

**WELCOME TO WORKSHOP**

7 Steps to Become more Confident & Connected with your Strong Willed Child

#3!

You've opened the doors to a new life with your strong-willed child.

Where do you go next?

---

---

---

---

---

---

---

---

**WHAT YOU'LL LEARN IN TRAINING #3!!**

- The 7 Steps that lead to Confidence and Connection with your child.
- Secrets of how to motivate your stubborn child.
- The surprising way to de-escalate your child's big emotions.
- The Key's to effective discipline with strong willed kids.
- + more!

---

---

---

---

---

---

---

---

**YOUR ROADMAP TO CONFIDENCE + CONNECTION**

---

---

---

---

---

---

---

---




---

---

---

---

---

---

---

---




---

---

---

---

---

---

---

---

STOP 1: MINDSET MANOR



Stop here first and grab your KEY.

Your daily mindset sets into motion everything you do for the rest of the day.

A positive mindset is the difference between moving through your day with INTENTION or out of reactivity.



---

---

---

---

---

---

---

---

## 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.



---

---

---

---

---

---

---

---



## SEEING THESE 2 THINGS DIFFERENTLY *changes everything*

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

---

---

---

---

---

---

---

---



## 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

---

---

---

---

---

---

---

---

**STEP 2: TAKE THE U-TURN OF UNDERSTANDING**

**IF YOU DON'T GAS UP HERE, YOU'LL RUN OUT OF FUEL!**

It's vital you know the **WHY** behind your child's actions + behaviors

Getting familiar with strong willed child characteristics and how they show-up in day-to-day behavior is crucial.




---

---

---

---

---

---

---

---



**IS IT YOUR PARENTING?  
NO!**

A child's temperament describes the way in which she approaches and reacts to the world.

Temperament influences a child's behavior and the way she interacts with others. While it does not clearly define or predict behavior, understanding a child's temperament can help providers and families better understand how young children react and relate to the world around them.

---

---

---

---

---

---

---

---

**9 AREAS OF TEMPERAMENT**

- **Activity level:** the level of physical activity, motion, restlessness or fidgety behavior that a child demonstrates in daily activities (and which also may affect sleep).
- **Rhythmicity or regularity:** the presence or absence of a regular pattern for basic physical functions such as appetite, sleep and bowel habits.
- **Approach and withdrawal:** the way a child initially responds to a new stimulus (rapid and bold or slow and hesitant), whether it be people, situations, places, foods, changes in routines or other transitions.
- **Adaptability:** the degree of ease or difficulty with which a child adjusts to change or a new situation, and how well the youngster can modify his reaction. **Intensity:** the energy level with which a child responds to a situation, whether positive or negative.
- **Mood:** the mood, positive or negative, or degree of pleasantness or unfriendliness in a child's words and behaviors.
- **Attention span:** the ability to concentrate or stay with a task, with or without distraction. **Distractibility:** the ease with which a child can be distracted from a task by environmental (usually visual or auditory) stimuli.
- **Sensory threshold:** the amount of stimulation required for a child to respond. Some children respond to the slightest stimulation, and others require intense amounts.




---

---

---

---

---

---

---

---



**HAVE YOU EVER SWAM  
AGAINST A STRONG CURRENT?**

Many parents of strong-willed children are swimming against the current of their child's natural temperament every day.

---

---

---

---

---

---

---

---

**STOP 3: REFRAME RAILROAD**

To proceed you must first travel through this tunnel...to come out seeing your child's behaviors differently on the other side...




---

---

---

---

---

---

---

---

**Human Needs**  
*which are primary for your child?*

PLAY ENCOURAGEMENT PHYSICAL TOUCH POWER  
HAPPINESS CONNECTION MOVEMENT ADVENTURE  
FUN CHALLENGES LEADERSHIP  
CREATIVITY INSPIRATION WINNING/SUCCESS  
REASSURANCE STEADINESS RESULTS INDEPENDENCE  
PEACE TRUST AUTHORITY  
COMFORT RELATIONSHIP VALIDATION RESPECT RESULTS

---

---

---

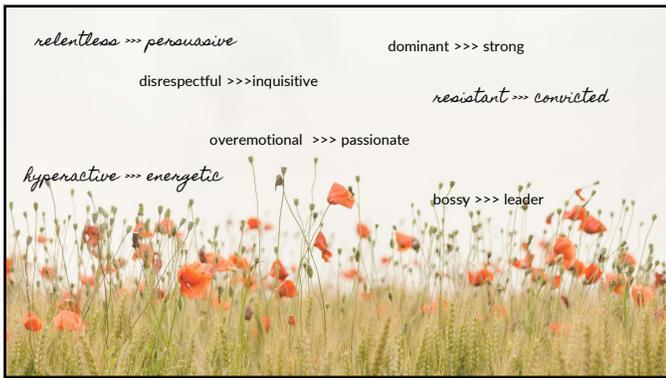
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---




---

---

---

---

---

---

---

---




---

---

---

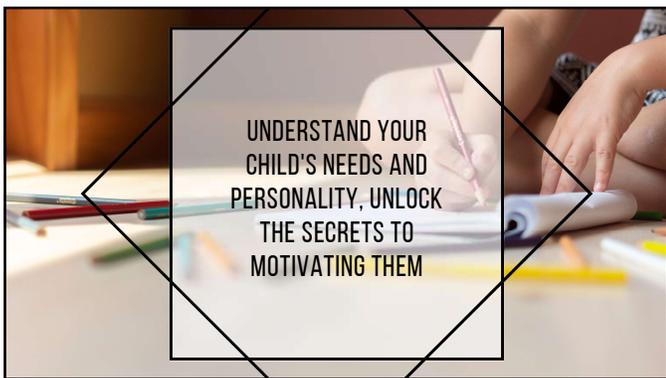
---

---

---

---

---




---

---

---

---

---

---

---

---

**STOP 5: THE MILEMARKER OF MODELING**

MODELING THE BEHAVIORS AND QUALITIES YOU SEEK IN YOUR CHILD WILL KEEP YOU MOVING TOWARD YOUR DESTINATION.

