



Redirecting Children's Behavior

♥♥♥ positive, passionate parenting ♥♥♥

Course Outline

Five weekly classes are held for a total of fifteen hours of instruction. This allows adequate time to practice and master the concepts and methods. Each participant sets weekly goals. Problems and successes are shared in a warm supportive environment.

Session 1

- ✓ Understanding the child's personality
- ✓ Learn to manage stress
- ✓ Reducing sibling rivalry and competition
- ✓ How to stop fights/ Using action-not-words
- ✓ Developing healthy self-concepts
- ✓ Promoting cooperation and helpfulness

Session 2

- ✓ Develop an effective parenting style
- ✓ Teaching self-motivation and self-management
- ✓ Building high self-esteem

Session 3

- ✓ Minimize power struggles
- ✓ What to do when a child is hurtful
- ✓ Intervention and corrective measures that work
- ✓ What to do when a child demands attention

Session 4

- ✓ Improving self-concepts
- ✓ Using natural and logical consequences
- ✓ How to handle and express feelings
- ✓ Punishment and reward vs. "Redirecting"

Session 5

- ✓ "Redirecting" in the family
- ✓ Promoting agreement for couples
- ✓ Working together as parents
- ✓ Keeping a good thing going
- ✓ Effective family communication.