

Jody Johnston Pawel's Top Ten Most Requested Topic Presentations
for protective service foster parents & adoptive parents

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All programs are 3 hours unless otherwise indicated

Secrets for Empowering Any Parent or Child: The Universal Blueprint for Building Healthy Families

(12-18 hours: 2-days or 4-6 3-hour sessions)

This comprehensive, advanced, interactive workshop reveals a reliable formula for finding effective individualized responses to any relationship problem - *in minutes!* Discover the most effective, practical language and action tools for stimulating *internal* motivation, building self-esteem, getting cooperation, fostering independence, improving communication, understanding and responding effectively to misbehavior, and disciplining in ways that teach accountability, responsibility and *self-discipline*. This "Universal Blueprint," and its practical skills are useful in any setting, with children of any age, and even in adult relationships!

FAK Caregiver Competencies: 921-5, 924-4, 925-4, 926-3, 928-2, 913-1, 927-2, 951-6, 914-1, 914-3, 914-4, 914-6, 914-7, 914-9, 914-10, 914-11, 914-12, 914-13, 916-5, 933-1, 921-5.

Get Cooperation — Without Squeezing the Juice out of Kids

Would you like children to cooperate – the first time you ask – without power struggles or tantrums? Do you wonder how to motivate children without bribes, stickers or rewards? This workshop will offer practical suggestions you can use right away for short-term improvements and long-term results.

FAK Caregiver Competencies: 924-4, 925-4, 926-3, 927-3, 921-5.

Save Your Stars! Fostering Internal Motivation, Cooperation and Self-responsibility, While Building Self-Esteem

Learn the top ten most effective and practical language and action tools for fostering *internal* motivation, building self-esteem, getting cooperation, and teaching children tasks, behaviors, values and *self-responsibility*. Get short-term results and long-term benefits — without stickers or bribes — while preventing or defusing power struggles and tantrums.

FAK Caregiver Competencies: 921-5, 924-4, 925-4, 926-3, 928-2.

No More Gray Lines: Clear Guidelines about Misbehavior and Discipline Now Revealed!

Erase the gray lines that often define misbehavior and discipline with the clear guidelines offered in this entertaining, interactive and informative workshop. Recognize the five causes of “unintentional” misbehavior and how to respond to each challenge. Identify the four purposes behind intentional misbehavior and redirect each one—without escalations or unintentional payoffs. Then follow the “Four R’s of Effective Discipline” by using these practical tools to teach *self-discipline*.

FAK Caregiver Competencies: 914-1, 914-3, 914-4, 914-6, 914-7, 914-9, 914-12, 914-13, 924-4,

925-4, 926-3, 927-3.

Keep Your Cool — Even When Kids are Erupting

This informative workshop explodes myths and bubbles over with practical ideas *you* can use immediately. Discover the two simple steps for helping *any* child create an individualized stress and anger management plan. Learn the secrets of *preventing* stress & anger build-ups. Get dozens of ideas for appropriate ways children and adults can express anger appropriately and practical tips for defusing and redirecting an angry child.

FAK Caregiver Competencies: 913-5, 916-3, 916-5, 933-1,933-3, 963-4.

Get the F-A-X: Listening, Problem-solving, and Communication Skills That Empower Children —for Life

Discover how to use and model “F-A-X Listening,” a simple three-step process that helps children express their feelings appropriately, while teaching them how to independently solve problems and resolve conflicts. Use F-A-X Listening to open the lines of communication in *any* relationship — with children or adults!

FAK Caregiver Competencies: 913-1, 927-2, 951-4, 951-6, 926-5, 927-5.

Why Kids Lie...and How to Encourage Truthfulness (3 OR 6 hours)

This stimulating workshop provides several thought-provoking discussions that provide insights and reveal surprising facts about: What really qualifies as a lie? When do children understand they are lying? Why do children lie? How can parents prevent lying? How parents might accidentally model lying without even realizing it, and “Truth or Consequences,” practical tools for responding to lies in ways that encourage permanent truthfulness.

