your voice and without whining, complaining, arguing or a tantrum from your child.</p> <p>We’ll challenge the over-used practice of “Time Out” and “counting 1-2-3” and teach you the “No-Fail” Consequence Solutions to hold your child accountable for her behavior <i>without you being the bad guy!</i></p>	<ul style="list-style-type: none"> • A New Power Paradigm • Survival Tools for Power Struggles • No-Fail Consequences Solution • Forget Time Out
4	<p>Remove the power payoff and stop a temper tantrum in its tracks. Kids continue misbehaviors because they get a payoff from them! Learn how to decode the payoff your child is getting from you and implement the tools that will stop a power struggle fast! Learn how to diffuse public misbehavior without losing YOUR cool.</p>	<ul style="list-style-type: none"> • The 4 Mistaken Goals of Behavior • Decoding the REAL reasons behind misbehavior & how to correct it
5	<p>The Sibling Rivalry Solution - Learn the root cause behind sibling competition and fighting and what parents do to make it worse.</p> <p>The 4 Solutions to minimize sibling rivalry give you concrete tools to end the fighting and teach kids how to work out their differences without your involvement. It is liberating for parents!</p>	<ul style="list-style-type: none"> • The REAL reasons our kids fight. • How Parents Make it Worse • 4 Strategies to end Sibling Fighting
6	<p>The Family Meeting is an incredibly powerful tool. They connect the family emotionally, teach children life-long skills, help organize your life and reduce family stress. Your kids will love them and you will too!</p> <p>You will learn the things that you can do to avoid “backsliding” into your old habits and discover the “First Response Plan” in the event you do begin to backslide.</p>	<ul style="list-style-type: none"> • Family Meetings – Basics & Next Steps • Top 10 Family Meeting Pitfalls