

Positive Parenting

A 6 week Online Course for Parents

Course Outline

Week 1: Introduction to Positive Parenting Course

Learn about the basic philosophy and research behind positive parenting practices including the fundamental need for human beings to feel unconditionally loved and accepted.

Gain a clear picture of the key problems this course will teach you to solve, including:

- How to get your kids to listen without punishments or power struggles
- How to stop your kids from 'misbehaving'
- How to stop yelling and feeling guilty
- How to raise resilient and responsible kids
- How everyday parenting can be a catalyst for your own personal growth

Week 2: Understanding Your Child's Brain

Explore the brain science on why your children behave the way they do as well as parenting strategies that are aligned with this research.

Week 3: Parenting for Cooperation

Explore some of the most effective approaches for getting your kids to listen, such as, *playful parenting* strategies.

Week 4: The Power of Positive Discipline

Learn about the profound difference between positive and “conventional” discipline, including alternatives to power struggles, threats and punishments.

Week 5: Raising Responsible and “Gritty” Kids

Learn about the importance of building resilience in your kids and why children actually need to *fail*. Explore the myths and truths about “spoiling” your kids.

Week 6: Shifting Mindsets - Parenting as a Catalyst for Personal Growth

Reflect on how daily family experiences serve as hidden opportunities for personal growth as well as for *modeling values*. Learn mindfulness and self-compassion strategies to promote more patience and presence with your family and yourself.