FAK Competencies: 912-1, 912-2, 912-5, 912-6, 914-2, 914-3, 914-7, 916-2, 937-2, 921-3*

Build a Bridge to Healthy Relationships (3 hours)

Face the fears and bust through barriers that commonly arise in relationships between foster parent, biological parents, caseworkers and teachers. See a “style show” that reveals the secrets for communicating effectively in each relationship. Learn and practice practical skills that will build trust and cooperative working relationships at every stage of contact.

FAK Caregiver Competencies: 910-5, 916-6, 951-5, 926-5, 927-5,

What’s the Foundation of Your Parenting? Understanding Parenting Styles and Tips for Parenting as a Team

See a parenting “style show” that reveals which parenting practices will get the long-term results *you* want. Discover the secrets for building healthy parenting habits and working together as a team with your parenting partners, including caseworkers and birth parents.

FAK Caregiver Competencies: 914-10, 914-11,

Developmental Stages & Effects of Abuse/Neglect

(3 hour (development only) to 6 hours (includes Independent Living, ADHD, Sexual Abuse)

Understand the developmental stages children typically follow and the effects that child abuse and neglect can have on children’s development. Recognize when developmental delays or misbehaviors are a result of the child’s developmental “style,” past upbringing or a true developmental delay.

FAK Caregiver Competencies: 912-1, 912-5, 912-6, 924-1, 924-4,925-1, 925-2, 925-4, 926-1,

926-2, 926-3, 927-1.

(In the 6 hour format add...or schedule separate workshop on) Learn how to respond to common problem behaviors rooted in developmental issues that are *not* a result of CAN. Special bonus tips on: preparing adolescents for independent living, recognizing the cause of learning disorders, and recommendations for diagnosing and treating ADHD. *(In the 6 hour format add...)* FAK Caregiver Competencies: 928-1, 928-2, 928-3, 911-2, 922-1.

“I’m Lovable and I Like Myself !” – Twenty Tips for Building Self-Esteem in Children

This informative workshop uses fun games and activities to teach foster parents at least twenty practical language and action skills for building children’s self esteem. Parents learn the difference between praise and encouragement and how to build self-esteem without creating “praise junkies or egotistical self-centered children. These techniques also increase children’s confidence and resistance to peer pressure and can prevent and diffuse sibling rivalry and competition.

FAK Caregiver Competencies: 913-1, 913-3, 915-3, 922-3, 938-2, 963-2

Preventing and Solving Sibling Conflicts

(3 OR 6 hours)

This informative workshop offers tips for *introducing* new children into the foster family, *preventing* sibling rivalry, and *resolving* sibling/peer conflicts in ways that teach children how to resolve future conflicts independently and peacefully. These techniques result in LESS competing, comparing, complaining, arguing, fighting and tattling and MORE sharing, cooperating, listening, communicating, respect, peace, and independent conflict resolution.

FAK Caregiver Competencies: 915-3, 916-3, 938-2, 951-6, 951-7, 961-3, 967-4,

Other information:

Jody also provides many other one-hour workshops that relate to common parenting issues, such as “Picky Eaters & Food Issues,” “Morning Delays,” “Bedtime Hassles,” “Getting Back Talk? Let’s Talk,” “Taming Temper Tantrums,” “Tools For Teaching Tidiness.” Mix and match these one-hour presentations for a custom-designed 2-3 hour workshop or as conference break-out sessions.

Bio: Jody Johnston Pawel, LSW, CFLE is president of Parent’s Toolshop Consulting and a second-generation parent educator with almost 30 years’ experience in the field of child protective services. For over 25 years, she has provided training for parents, foster parents, child-care professionals, family-service professionals and parent educators. She is on the instructional staff at the Western Ohio Regional Training Center, where she provides training to protective service staff and foster parents. She also regularly contracts with her county protective service agency to train the protective service clients/parents. She also works with public and private foster care agencies to provide training to their foster parents. Jody has produced over 100 resources for parents, family-service professionals and parent educators, including her award-winning book *The Parent’s Toolshop*. As an internationally-recognized parenting expert, Jody is a frequent guest on radio and TV talk shows, and her advice is regularly quoted in publications.