Your strong-willed child holds adults to a higher standard than the average child. They are inspired to cooperate, listen and comply when mutual respect is achieved.




---

---

---

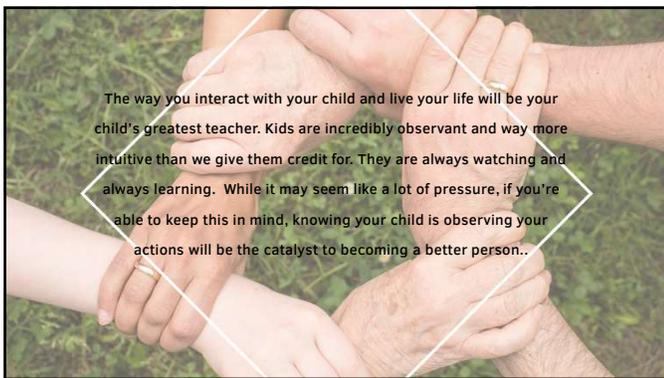
---

---

---

---

---



The way you interact with your child and live your life will be your child's greatest teacher. Kids are incredibly observant and way more intuitive than we give them credit for. They are always watching and always learning. While it may seem like a lot of pressure, if you're able to keep this in mind, knowing your child is observing your actions will be the catalyst to becoming a better person..

---

---

---

---

---

---

---

---

Areas where modeling is a **SUPERPOWER.**

- emotional regulation
- coping skills
- resilience
- listening
- problem solving skills




---

---

---

---

---

---

---

---

### HARD BUT NECESSARY TRUTHS

- What you say and teach as a parent matters, but how you live speaks volumes.
- It is your daily reactions and way of moving through life that will be ingrained in your child's psyche.
- The day to day family actions relating to self-control, emotion regulation and interpersonal interaction are what teach your child how to interact with the world around him.

---

---

---

---

---

---

---

---

STOP 6: LEADERSHIP LANE

### GAIN MOMENTOUS GROUND WHEN YOU SHOW UP FOR YOUR CHILD AS A STRONG CONFIDENT LEADER

No matter how much we'd like to at times, we simply can't control another human beings behaviors.

"Lead from inspiration, not desperation"

---

---

---

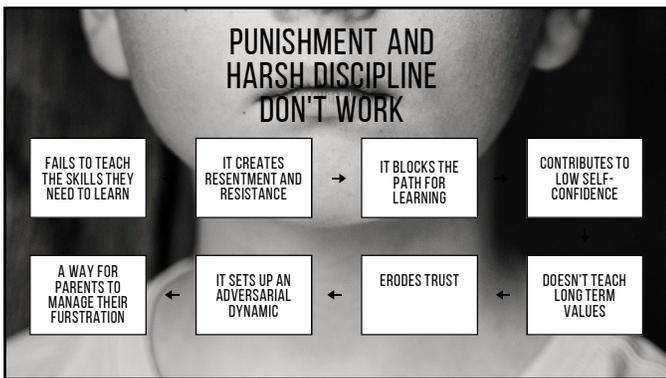
---

---

---

---

---




---

---

---

---

---

---

---

---



**QUALITIES OF A STRONG LEADER:**

- Follows through and is consistent
- They show you respect
- They invite feedback + alternate viewpoints
- They are clear communicators
- They hold steady amidst the chaos
- They offer positive feedback and encouragement

---

---

---

---

---

---

---

---



**STRONG LEADERS KNOW HOW TO TEACH**

- Understanding discipline
- Understanding how your child learns best
- The power of experiential learning and natural consequences
- The power of practice and role-play
- They make learning entertaining and fun!

---

---

---

---

---

---

---

---

**STOP 7: COLLABORATION COVE**

**YOUR FINAL DESTINATION: COLLABORATION**

One of the most important ways you'll help your strong-willed child solve problems and improve behaviors is by starting to work with them as opposed to against them.

When they feel this shift in energy the improvements you'll see in your relationship and daily life will be amazing.




---

---

---

---

---

---

---

---

**WHY COLLABORATING WORKS**

- it gets the child invested
- encourages problem solving
- encourages personal responsibility
- promotes ownership and increases motivation
- takes some pressure off you!
- teaches enormous life-skills
- strengthens the pre-frontal cortex

---

---

---

---

---

---

---

---

#getthoseneuronsflowing

**WANTING TO CHANGE**

**AND KNOWING YOU SHOULD**

is only the start

---

---

---

---

---

---

---

---

**TODAYS**

**CHALLENGE**

Reflect and share!

Which step is your greatest strength?  
your greatest weakness?

---

---

---

---

---

---

---

---