



WELCOME TO *Confident & Connected Transformation Week*

Workshop #2

The first and most powerful step to a new life with your strong-willed child.



WHAT WE TALK ABOUT TODAY HAS THE POTENTIAL TO CHANGE YOUR *life*



**THE FIRST STEP
IN CHANGING THE GAME
WITH YOUR STRONG WILLED CHILD**

CHANGING YOUR *mindset*

When it comes to how you show up in the world, it all starts with your thoughts.

The first step in changing your relationship with your strong willed child is taking a serious look at the way you look at (or think about) your child's behaviors and your role as a parent.

MINDSET CHANGES *everything*

Your mindset is a collection of thoughts and beliefs that make up your mental attitude, inclination, habit or disposition and predetermines a persons interpretations and responses to events, circumstances and situations.



HOW THOUGHTS LEAD TO ACTIONS

- 1. Thoughts** When an external stimulus is present your 'thinking brain' lights up first.
- 2. Feelings** The next area activated in the brain is the 'emotion brain'.
- 3. Actions** The thoughts-feelings sequence then leads naturally to actions.
- Repeat** The way we act toward your child will affect the environment and in turn- your thought patterns will follow.



"THOUGHTS BECOME PERCEPTION,
PERCEPTION BECOMES REALITY.
ALTER YOUR THOUGHTS,
ALTER YOUR REALITY"
your brilliant subheader goes here

William James



**SEEING THESE 2 THINGS
DIFFERENTLY**
changes everything

- Your child's behaviors
- Your role as a parent



**HOW DO YOU VIEW
YOUR CHILD?**

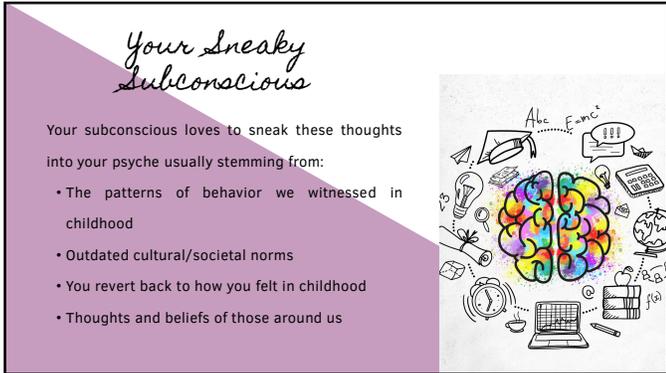
- Their behaviors?
- Their motivations?
- Their personality?
- Their emotions?





THE TRUTH IS MANY OF YOUR BELIEFS ABOUT YOUR CHILD STEM FROM:

- Outdated parenting theories
- The opinions and judgments of others
- Unrealistic expectations not informed by child development
- The way you were raised.
- Your current mood or stress level



Your Sneaky Subconscious

Your subconscious loves to sneak these thoughts into your psyche usually stemming from:

- The patterns of behavior we witnessed in childhood
- Outdated cultural/societal norms
- You revert back to how you felt in childhood
- Thoughts and beliefs of those around us



UNHELPFUL THOUGHTS ABOUT
parenting

"A child should do as adults say and not as they do"	"A good parent never backs down and lets their child 'run the show' "	"A child's behaviors are a reflection of their parent"	"A good parent has control over their child"
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THOUGHTS ABOUT PARENTING
BASED IN LOGIC *science*

- "Modeling positive behaviors is always more effective then lecturing."
- "It's ok to be flexible in certain situations in order to meet my individual child's needs"
- "Being controlled raises kids who need to dominate or be dominated"
- A sign of great parenting is not the child's behaviors, but the parent's behaviors.

UNHELPFUL THOUGHTS ABOUT
your child

"My child should be able to sit still through a simple meal."	"Good kids listen and obey their parents the first time asked"	"My child is giving me a hard time"	"My child should observe blind respect and obedience with adults"
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THOUGHTS ABOUT
A CHILD'S BEHAVIORS
BASED IN LOGIC

science

- My child seems unable to sit for meals many days, I wonder what skill he is struggling with/still developing/needs support with?
- Power and control are healthy and universal human needs and my child is human
- My child is having a hard time
- Not allowing my child to have opinions in childhood leads to adults that don't have a strong inner or outer voice.



YOUR MINDSET
INFLUENCES:

- How you interpret your child's challenging behaviors
- How you discipline your child
- The language and tone you use with your child
- The expectations you have for your child
- Your patience level
- How you show up each day as a parent

THOUGHTS
UNHELPFUL ---> HELPFUL

"He does this just to get to me" (personalization)	There's no way for me to prove that, I should assume the best.
"He makes me lose my cool every time!" (blaming)	No one can make me feel anything, I can be in control of my response.
"Parenting shouldn't be this hard" (Should's/unreasonable expectations)	No one ever said parenting would be easy.
"It's just not fair that our kid is like this" (fallacy of fairness)	It doesn't help to think this way, a lot of life is unpredictable and it's up to me to adjust.

PARENTS WITH CONFIDENCE

THOUGHTS
UNHELPFUL ---> HELPFUL

<p>"I can't do anything right" (overgeneralizing)</p> <p>"We are the only parents who have these problems." (filtering out the positive)</p> <p>"We are horrible parents" (polarized thinking)</p> <p>"I know he's going to have a horrible day at school today" (jumping to conclusions)</p>	<p>That's not true there are lots of things I do well.</p> <p>I can't prove that, I'm sure some other parents struggle with similar challenges.</p> <p>There are many things we do a great job with.</p> <p>I can't predict the future, it doesn't help to stress about what might happen.</p>
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PARENTS with confidence



HOW DO WE CHANGE OUR Mindset?

- #1 Reflecting on your emotions, thoughts and viewpoints and where they came from
- #2 Explore and learn child development and familiarize with strong willed child characteristics

YOU START

BY CHANGING

YOUR THOUGHTS

#GETYOURNEURONSFLOWING

#GETYOURNEURONS
FLOWING
Challenge

**Which unhelpful thoughts about parenting
+ kids show up commonly in your day to
day life?**

1. Reflect and share. Share 1 thought
you're confident of, and one that
sneaks up on you, in
tomorrows Q + A call chat

2. Talk it out. Share your
observations with a friend
or partner and discuss.

**3. Turn your unhelpful thought
into a helpful thought.**
Repeat as a mantra the rest
of the week.
