

THE FIRST SESSION:

Coach Parents to Improve Their Child's Behavior & Raise Healthy, Happy Kids

#1 - CREATE A VISION FOR PARENTING & CHILD BEHAVIOR SUCCESS

- ▶ In today's session we're going to create a vision for your ideal life as a parent.
- ▶ If you could wave a realistic magic wand, how would you ideally like your child to behave?
- ▶ What's the ideal for how you want your home life to be?
- ▶ What else would you ideally like to see happen at home?
- ▶ What's your vision for the kind of person you want your child to grow up to be?
- ▶ How would you know if, over the next year, your child was growing up to be the kind of person you want him/her to be?
- ▶ Do you have some ideas about how you can influence your child to behave in the ways you want them to?
- ▶ What have you tried in the past to get your kid(s) to behave?
 - Did it work?
 - What happened?
- ▶ Behavior Modification Technique: "The Robot"
 - Instead of arguing or negotiating with your child, make your requests with the expectation that they will be met.
 - Repeat your request calmly, yet seriously until they comply.

- This may take several requests.
- The more you do it, the more they'll comply.

▶ **ACTION:** Try out the “Robot” technique several times throughout the week.

▶ What did you find most valuable about today's session?